

## Arkansas Breastfeeding Community Resources

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Send resource updates to: [wicbreastfeeding@arkansas.gov](mailto:wicbreastfeeding@arkansas.gov)

COUNTY	WHO	WHAT	WHEN	WHERE	COST	CONTACT
National Breastfeeding Helpline	U.S. Department of Health and Human Services	Helpline for Breastfeeding Questions (available in English and Spanish)	Monday—Friday 9 a.m.—6 p.m.	Nationwide Helpline	Free	1-800-994-9662 <a href="http://www.womenshealth.gov/pregnancy/getting-ready-baby/breastfeeding">www.womenshealth.gov/pregnancy/getting-ready-baby/breastfeeding</a>
Statewide Breastfeeding Helpline	Answered by staff of the Arkansas WIC Program and Baptist Health Medical Center	Breastfeeding assistance for mothers and babies and coordination of WIC breastfeeding support between county health units, hospitals, and WIC participants; also provides technical assistance to health professionals	<b>AVAILABLE 24 hours a day, 7 days a week</b> Monday—Friday 8 a.m.—4:30 p.m., the number is answered by the <i>AR WIC Program</i> After regular office hours, the number is answered by <i>Expressly for You</i> at Baptist Health Medical Center	Statewide Helpline	Free	1-800-445-6175 or email at <a href="mailto:wicbreastfeeding@arkansas.gov">wicbreastfeeding@arkansas.gov</a>
Arkansas Drug Information Center	UAMS Department of Pharmacy	Information about medications and mother’s milk; also provides information about any medication concerns	<b>AVAILABLE 24 hours a day, 7 days a week</b>	UAMS Little Rock, AR	Free	Arkansas Drug Information Center 1-800-222-1222 (for parents)  1-800-376-4766 (for health professionals)
Arkansas Children’s Hospital	Arkansas Children’s Hospital Breastfeeding and Lactation Clinic	Breastfeeding Medicine Specialty Clinic provides outpatient visits for expectant and new moms and babies	Call for an appointment or visit the website	Arkansas Children's SW Little Rock Clinic 9015 Dailey Drive Little Rock, AR	Call for cost information	Dr. Sarah Sobik and Dr. Emily Beckett 501-214-9173 <a href="#">Breastfeeding and Lactation Medicine Clinic</a>

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Arkansas	Brooklyn Roberts, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Friday	Arkansas County Health Unit— DeWitt 1616 S Madison DeWitt, AR	Free benefit with WIC participation	Brooklyn Roberts WIC Breastfeeding Peer Counselor 870-946-2934
Arkansas	Brooklyn Roberts, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Thursday	Arkansas County Health Unit— Stuttgart 1602 North Buerkle Stuttgart, AR	Free benefit with WIC participation	Brooklyn Roberts WIC Breastfeeding Peer Counselor 870-673-1609
Arkansas	Arkansas County Health Unit DeWitt	Breastfeeding Education and Support	Monday—Friday	Arkansas County Health Unit— DeWitt 1616 S Madison DeWitt, AR	Free benefit with WIC participation	870-946-2934
Arkansas	Arkansas County Health Unit Stuttgart	Breastfeeding Education and Support	Monday—Friday	Arkansas County Health Unit— Stuttgart 1602 North Buerkle Stuttgart, AR	Free benefit with WIC participation	870-673-1609
Arkansas	La Leche League	Mother-to-Mother Breastfeeding Support	Monthly, 2 <sup>nd</sup> Wednesday 9 a.m.—10 a.m.	First Baptist Church 2215 South Prairie Stuttgart, AR	Free	Heather Henry 1-816-506-0527 <a href="mailto:llhhenry@gmail.com">llhhenry@gmail.com</a> <a href="https://www.facebook.com/LLLStuttgart.AR">https://www.facebook.com/LLLStuttgart.AR</a>
Baxter	Baxter Regional Medical Center	Breastfeeding Class	Monthly, 3 <sup>rd</sup> Tuesday 6 p.m.—8 p.m.	Baxter Regional Medical Center Schliemann Center 624 Hospital Drive Mountain Home, AR	Free	Call for information or To Register: Megan 870-508-2328
Baxter	Baxter County Health Unit	Breastfeeding Education and Support	Monday—Friday	Baxter County Health Unit 206 Bucher Drive Mountain Home, AR	Free benefit with WIC participation	870-425-3072

