



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)
 Clinic information, breastfeeding Support, Breastpump Program, Breastfeeding Classes, Peer Counseling

Hospital Based

private
outpatient

Tucson Medical Center www.tmcaz.org ▲ ©	520-324-5730
University of Arizona Medical Center www.umcaz.org bilingual ▲ ©	520-694-0445

In Home

private
consults,
education,
postpartum
doula bf
support

Independent Lactation Support Services

Before. During. After. Doula	850-227-4120
www.beforeduringafterdoula.com	
Bosom Buddies Lactation Services	520-304-0525
www.bosombuddieslactation.com ©	
Heartsounds: Mother and Infant Care	520-260-0225
www.heartsoundsbaby.com	
Love In Bloom	520-623-7254
www.loveinbloomboula.com	
Mama's Latte	520-628-4202
www.mamaslatte.com ©	
Milk and Honey	520-975-9495/ 349-7745
www.milkandhoneytucson.com ©	
Mindful Lactation	520-834-7209
www.breastfeedingfairy.com © CBF	
Nouveau Bebe	520-784-1727
www.nbpdoula.com	
We Follow the Stork	520-795-0420
www.wefollowthestork.com	
Womb Dance Lactation	520-401-1151
www.wombdance.com ©	

Physician offices

private consults,
most insurance
accepted

Modern Elixir www.mymodernelixir.com ▲ © home visits available, corporate lactation	520-308-5280
UPH Community Family Practice www.umcaz.org bilingual ▲ © (2nd and 4th Fri/Month)	520-694-8888

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Prenatal Breastfeeding Classes

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

Breastfeeding Supplies & Breastpump Sales & Rentals

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

Breastfeeding Support Group

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

Postpartum Support Group

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

Pregnancy & Postpartum Depression Support Group

Carondelet St. Joseph 873-6858 2nd & 4th Tuesday of the month 10am- 11:30am
Northwest Medical Center 877-4149 Wednesday 10:00am - 11:30 am

Mother's Oasis

520-202-1987
502 N. Silverbell Rd.
www.mothersoasis.org
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