

# 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: [12/10/2024]

## Local WIC Breastfeeding Resources

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

Denise Wardell, RN IBCLC: 903-893-0131 x 1226 (English)

## WIC Breastfeeding Counselors

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

Desiree Layman, Peer Counselor: 903-893-0131 x 1250 (English)

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

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

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

Valerie Moore, WCS : 903-465-2878 x 1325 (English)

## 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

903 Lactation Support Group

Follow us on our Facebook group for meeting dates and times



La Leche League Support:

[www.llli.org](http://www.llli.org)

## Texas

### 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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