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Baxter	LPMG Lactation Clinic	Private consults for breastfeeding complications	Call for appointment Monday—Thursday 8:30 a.m.—4 p.m. Friday 8:30 a.m.—11:15 a.m.	405 Buttercup Drive Mountain Home, AR	Call for cost information	870-701-0816 Dr. Candy Lincoln <a href="mailto:clincoln@lpmgclinic.com">clincoln@lpmgclinic.com</a> Caroline Stevens, RN
Benton	Mercy Medical Center	Breastfeeding Your Baby Class (a separate class or as part of a 4-week Prepared Childbirth Education Class)	Call for schedule	Rogers/Bentonville Mercy Medical Center Rogers, AR	\$25 for class \$80 for 4-week Prepared Childbirth Education Class	Cyrece Engelberger 479-338-2072  May also register online at <a href="http://www.Mercy.net">www.Mercy.net</a>
Benton	NW Women’s Health Association	Breastfeeding Class  Private Consult	Monthly, 1 <sup>st</sup> Tuesday 6:30 p.m. Call for appointment	Bentonville, AR	\$30	Pam McArthur 479-544-0405 <a href="mailto:pamobrn@gmail.com">pamobrn@gmail.com</a>
Benton	Brittany McLaughlin, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	Benton County Health Unit—Rogers 1200 West Walnut Street Suite 2000 Rogers, AR	Free benefit with WIC participation	Brittany McLaughlin WIC Breastfeeding Peer Counselor 479-986-1300
Benton	Benton County Health Unit—Siloam Springs	Breastfeeding Education and Support	Monday—Friday	Benton County Health Unit—Siloam Springs 101 West University Siloam Springs, AR	Free benefit with WIC participation	479-549-3794
Benton	Ashley Stone, APRN, IBCLC	Appointment with a pediatric nurse practitioner and IBCLC; check-ups and help with any breastfeeding concern	Call for appointment Monday—Thursday	Ozark Community Hospital Clinic 1101 Jackson St. Southwest Gravette, AR	Call for cost information. Some insurances accepted.	Ashley Stone, APRN, IBCLC 479-787-5291

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Benton	Northwest Health Hospital	Breastfeeding Class and Support Group	Register online	Northwest Health 3000 Medical Center Parkway Bentonville, AR	Free	<a href="https://www.northwesthealth.com/classes-events/breastfeeding-basics-evening-family-birth-place-at-35001">https://www.northwesthealth.com/classes-events/breastfeeding-basics-evening-family-birth-place-at-35001</a>
Boone	Starla Carter, WIC Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday–Friday	Boone County Health Unit 1622 Campus Drive Harrison, AR	Free benefit with WIC participation	Starla Carter WIC Breastfeeding Peer Counselor 870-743-5244
Boone	North Arkansas Regional Medical Center	Breastfeeding Class  The Lactation Club, (TLC): a mothers’ support group	Call for schedule  Monthly, 2 <sup>nd</sup> Wednesday 11:30 a.m.–12:30 p.m. (Free Lunch)	North Arkansas Regional Medical Center 620 N. Main Harrison, AR	Free	Sandra Guidry 870-414-5324 <a href="mailto:Sandra.guidry@narmc.com">Sandra.guidry@narmc.com</a>
Boone	La Leche League of Boone County	Mother-to-Mother Support	Monthly, 3 <sup>rd</sup> Saturday 10 a.m.	Boone County Public Library 221 West Stephenson Ave. Harrison, AR	Free	Leslie Hunter 405-255-2906 Uriel 479-426-2372 Facebook: La Leche League of Boone County
Calhoun	Calhoun County Health Unit	Breastfeeding Education and Support	Monday—Friday	Calhoun County Health Unit 1119 Prestress Drive Hampton, AR	Free benefit with WIC participation	870-798-2808
Carroll	Carroll County Health Unit	Breastfeeding Education and Support	Monday—Friday	Carroll County Health Unit 402 Hailey Road Berryville, AR	Free benefit with WIC participation	870-423-2923
Chicot	Kathy James, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	1st and 3rd Tuesday	Chicot County Health Unit 1740 Hwy 65 & 82 South Lake Village, AR	Free benefit with WIC participation	Kathy James WIC Breastfeeding Peer Counselor 870-265-2236
Clark	Clark County Health Unit	Breastfeeding Education and Support	Monday—Friday	Clark County Health Unit 605 South 10 <sup>th</sup> Street Arkadelphia, AR	Free benefit with WIC participation	870-246-4471

