



# 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 (multilingual) (free Services) ([www.azwic.gov](http://www.azwic.gov))  
 Clinic information, breastfeeding Support, Breastpump Program, Breastfeeding Classes, Peer Counseling

## Hospital Based

private  
outpatient

**Tucson Medical Center** 520-324-5730  
[www.tmcaz.org](http://www.tmcaz.org) ▲ ©

**University of Arizona Medical Center** 520-694-0445  
[www.umcaz.org](http://www.umcaz.org) bilingual ▲ ©

## In Home

private  
consults,  
education,  
postpartum  
doula bf  
support

## Independent Lactation Support Services

**Before. During. After. Doula** ..... 850-227-4120  
[www.beforeduringafterdoula.com](http://www.beforeduringafterdoula.com)

**Bosom Buddies Lactation Services** ..... 520-304-0525  
[www.bosombuddieslactation.com](http://www.bosombuddieslactation.com) ©

**Heartsounds: Mother and Infant Care** ..... 520-260-0225  
[www.heartsoundsbaby.com](http://www.heartsoundsbaby.com)

**Love In Bloom** ..... 520-623-7254  
[www.loveinbloomboula.com](http://www.loveinbloomboula.com)

**Mama's Latte** ..... 520-628-4202  
[www.mamaslatte.com](http://www.mamaslatte.com) ©

**Milk and Honey** ..... 520-975-9495/ 349-7745  
[www.milkandhoneytucson.com](http://www.milkandhoneytucson.com) ©

**Mindful Lactation** ..... 520-834-7209  
[www.breastfeedingfairy.com](http://www.breastfeedingfairy.com) © CBF

**Nouveau Bebe** ..... 520-784-1727  
[www.nbpdoula.com](http://www.nbpdoula.com)

**We Follow the Stork** ..... 520-795-0420  
[www.wefollowthestork.com](http://www.wefollowthestork.com)

**Womb Dance Lactation** ..... 520-401-1151  
[www.wombdance.com](http://www.wombdance.com) ©

## Physician offices

private consults,  
most insurance  
accepted

**UPH Community Family Practice** 520-694-8888  
[www.umcaz.org](http://www.umcaz.org) bilingual ▲ © (2nd and 4th Fri/Month)

# Southern Arizona Breastfeeding & Motherhood Resources

## Prenatal Breastfeeding Classes

<b>Bosom Buddies Lactation Services</b>	520-271-4467
<b>Mama's Latte (private classes)</b>	520-628-4202
<b>Mindful Lactation (private classes)</b>	520-834-7209
<b>Northwest Medical Center</b>	866-694-9355
<b>Pima County Health Department</b>	520-298-3888
<b>Sierra Vista Regional Center</b>	520-417-3079
<b>Teen Outreach Pregnancy Services (teens only)</b>	520-888-2881
<b>Tucson Medical Center</b>	520-324-1817
<b>University of Arizona Medical Center</b>	520-694-0445
<b>Womb Dance Lactation (private classes)</b>	520-401-1151

## Breastfeeding Supplies & Breastpump Sales & Rentals

<b>Northwest Medical Center cbf, *</b>	520-877-4145
<b>Tucson Medical Center cbf, *</b>	520-324-2180
<b>University of Arizona Medical Center cbf, ▲</b>	520-694-0445
<b>Womb Dance Lactation Services</b>	520-401-1151

## Breastfeeding Support Group

<b>Carondelet St. Joseph</b> Tuesday 10am - 11:30 am	520-873-1609
<b>La Leche League Tucson</b> 4 Meetings per month- various locations	520-721-2516
<b>Northwest Medical Center</b> Wednesday 1pm - 2:30pm and 6pm -730pm- Event Center	520-877-4145
<b>Sierra Vista Regional Health Center</b> Monday 9am -10:30am- Wellness Depot	520-459-8210
<b>Tucson Medical Center</b> Monday 10am 11:30am- Canyon Room	520-324-5730

## Postpartum Support Group

<b>Birth &amp; Women's Health Center</b> Tuesday 12:30pm - 2:30pm Saturday 12:30pm - 2:30pm	795-9912/577-5130
<b>Northwest Medical Center</b> Monday (1 <sup>st</sup> & 3 <sup>rd</sup> ) 1pm	877-4156
<b>Teen Outreach Pregnancy Services</b> Monday 6:30pm - 7:30pm	888-2881

## Pregnancy & Postpartum Depression Support Group

<b>Carondelet St. Joseph</b> 873-6858 Every..Tuesday,6pm-7:30pm
<b>Northwest Medical Center</b> 877-4149 Wednesday 10:00am - 11:30 am

## Mother's Oasis

520-202-1987  
502 N. Silverbell Rd.  
[www.mothersoasis.org](http://www.mothersoasis.org)  
[www.tucsonpostpartum.com](http://www.tucsonpostpartum.com)

## AZ Pregnancy & Postpartum Depression Phone Support Resources:

AZ Warmline  
1-888-434-MOMS (6667)

Tucson Warmline,  
325-6667 (calls returned 9am-8pm)

Ⓟ - Private consults by IBCLC Lactation Consultant  
▲ - Staffed by Lactation Consultant (IBCLC)  
\* - IBCLC Lactation Consultant available  
CBF - Medela Certified Bra Fitter