

Southern Arizona Breastfeeding & Motherhood Resources



Southern
Arizona
Lactation
Consultant
Association

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)

Clinic information, breastfeeding support, breast pump program, breastfeeding classes, peer counseling.

Arizona Warmline 1-888-434-MOMS (6667) tucsonpostpartum.com/services/

For information about depression, anxiety or other mood disorders. This service is available for English and Spanish speakers. Please leave a message and the volunteer will return your call between 9AM and 8PM.

Breastfeeding
may be the
normal way to
feed babies
but it's not
always easy.
Ask for help.

Breastfeeding Support Groups

Carondelet St Joseph's Hospital*

Tues 2pm-3:30pm Childbirth Education Room

520-873-1609

La Leche League Tucson

<http://www.llofaz.org/tucsonarea.htm>

520-789-MILK

La Leche League Sierra Vista

1st Weds 9am, 3rd Sat 10am Desert Bloom Midwifery Clinic

520-508-6748

Northwest Medical Center*

Weds 1-2:30pm and 6-7:30pm Event Center

520-877-4145

Canyon Vista Medical Center-Sierra Vista

Mon 9:15-10:30 am--Wellness Depot-SV Mall

520-459-8210

Teen Outreach Pregnancy Services (teens)*

Thurs 10-11am

520-888-2881

Tucson Medical Center*

Mon 10-11:30am--Canyon Room

520-324-5730

Milk & Honey Bumblebees (newborn to crawling)

Fri 10-11:30am

520-477-7752

Busy Bees (crawling, walking) Weds 9-11

**Days and times are accurate at the time of printing but
it's always a good idea to call and verify**

Private Practice Lactation Consultants

Mama's Latte

www.mamaslatte.com

520-628-4202

Milk & Honey*

www.milkandhoneytucson.com

520-477-7752

Mindful Lactation

www.rsvpconsult.com

520-834-7209

Nested-Postpartum Doula and Lactation Support

www.nestedoula.com

520-490-4552

Aveta Lactation

www.avetalactation.com

520-222-7321

Other Postpartum Breastfeeding Support can be found at
DoulaMatch.net

*indicates Breastfeeding Classes

<p><u>Hospital-Based Breastfeeding Support</u> Private Consults and Outpatient Services</p> <p>Tucson Medical Center <i>Breastfeeding Support Program</i> http://www.tmcaz.com/breastfeeding-support-services <i>Breastfeeding supplies, pump rentals, sales</i></p> <p>Banner University Medical Center* <i>Lactation Services, breastfeeding supplies, pump rentals</i> http://tinyurl.com/jxqsaec</p> <p>Northwest Medical Center <i>Breastfeeding supplies, pump rentals</i> http://tinyurl.com/j9f7zsd</p> <p><u>New Family Support Groups</u></p> <p>Birth & Women’s Health Center <i>Tues and Sat 12:30-2:30pm</i></p> <p>Teen Outreach Pregnancy Services <i>Mon 5:30-6:30pm</i></p> <p><u>Pregnancy/Postpartum Depression & Anxiety Support Groups</u></p> <p>Carondelet St Joseph’s Hospital <i>Weds 6-7:30pm Agave Room</i></p> <p>Northwest Medical Center <i>Weds 10-11:30am Event Center</i></p> <p>Serafina Women’s Center <i>Weds 5-6:00pm</i></p> <p>Tucson Medical Center <i>Thurs 5:30-7:30 Patio Bldng/Fireplace Room</i> http://www.tmcaz.com/pregnancy--postpartum-depression-support-group</p> <p>Tucson Postpartum Depression Coalition www.tucsonpostpartum.com</p>	<p>520-324-5730</p> <p>520-324-2180</p> <p>520-694-0445</p> <p>520-877-4145</p> <p>520-795-9912</p> <p>520-888-2881</p> <p>520-873-6858</p> <p>520-877-4149</p> <p>520-202-1716</p> <p>520-324-7576</p>	<p>If you have questions about other methods of infant feeding such as bottles, formula, donated milk, an IBCLC can help you with that, too.</p>
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