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Cleveland	Cleveland County Health Unit	Breastfeeding Education and Support	Monday—Friday	Cleveland County Health Unit 409 East Magnolia Street Rison, AR	Free benefit with WIC participation	870-325-6311
Columbia	Columbia County Health Unit	Breastfeeding Education and Support	Monday—Friday	Columbia County Health Unit 207 South Jefferson Magnolia, AR	Free benefit with WIC participation	870-235-3798
Conway	Conway County Health Unit	Breastfeeding Education and Support	Monday—Friday	Conway County Health Unit 100 Hospital Drive Morrilton, AR	Free benefit with WIC participation	501-354-4652
Craighead	Craighead County Health Unit	Breastfeeding Education and Support	Monday—Friday	Craighead County Health Unit 611 E Washington Suite B Jonesboro, AR	Free benefit with WIC participation	870-933-4585
Craighead	NEA Memorial Baptist Hospital	Breastfeeding and Prenatal Class (combined)	Call for schedule	4800 East Johnson Avenue Jonesboro, AR	Call for cost information	Diana Roush 870-936-3025
Craighead	St Bernard’s Regional Medical Center Stroud Hall (SBRMC)	Breastfeeding Class	Monthly, 1 <sup>st</sup> Tuesday 6 p.m.—8:30 p.m.	1144 East Matthews Jonesboro, AR	Free	Sherry Rickard or Roxanna Loggins Breastfeeding Helpline 870-897-7335
Craighead	Natural State Lactation	Prenatal and Postnatal Lactation Education and in-home consults	Call for appointment	Jonesboro, AR	Call for cost information; some insurance accepted	Amirah Koster, IBCLC 870-761-5700
Crawford	Crawford County Health Unit	Breastfeeding Education and Support	Monday—Friday	Crawford County Health Unit 2040 Chestnut Ave Van Buren, AR	Free benefit with WIC participation	479-474-6391

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Crittenden	Cathy Durham, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	Crittenden County Health Unit 901 North 7 <sup>th</sup> Street West Memphis, AR	Free benefit with WIC participation	Cathy Durham WIC Breastfeeding Peer Counselor 870-735-4334
Crittenden	A Special Touch Childbirth & Lactation Services Angie Whatley, RN, IBCLC	Private classes and consults in your home	Call for appointment	Within 45 miles of West Memphis and surrounding counties: Crittenden, Poinsett, St. Francis, and Cross.	\$60 per hour for initial visit. \$45 per hour for follow-up.	Angie Whatley, RN, IBCLC, CCE, CLD A Special Touch Childbirth & Lactation Services <a href="mailto:arwhatley166@gmail.com">arwhatley166@gmail.com</a> 870-636-5231
Dallas	Dallas County Health Unit	Breastfeeding Education and Support	Monday—Friday	Dallas County Health Unit 201 N. Spring Fordyce, AR	Free benefit with WIC participation	870-352-7197
Desha	Kathy James, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday and Wednesday 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday	Desha County Health Unit— Dumas 751 Hwy 65 South Dumas, AR	Free benefit with WIC participation	Kathy James WIC Breastfeeding Peer Counselor 870-382-2377
Desha	Kathy James, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday	Desha County Health Unit— McGehee 200 East Ash McGehee, AR	Free benefit with WIC participation	Kathy James WIC Breastfeeding Peer Counselor 870-222-3910
Faulkner	La Leche League	Mother-to-Mother Support	Monthly, 1st Thursday 6:30 p.m. (Call to confirm schedule)	Classroom 1 of the Women's Center at Conway Regional Hospital Conway, AR	Free	Jordan 501-908-4933 <a href="mailto:jordanbittle@yahoo.com">jordanbittle@yahoo.com</a>  Merri 501-993-5199 <a href="mailto:merridill@yahoo.com">merridill@yahoo.com</a>
Faulkner	Cassie Bailey-Tackett, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	Faulkner County Health Unit 811 N. Creek Drive Conway, AR	Free benefit with WIC participation	Casandra Bailey-Tackett WIC Breastfeeding Peer Counselor 501-450-4941

