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## Local WIC Breastfeeding Resources

**Breastfeeding Counselors**

*(Include contact name, numbers, languages spoken, hours of operation, and the time in which phone calls are returned)*

## Community Resources

**Hospital Breastfeeding Support**

*(Include hospital name, contact name and number, languages spoken, hours of operation, and the time in which phone calls are returned)*

**La Leche League Support**

*(Include contact name, numbers, languages spoken, hours of operation, and the time in which phone calls are returned)*

**If you have questions about breastfeeding before you have your baby or need help after you have your baby, please call any of the numbers listed below.**

**If you have your baby early, please be sure to call your WIC clinic or a breastfeeding counselor for immediate assistance.**

**We are here to support you!**

# Breastfeeding Help



**Texas Lactation Support Hotline 1-855-550-6667**

## WIC Breastfeeding Centers

**Mom’s Place – Austin**

**800-514-6667** [www.momsplace.org](http://www.momsplace.org/)

**Lactation Care Center – Dallas**

**855-550-6667** [www.lactationcarecenterdallas.com](http://www.lactationcarecenterdallas.com/)

**Lactation Foundation – Houston**

**713-839-0527** [www.lactationfoundation.org](http://www.lactationfoundation.org/)

**Lactation Care Center – McAllen**

**956-292-7711** <http://www.co.hidalgo.tx.us/index.aspx?NID=1648>

## Helpful Websites

* www.[breastmilkcounts.com](http://www.breastmilkcounts.com)
* www.texasmotherfriendly.org
* <http://www.llli.org/nb.html>

## Helpful Online Mom-to-Mom Support

* <http://forums.llli.org/>
* <http://www.breastfeeding.com/forums/>

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