

Southern Arizona Breastfeeding & Motherhood Resources

Arizona Department of Health Services Breastfeeding Hotline: 1-800-833-4642

24/7 Breastfeeding and motherhood resource line for any mother or provider in Arizona

Arizona WIC: 1-800-252-5942, azwic.gov (multilingual) (free services*)

*Clinic information, breastfeeding support, breast pump program, breastfeeding classes, peer counseling, *for those who qualify*

Arizona Warmline: 1-800-434-MOMS (6667)

Resource line for women experiencing pregnancy or postpartum adjustment, anxiety, or depression

*“In addition to containing all the vitamins and nutrients your baby needs, breast milk is packed with illness-fighting substances that protect your baby”
-Baby Center*

❖ **IBCLC Lactation Consultant**

Breastfeeding Support Groups

Carondelet St. Joseph	520-873-1609
<i>Tuesdays 10-11:30am—Childbirth Education Room</i>	
La Leche League - Tucson Area	520-721-2516
<i>Various Locations and Times— http://www.llofaz.org/tucsonarea.htm</i>	
La Leche League - Sierra Vista	440-476-5073
<i>1st Wednesday 9:00am & 3rd Saturday 10:00am—Move City Church</i>	
Northwest Medical Center	520-877-1609
<i>Wednesdays 1-2:30pm and 6-7:30pm—Event Center</i>	
Sierra Vista Regional Health Center	520-459-8210
<i>Mondays 9:15-10:30am—Wellness Depot</i>	
Teen Outreach Pregnancy Services (teens only)	520-888-2881
<i>Thursdays 10-11am</i>	
Tucson Medical Center	520-324-5730
<i>Mondays 10-11:30am—Canyon Room</i>	

Independent Lactation Support Services

Private consults, in-home lactation support, postpartum doulas

Blissful Beginnings	520-404-3089
Heartsounds: Mother and Infant Care* ❖	520-419-6058
<i>www.heartsoundsbaby.org *Free services for those who qualify</i>	
Love in Bloom Doula Services	520-322-9186/ 520-870-5030
<i>www.loveinbloomdoula.com</i>	
Mama's Latte ❖	520-628-4202
<i>www.mamaslatte.com</i>	
Milk and Honey ❖	520-975-9495/ 520-349-7745
<i>www.milkandhoneytucson.com</i>	
Mindful Lactation ❖	520-834-7209
<i>www.rsvpconsult.com</i>	
Nested: Doula & Lactation Services ❖	520-490-4552
<i>www.nesteddoula.com</i>	
Your Family's Journey	520-440-8446
<i>www.tinyurl.com/yourfamilysjourney.com</i>	

Hospital-Based Breastfeeding Support

Private consults, outpatient services

Tucson Medical Center 520-324-5730

Breastfeeding Support Program* ❖

*www.tmcaz.com *accepts BCBS*

Banner University Medical Center 520-694-0445

Lactation Services ❖

www.uahealth.com

Breastfeeding Supplies, Pump Sales & Rentals

Northwest Medical Center 520-877-4145

TMC Desert Cradle 520-324-2180

Banner University Medical Center 520-694-0445

Prenatal Breastfeeding Classes

Northwest Medical Center 520-622-6200

Pima County Health Department 520-298-3888

Sierra Vista Regional Center 1-877-228-3638

Teen Outreach Pregnancy Services 520-888-2881

Tucson Medical Center 520-324-1817

Banner University Medical Center 520-694-6667

New Mom & Baby Support Groups

Birth & Women's Health Center 520-795-9912/

Tuesdays and Saturdays 12:30-2:30pm

520-577-5130

Teen Outreach Pregnancy Services 520-888-2881

Mondays 5:30-6:30pm

Pregnancy & Postpartum Depression & Anxiety Support Groups

Carondelet St. Joseph 520-873-6858

Wednesdays 6-7:30pm—Agave Room

Northwest Medical Center 520-877-4149

Wednesdays 10-11:30am—Event Center

Serafina Women's Center 520-202-1716

Wednesdays 5:00-6:00pm

Tucson Postpartum Depression Coalition

www.tucsonpostpartum.com

"Mother's milk, time-tested for millions of years, is the best nutrient for babies because it is nature's perfect food."

-Mendelsohn

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