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Faulkner	Conway Regional Medical Center	Breastfeeding Support Group  Breastfeeding Class  Telephone support  Out-patient appointment	Monthly, last Saturday 10 a.m.  Monthly, 3 <sup>rd</sup> Tuesday 6:30 p.m. Call for support  Call to schedule	Conway Regional Hospital Women's Center Classroom 2302 College Avenue Conway, AR	Free  \$25 for classes  Call for cost information	Barbara Burgner 501-513-5721 Call during normal business hours. Register for classes at <a href="https://www.conwayregional.org/services/group-women's-services/lactation-services">https://www.conwayregional.org/services/group-women's-services/lactation-services</a>
Faulkner	Renaissance Women's Center	Breastfeeding Education and Consults	Call to schedule	Renaissance Women's Center	Free	Nancy Embry, IBCLC 501-548-6100 <a href="https://www.rwcobgyn.com/">https://www.rwcobgyn.com/</a>
Franklin	Franklin County Health Unit	Breastfeeding Education and Support	Monday—Friday	Franklin County Health Unit 509 North 29 <sup>th</sup> Street Ozark, AR	Free benefit with WIC participation	479-667-2555
Garland	Garland County Health Unit	Breastfeeding Education and Support	Monday—Friday	Garland County Health Unit 1425 Malvern Avenue Hot Springs, AR	Free benefit with WIC participation	501-624-3394
Greene	Leisa Kennedy, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday and Wednesday	Greene County Health Unit 801 Goldsmith Road Paragould, AR	Free benefit with WIC participation	Leisa Kennedy WIC Breastfeeding Peer Counselor 870-236-7782
Greene	Arkansas Methodist Medical Center	Breastfeeding Class	Monthly (call to confirm schedule)	Class at Arkansas Methodist Medical Center-Paragould, AR	Free	Shawna McMinn 870-239-7013
Greene	Greene County Health Unit	Breastfeeding Education and Support	Monday—Friday	Greene County Health Unit 801 Goldsmith Road Paragould, AR	Free benefit with WIC participation	870-236-7782
Hempstead	Hempstead County Health Unit	Breastfeeding Education and Support	Monday—Friday	Hempstead County Health Unit 808 West 5 <sup>th</sup> Street Hope, AR	Free benefit with WIC participation	870-777-2191

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Howard	Howard County Health Unit	Breastfeeding Education and Support	Monday—Friday	Howard County Health Unit 201 E Hempstead, Suite 2 Nashville, AR	Free benefit with WIC participation	870-845-2208
Independence	Taylor Tosh, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	Independence County Health Unit 120 Weaver Batesville, AR	Free benefit with WIC participation	Taylor Tosh WIC Breastfeeding Peer Counselor 870-793-8848
Independence	Independence County Health Unit/Milk Bank Depot for Mother’s Milk Bank of North TX	Place to drop off donated breastmilk after signing up for the program	Monday—Friday	Independence County Health Unit 120 Weaver Batesville, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 870-793-8848 Taylor Tosh, Breastfeeding Peer Counselor
Jackson	Jackson County Health Unit	Breastfeeding Education and Support	Monday—Friday	Jackson County Health Unit 1505 N. Pecan Newport, AR	Free benefit with WIC participation	870-523-8968
Jefferson	Jefferson Regional Medical Center	Breastfeeding Class	Call for schedule	1600 W. 40th Avenue Pine Bluff, AR	Free	Ashley Kennedy 870-541-3605 <a href="http://www.jrmc.org">www.jrmc.org</a>
Johnson	Johnson County Health Unit	Breastfeeding Education and Support	Monday—Friday	Johnson County Health Unit #6 Professional Drive Clarksville, AR	Free benefit with WIC participation	479-754-2949
Lafayette	Lafayette County Health Unit	Breastfeeding Education and Support	Monday—Friday	Lafayette County Health Unit 1113 Chestnut Street Lewisville, AR	Free benefit with WIC participation	870-921-5744



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Lawrence	Leisa Kennedy, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Tuesday, Thursday, and Friday	Lawrence County Health Unit 1050 West Free Street Walnut Ridge, AR	Free benefit with WIC participation	Leisa Kennedy WIC Breastfeeding Peer Counselor 870-886-3201
Lee	Brooklyn Roberts, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday	Lee County Health Unit 141 North Hickey Marianna, AR 72360	Free benefit with WIC participation	Brooklyn Roberts WIC Breastfeeding Peer Counselor 870-295-2400
Lee	Lee County Health Unit	Breastfeeding Education and Support	Monday—Friday	Lee County Health Unit 141 North Hickey Marianna, AR 72360	Free benefit with WIC participation	870-295-2400
Little River	Little River County Health Unit	Breastfeeding Education and Support	Monday—Friday	Little River County Health Unit 150 Keller Ashdown, AR	Free benefit with WIC participation	870-898-3831
Logan	North Logan County Health Unit-Paris	Breastfeeding Education and Support	Monday—Friday	North Logan County Health Unit 150 South Lowder Paris, AR	Free benefit with WIC participation	479-963-6126
Logan	South Logan County Health Unit-Booneville	Breastfeeding Education and Support	Monday—Friday	South Logan County Health Unit 721 West 1 <sup>st</sup> Street Booneville, AR	Free benefit with WIC participation	479-675-2593
Lonoke	Kim Helmbeck, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday, Tuesday, Thursday	Lonoke County Health Unit— Cabot 118 South First Street Cabot, AR	Free benefit with WIC participation	Kim Helmbeck WIC Breastfeeding Peer Counselor 501-843-7561
Lonoke	Lonoke County Health Unit- Lonoke	Breastfeeding Education and Support	Monday—Friday	Lonoke County Health Unit 306 North Center Street Lonoke, AR	Free benefit with WIC participation	501-676-2268
Madison	Madison County Health Unit	Breastfeeding Education and Support	Monday—Friday	Madison County Health Unit 709 College Huntsville, AR	Free benefit with WIC participation	479-738-2612

