

Southern Arizona Breastfeeding & Motherhood Resources



Arizona Department of Health Services Breastfeeding Hotline 1-800-833-4642

24/7 Breastfeeding and motherhood resource line for any mother or provider in Arizona

Arizona WIC 1-800-252-5942 azwic.gov (multilingual)

Clinic information, breastfeeding support, breast pump program, breastfeeding classes, peer counseling.

Arizona Warmline 1-888-434-MOMS (6667) tucsonpostpartum.com/services/

For information about depression, anxiety or other mood disorders. This service is available for English and Spanish speakers. Please leave a message and the volunteer will return your call between 9AM and 8PM.

*Breastfeeding
may be the
normal way to
feed babies
but it's not
always easy.
Ask for help.*

Breastfeeding Support Groups

Carondelet St Joseph's Hospital*

Tues 10-11:30am Childbirth Education Room

520-873-1609

La Leche League Tucson

<http://www.llofaz.org/tucsonarea.htm>

520-789-MILK

La Leche League Sierra Vista

1st Weds 9am, 3rd Sat 10am Move City Church

440-476-5073

Northwest Medical Center*

Weds 1-2:30pm and 6-7:30pm Event Center

520-877-4145

Canyon Vista Medical Center-Sierra Vista*

Mon 9:15-10:30 am--Wellness Depot

520-459-8210

Teen Outreach Pregnancy Services (teens)*

Thurs 10-11am

520-888-2881

Tucson Medical Center*

Mon 10-11:30am--Canyon Room

520-324-5730

Milk & Honey Bumblebees (newborn to crawling)

Fri 9-11am

520-477-7752

Busy Bees (crawling, walking) Thurs 9-11

Private Practice Lactation Consultants

Mama's Latte

www.mamaslatte.com

520-628-4202

Milk & Honey*

www.milkandhoneytucson.com

520-477-7752

Mindful Lactation

www.rsvpconsult.com

520-834-7209

Other Postpartum Breastfeeding Support

can be found at

DoulaMatch.net

*indicates Breastfeeding Classes

<p><u>Hospital-Based Breastfeeding Support</u> Private Consults and Outpatient Services</p>	520-324-5730	<p>If you have questions about other methods of infant feeding such as bottles, formula, donated milk, an IBCLC can help you with that, too.</p>
<p>Tucson Medical Center <i>Breastfeeding Support Program</i> http://www.tmcaz.com/breastfeeding-support-services</p>	520-324-2180	
<p><i>Breastfeeding supplies, pump rentals, sales</i></p>	520-694-0445	
<p>Banner University Medical Center* <i>Lactation Services, breastfeeding supplies, pump rentals</i> http://tinyurl.com/jxqsaec</p>	520-877-4145	
<p>Northwest Medical Center <i>Breastfeeding supplies, pump rentals</i> http://tinyurl.com/j9f7zsd</p>	520-795-9912	
<p><u>New Family Support Groups</u></p>	520-888-2881	
<p>Birth & Women's Health Center <i>Tues and Sat 12:30-2:30pm</i></p>	520-873-6858	
<p>Teen Outreach Pregnancy Services <i>Mon 5:30-6:30pm</i></p>	520-877-4149	
<p><u>Pregnancy/Postpartum Depression</u> <u>* Anxiety Support Groups</u></p>	520-202-1716	
<p>Carondelet St Joseph's Hospital <i>Weds 6-7:30pm Agave Room</i></p>	520-324-7576	
<p>Northwest Medical Center <i>Weds 10-11:30am Event Center</i></p>		
<p>Serafina Women's Center <i>Weds 5-6:00pm</i></p>		
<p>Tucson Medical Center <i>Thurs 5:30-7:30 Patio Bldng/Fireplace Room</i> http://www.tmcaz.com/pregnancy--postpartum-depression-support-group</p>		
<p>Tucson Postpartum Depression Coalition www.tucsonpostpartum.com</p>		

List Provided by Southern Arizona IBCLCs
Days and times are accurate at the time of printing
but it's always a good idea to call and verify.

