

# Breastfeeding Help Resource List

WIC supports all moms to meet their breastfeeding goals.  
Anytime you have questions or concerns, don't hesitate to reach out for help.

Revision date: 10/1/2022

## Local WIC Breastfeeding Resources

Shannon Owens, LVN, IBCLC: 903-465-2878 x 1324 (English)

Denise Wardell, RN, IBCLC: 903-893-0131 x 1226 (English) M-TH 8-7pm

## WIC Breastfeeding Counselors

Alicia Hernandez, Peer Counselor: 903-893-0131 x 1228 (English/Spanish) M-TH 8-7pm

Reecesann Medrano, Peer Counselor: 903-893-0131 x 1227 (English) M-TH 8-7pm

Sarahi Espitia, Peer Counselor: 903-893-0131 x 1230 (English/Spanish) M-TH 8-7pm

Patti Ochoa, Peer Counselor: 903-893-0131 x 1231 (English) M-TH 8-7pm

Cynthia Villarreal, Breastfeeding Educator: 903-893-0131 x 1232 (English/Spanish)

Madia Lara, Breastfeeding Educator: 903-465-2878 x 1338 (English/Spanish)

Desiree Layman, Breastfeeding Educator: 903-893-0131 x 1250 (English) M-TH 8-7pm

## Texas Lactation Support Hotline

**855-550-6667**

*(Available toll-free 24/7, including holidays)*

## No Cost Community Resources

### WIC Breastfeeding Warmline:

Calls returned within 24 hours

- 903-771-9042
- 903-771-8855

### La Leche League Support:

- [www.lll.org](http://www.lll.org)

Visit [texaswic.org/breastfeeding/were-here-help](http://texaswic.org/breastfeeding/were-here-help) for more information.

## Texas Lactation Support Centers

*(virtual appointments available)*

### Mom's Place – Austin

512-972-6700

### Lactation Care Center – Dallas

214-670-7222

### Lactation Foundation – Houston

713-500-2800, option 1

### Lactation Care Center-RGV – McAllen

956-292-7711

### Lactation Support Center – San Antonio

210-207-7138

## Helpful Websites

### General Info

[BreastmilkCounts.com](http://BreastmilkCounts.com)

[TexasWIC.org](http://TexasWIC.org)

[Kellymom.com](http://Kellymom.com)

### Breastmilk Donations

[Milkbank.org](http://Milkbank.org) (Austin)

[Texasmilkbank.org](http://Texasmilkbank.org) (Dallas)

### Medication Questions

[Infantrisk.com](http://Infantrisk.com)



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