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Marion	Marion County Health Unit	Breastfeeding Education and Support	Monday—Friday	Marion County Health Unit 707 Highway 202 West Yellville, AR	Free benefit with WIC participation	870-449-4259
Near Miller County	Wadley Regional Medical Center	Answers to Breastfeeding Questions	Call for information	Wadley Regional Medical Center Texarkana, TX	Free	Carlotta Endsley 903-798-8025
Near Miller County	Wadley Regional Medical Center	Breastfeeding Class	Twice a Month (call to confirm schedule) 6:30 p.m.	Wadley Education Center Texarkana, TX	Free	Call to Register 1-877-792-3539 or 903-798-8025
		Breastfeeding Support Group	Monthly, 1 <sup>st</sup> Tuesday 5:30 p.m.—6:30 p.m.			
Near Miller County (on Texas side of Texarkana)	Christus St. Michael Health System	Breastfeeding Class	Monthly, 1 <sup>st</sup> Tuesday	Christus St. Michael Health System 2600 St. Michael Drive Texarkana, TX	Free	Call to Register Tina East: 903-614-2630
		Answers to Breastfeeding Questions	Monday—Friday 9 a.m.—5 p.m.			Answering Breastfeeding Questions: Klorisa Withers or Melissa Duncan 903-614-6202
Mississippi	Tiffany Martin, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday, Wednesday, Friday	Mississippi County Health Unit— Osceola 720 West Lee Street Osceola, AR	Free benefit with WIC participation	Tiffany Martin WIC Breastfeeding Peer Counselor 870-563-2521
Mississippi	Tiffany Martin, Breastfeeding Peer Counselor	Breastfeeding Peer Counseling and Support	Tuesday and Thursday	Mississippi County Health Unit— Blytheville 1299 North 10 <sup>th</sup> Street Blytheville, AR	Free benefit with WIC participation	Tiffany Martin WIC Breastfeeding Peer Counselor 870-763-7064

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Monroe	Brooklyn Roberts, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	Monroe County Health Unit 306 West King Drive Brinkley, AR 72021	Free benefit with WIC participation	870-734-1461
Monroe	Monroe County Health Unit	Breastfeeding Education and Support	Monday--Friday	Monroe County Health Unit 306 West King Drive Brinkley, AR 72021	Free benefit with WIC participation	870-734-1461
Nevada	Nevada County Health Unit	Breastfeeding Education and Support	Monday—Friday	Nevada County Health Unit 1501 West 1st Street North Prescott, AR	Free benefit with WIC participation	870-887-2004
Newton	Newton County Health Unit	Breastfeeding Education and Support	Monday—Friday	Newton County Health Unit 506 West Court Street Jasper, AR	Free benefit with WIC participation	870-446-2216
Ouachita	Ouachita County Health Unit	Breastfeeding Education and Support	Monday—Friday	Ouachita County Health Unit 740 California Avenue SW Camden, AR	Free benefit with WIC participation	870-836-5033
Perry	Perry County Health Unit	Breastfeeding Education and Support	Monday—Friday	Perry County Health Unit 1039 North Fourche Avenue Perryville, AR	Free benefit with WIC participation	501-889-5156
Phillips	Brooklyn Roberts, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday and Wednesday	Phillips County Health Unit 110 Shirley Hicks Drive West Helena, AR	Free benefit with WIC participation	Brooklyn Roberts WIC Breastfeeding Peer Counselor 870-572-9028
Pike	Pike County Health Unit	Breastfeeding Education and Support	Monday—Friday	Pike County Health Unit 15 Caddo Drive Murfreesboro, AR	Free benefit with WIC participation	870-285-3154
Poinsett	Poinsett County Health Unit	Breastfeeding Education and Support	Monday—Friday	Poinsett County Health Unit— Trumann 1204 West Main Trumann, AR 72472	Free benefit with WIC participation	870-483-5761

