

Breastfeeding Resource Guide

Helpful Resource Numbers

Dallas WIC Breastfeeding Help Line

214-670-7222

Texas Lactation Support Hotline

1-855-550-6667(MOMS)

La Leche League Dallas 214-945-3555 (free)

The Infant Risk Center 1-806-352-2519

FREE helpline for questions about medication use during pregnancy and breastfeeding.

Worried about Postpartum Depression?

ADAPT Crisis Hotline 1-866-260-8000

Other Resources:

www.breastmilkcounts.com

www.kellymom.com

www.womenshealth.gov/itonlynatural



WIC can help you have a healthy pregnancy, breastfeed successfully and raise amazing kids!

Almost 1 million Texans use WIC every month!

What are you waiting for?

Call us today and let us serve you!

Dallas WIC: 214-670-7200



Need breastfeeding support?

Let the City of Dallas WIC help with your breastfeeding needs!

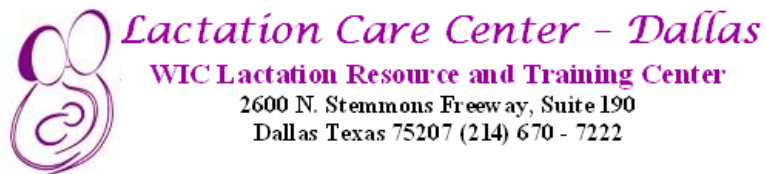
Breastfeeding Help Line:

214-670-7222



This institution is an equal opportunity provider.

Your Breastfeeding Counselor is:



Lactation Care Center - Dallas

WIC Lactation Resource and Training Center

2600 N. Stemmons Freeway, Suite 190

Dallas Texas 75207 (214) 670 - 7222

Breastfeeding help in a calm & supportive environment

Let us help you have a positive breastfeeding
experience

Serving WIC and non-WIC moms!

All visits are FREE and include:

- Full breastfeeding assessment by an International Board Certified Lactation Consultant (IBCLC)
- Gentle assistance
- Individualized follow up / weight checks
- Assessment of need for a breast pump

**Please join us for a Breastfeeding Support
Group on the 3rd Friday of every month
at the Central location**

English – 10:30

Spanish – 1:30



@LactationCareCenterWICDallas

We now have 3 locations to
serve you closer to home!

Central: Monday – Friday and some Saturdays
2600 North Stemmons Freeway, Suite 190
Dallas, TX 75207

(P) 1-855-6667 or 214-670-7222

(F) 214-670-7150

North: Tuesdays and Thursdays
8202 Spring Valley Road, Suite 100
Dallas, TX 75240

(P) 214-243-2104 (F) 214-670-7150

South: Wednesdays and Fridays
1111 West Ledbetter
Dallas, TX 75224

(P) 214-243-2323 (F) 214-670-7150

WIC Participants can also receive breast
pumps and breastfeeding support at their
local WIC clinic.