

Breastfeeding Help Resource List

Breastmilk is one of the most important gifts you can give your baby -
and WIC is here to support you.

Revision date: **07/02/2020**

Local WIC Breastfeeding Resources

Shannon Owens, LVN, IBCLC 903-465-2878 x 224 (English) M-TH 8-7pm (Denison, TX)

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

WIC Breastfeeding Counselors

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

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

Morgan Penn, Breastfeeding Educator 903-465-2878 x 226 (English) M-TH 8-7pm

Cynthia Villarreal, Breastfeeding Educator 903-465-2878 x 227 (English/Spanish) M-TH 8-7pm

Texas Lactation Support Hotline

855-550-6667

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

Texas Lactation Support Centers

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 – San Antonio

210-207-7138

Lactation Care Center – McAllen

956-292-7711

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

No Cost Community Resources

WIC Breastfeeding Warmline

Calls will be returned within 24 hours

903-771-9042

903-771-8855

La Leche League Support

www.llli.org

Helpful Websites

General Info

Breastmilkcounts.com

TexasWIC.org

Kellymom.com

Breastmilk Donations

Milkbank.org (Austin)

Texasmilkbank.org (Dallas)

Medication Questions

Infantrisk.com



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