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Polk	Polk County Health Unit	Breastfeeding Education and Support	Monday—Friday	Polk County Health Unit 702 Hornbeck Mena, AR	Free benefit with WIC participation	479-394-2707
Polk	Mena Regional Health System	Prenatal and Breastfeeding Classes	Call for schedule	Mena Regional Health System	Free	Brooke Baldrige MRHS Women’s Services 479-243-2400
Pope	Pope County Health Unit	Breastfeeding Education and Support	Monday—Friday	Pope County Health Unit 203 Weir Road Russellville, AR	Free benefit with WIC participation	479-968-6004
Pope	Heather Shipley	Breastfeeding Support	Call for appointment	Private In-home consults	Call for cost information	Heather Shipley 479-222-0213 <a href="mailto:h.shipley.lc@gmail.com">h.shipley.lc@gmail.com</a>
Prairie	Prairie County Health Unit	Breastfeeding Education and Support	Monday—Friday	Prairie County Health Unit 204 Main Street Des Arc, AR	Free benefit with WIC participation	870-256-4430
Pulaski	AR Children’s Hospital Breastfeeding and Lactation Clinic	Breastfeeding Medicine Specialty Clinic providing outpatient visits for expectant and new moms and babies	Call for appointment or visit website	Arkansas Children's Southwest Little Rock Clinic 9015 Dailey Drive Little Rock, AR	Call for cost information	Dr. Sarah Sobik and Dr. Emily Beckett 501-214-9173 <a href="#">Breastfeeding and Lactation Medicine Clinic</a>

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Pulaski	Baptist Health-Little Rock	Breastfeeding Class 501-202-1717  "Expressly for You"- Outpatient support, retail, pump rental, and purchase  Infant weight checks  Arkansas Breastfeeding Helpline	Monthly Call for schedule  Monday—Friday 8:30 a.m.—5 p.m.	Higginbotham Outpatient Center, 2 <sup>nd</sup> Floor 9500 Kanis Rd Little Rock, AR	Call for cost information   Free  Free	Jessica Donahue 501-202-7378 <a href="http://expresslyforyou.com">expresslyforyou.com</a>   501-202-7378
Pulaski	Baptist Health/Milk Bank Depot for Mother's Milk Bank of North TX	Place to drop off donated breastmilk after signing up for the program	Monday—Friday 8:30 a.m.—5 p.m.	Little Rock, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 501-202-7378 Jessica Donahue
Pulaski	Amy Robertson, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	Pulaski County Health Unit— Pulaski Central 3915 W. 8th Street Little Rock, AR	Free benefit with WIC participation	Amy Robertson WIC Breastfeeding Peer Counselor 501-224-1254
Pulaski	Kim Helmbeck, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Wednesday	Pulaski County Health Unit— North Little Rock 2800 Willow Street North Little Rock, AR	Free benefit with WIC participation	Kim Helmbeck WIC Breastfeeding Peer Counselor 501-791-8551
Pulaski	Pulaski County Health Unit- North Little Rock	Breastfeeding Education and Support	Monday—Friday	Pulaski County Health Unit— North Little Rock 2800 Willow Street North Little Rock, AR	Free benefit with WIC participation	501-791-8551

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Pulaski	Kimberly Hull, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday–Friday	Pulaski County Health Unit— Pulaski Central 3915 W. 8th Street Little Rock, AR	Free benefit with WIC participation	Kimberly Hull WIC Breastfeeding Peer Counselor 501-280-3100
Pulaski	Pulaski County Health Unit- Southwest Little Rock	Breastfeeding Education and Support	Monday—Friday	Pulaski County Health Unit— Southwest Little Rock 8901 Dailey Drive Little Rock, AR	Free benefit with WIC participation	501-565-9311
Pulaski	Unity Birth and Lactation Services, LLC	In-Home Visits; Personalized Breastfeeding education and support; doula services	Call for information	Little Rock and surrounding areas	Call for cost information	Sarita Hendrix 501-213-5801
Pulaski	Pulaski County Health Unit- Jacksonville	Breastfeeding Education and Support	Monday—Friday	Pulaski County Health Unit 3000 N First St Jacksonville, AR	Free benefit with WIC participation	501-982-7477
Pulaski	La Leche League	Mother-to-Mother Support	Monthly, 4 <sup>th</sup> Saturday 10 a.m.	Hillcrest Farmers Market 2200 Kavanaugh Blvd. Little Rock, AR (Enter building via ramp next to church steps)	Free	Kathryn: <a href="mailto:kathrynahyde@gmail.com">kathrynahyde@gmail.com</a> or 501-804-3862 Heather: <a href="mailto:lllhhenry@gmail.com">lllhhenry@gmail.com</a> or 816-506-0527 Meredith: 501-230-8542
Pulaski	UAMS	Breastfeeding Class	Monthly, 2 <sup>nd</sup> Thursday 5 p.m.– 7 p.m.	UAMS Little Rock, AR	Free	501-686-8084 Call to Register

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COUNTY	WHO	WHAT	WHEN	WHERE	COST	CONTACT
Pulaski	Arkansas Drug Information Center	Information about medications and mother's milk; information about general medication concerns	<b>AVAILABLE 24 hours a day, 7 days a week</b>	Little Rock, AR	Free	Arkansas Poison Hotline 1-800-222-1222 (for parents) Arkansas Drug Information Center 1-800-376-4766 (for health professionals)
Saline	Saline County Health Unit	Breastfeeding Education and Support	Monday—Friday	Saline County Health Unit 1612 Edison Avenue Benton, AR	Free benefit with WIC participation	501-303-5650
Saline	Saline Memorial Hospital	Prepared Childbirth/Breastfeeding Class	Breastfeeding Class: 3 <sup>rd</sup> Wednesday 6 p.m. – 7 p.m.  Childbirth Class: 2 <sup>nd</sup> Wednesday 6 p.m.—8:30 p.m.	Saline Memorial Hospital 1 Medical Park Dr Benton, AR	Free	Tanya Smith OB Department 501-776-6300 Registration information available on website
Saline	Serenity Breastfeeding Support	In-home or telehealth Breastfeeding Consults; Telephone Support  Breastfeeding support group	Call for appointment  2nd Friday of each month at 12 p.m.	Benton and surrounding areas  Advanced Physical Therapy, 1226 Ferguson Dr #1 Benton, AR	Call for cost information; some insurance accepted  Free	Tanya Smith <a href="mailto:tanya@serenitybreastfeedingsupport">tanya@serenitybreastfeedingsupport</a> 501-554-5550
Scott	Scott County Health Unit	Breastfeeding Education and Support	Monday—Friday	Scott County Health Unit 316 Featherston Waldron, AR	Free benefit with WIC participation	479-637-2165
Searcy	Searcy County Health Unit	Breastfeeding Education and Support	Monday—Friday	Searcy County Health Unit 742 Airport Road Marshall, AR	Free benefit with WIC participation	870-448-3374

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Searcy	Ozark Opportunities	Healthy Families Arkansas-Ozark Mountains—Breastfeeding support, guidance, education, and home visits	Monthly group meetings Weekly home visits for participants Call for schedule	110 Ruff Street Marshall, AR	Free	Melissa Smyth, Brandi Grillot, and Alex Churches Ragland (Breastfeeding Peer Counselor) 870-448-6488
Sebastian	Sebastian County Health Unit	Breastfeeding Education and Support	Monday—Friday	Sebastian County Health Unit 3112 South 70 <sup>th</sup> Street Fort Smith, AR	Free benefit with WIC participation	479-452-8600
Sebastian	Fort Smith WIC Clinic	Breastfeeding Education and Support	Monday—Friday	Fort Smith WIC Clinic 6601 Phoenix Avenue, Suite A Fort Smith, AR	Free benefit with WIC participation	479-478-3062
Sebastian	Baptist Health-Fort Smith	Breastfeeding Basics Class	Monthly Call for schedule	First Floor of the Hospital 1001 Towson Avenue Fort Smith, AR 72901	Call for information	1-888-227-8478
Sebastian	Mercy Medical Health System	Breastfeeding Class	Monthly, 4 <sup>th</sup> Tuesday 6 p.m.—8:30 p.m.	Mercy Medical Sicard Education Room 7301 Rogers Avenue Fort Smith, AR	Free  Call for information	Candace 479-314-5905
Sebastian	La Leche League	Mom-to-Mom Support	Call for Breastfeeding Support	Natural State Parenting Supply Fort Smith, AR	Free	Kim 479-410-4360 or <a href="mailto:piersonkim@yahoo.com">piersonkim@yahoo.com</a>
Sevier	Sevier County Health Unit	Breastfeeding Education and Support	Monday—Friday	Sevier County Health Unit 304 North 4 <sup>th</sup> Street De Queen, AR	Free benefit with WIC participation	870-642-2535



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Sevier	Judy Young	Private Lactation Counselor	Call for appointment	DeQueen, AR	Free	Call or text 870-584-2707
Sharp	New Beginnings Pregnancy Center	Breastfeeding Class	Call for schedule	23 West Main Street Ash Flat, AR	Free	Lynn Barber or Laura Lute 870-994-5433
St. Francis	Jennifer Geater, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	St. Francis County Health Unit 413 North Division Forrest City, AR	Free benefit with WIC participation	Jennifer Geater WIC Breastfeeding Peer Counselor 870-633-1340
Union	Union County Health Unit	Breastfeeding Education and Support	Monday—Friday	Union County Health Unit 301 American Road El Dorado, AR	Free benefit with WIC participation	870-863-5101
Van Buren	Vanessa Breedlove, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Thursday	Van Buren County Health Unit 526 Quality Drive Clinton, AR	Free benefit with WIC participation	Vanessa Breedlove WIC Breastfeeding Peer Counselor 501-745-2485
Van Buren	Van Buren County Breastfeeding Resource Center	Books and information about breastfeeding available in Lending Library	Monday—Thursday	Van Buren County Health Unit 526 Quality Drive Clinton, AR	Free benefit with WIC participation	Vanessa Breedlove WIC Breastfeeding Peer Counselor 501-745-2485
Van Buren	Ozark Opportunities	Healthy Families Arkansas-Ozark Mountains— Breastfeeding support, guidance, education, and home visits	Monthly group meetings  Weekly home visits for participants	Inside the Van Buren County Health Unit 526 Quality Dr Clinton, AR	Free	Melissa Smyth, Brandi Grillot, and Alex Churches Ragland (Breastfeeding Peer Counselor) 870-448-6488

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Van Buren	Van Buren County Health Unit/Milk Bank Depot for Mother's Milk Bank of North TX	Place to drop off donated breastmilk after signing up for the program	Call ahead for information/appointment prior to donating your milk.	Van Buren County Health Unit 245 Quality Drive Clinton, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 501-745-2485 Vanessa Breedlove or Teresa Gates
Washington	Springdale WIC Clinic	Breastfeeding Education and Support	Monday—Friday	Springdale WIC Clinic 614 East Emma Avenue Suite 100 Springdale, AR	Free benefit with WIC participation	479-927-3667
Washington	Washington County Health Unit	Breastfeeding Education and Support	Monday—Friday	Washington County Health Unit 3270 Wimberly Drive Fayetteville, AR	Free benefit with WIC participation	479-521-8181
Washington	Washington Regional Medical Center	Breastfeeding Class	Monthly, 4th Tuesday 6 p.m.—8 p.m.	WRMC Johnelle Hurst Center for Women 3215 North Hills Blvd. Fayetteville, AR	\$20 for breastfeeding class	Tonia Squires <a href="mailto:tsquires@wregional.com">tsquires@wregional.com</a> 479-463-5141 479-463-1619 Call or register online: <a href="http://Wregional.com">Wregional.com</a>
Washington	Willow Creek Women's Hospital	Breastfeeding Class  Outpatient Lactation Consults  Breastfeeding Support Group	Call for schedule  Call for schedule  Monthly, 2 <sup>nd</sup> Wednesday	Willow Creek Women's Hospital Johnson, AR	Free  (Insurance may be filed)	Dana Arrieta Melissa Cleaveland Mary Beth Green 479-684-3210

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White	Lourdes Alvarado, Breastfeeding Peer Counselor	Breastfeeding Counseling and Support	Monday—Friday	White County Health Unit— Searcy 112 Brantley Road Searcy, AR	Free benefit with WIC participation	Lourdes Alvarado WIC Breastfeeding Peer Counselor 501-268-6102
White	La Leche League of Searcy	Mother-to-Mother Support	Monthly, 3rd Tuesday 7 p.m. Monthly, 1 <sup>st</sup> Tuesday 10 a.m.	Searcy, AR (call for location)	Free	Mona 501- 268-7623 April 501-827-0323 Catrina 501-827-7186 LLL of Searcy on Facebook
White	Unity White County Medical Center	Virtual Breastfeeding Class  Private Lactation Consults	Call to register for virtual breastfeeding class.  Call to schedule	Unity White County Medical Center 3214 East Race Street Searcy, AR	Call for information (private consults)	Katherine Doyle 501-380-1277 – answering machine
Yell	Yell County Health Unit- Danville	Breastfeeding Education and Support	Monday—Friday	Yell County Health Unit— Danville 1309 Hwy 10 East Danville, AR	Free benefit with WIC participation	479-495-2741
Yell	Yell County Health Unit- Dardanelle	Breastfeeding Education and Support	Monday—Friday	Yell County Health Unit— Dardanelle 719 North 5 <sup>th</sup> Street Dardanelle, AR	Free benefit with WIC participation	479-229-3509