

# 2008 TUCSON BREASTFEEDING RESOURCES

Courtesy of Southern Arizona Breastfeeding Coalition \*

## Breastfeeding Support & Information

|   |           |                                       |
|---|-----------|---------------------------------------|
| BEST (Breastfeeding Education Support Team) – WIC Offices:<br>El Rio  | Bilingual | 670-3755                              |
| Lazos de Los Familias   | Bilingual | 624-0974                              |
| Marana (call for nearest location)  | Bilingual | 616-6213                              |
| Nogales<br>Mariposa Clinic  | Bilingual | (520) 287-4994<br>(520) 281-2860      |
| Northwest Hospital Women's Center   | Bilingual | 877-4178                              |
| Pascua Yaqui  | Bilingual | 879-6300                              |
| Pima County ▲   | Bilingual | 243-7726<br>243-7729                  |
| Carondelet St. Joseph Hospital Lactation Services ♥   |           | 873-3187 (by appointment)             |
| Desert Doulas <a href="http://www.desertdoulas.com">www.desertdoulas.com</a> HV                             | Bilingual | 749-0329                              |
| Heartsounds: Mother and Infant Care <a href="http://www.heartsoundsbaby.com">www.heartsoundsbaby.com</a> HV |           | 520-623-7254<br>520-405-8514          |
| <b>HOTLINES:</b><br>Arizona Dept. of Health Services Pregnancy & Breastfeeding Hotline (24 hours a day) ▲   | Bilingual | 1-800-833-4642                        |
| Drug Information & Poison Control (available 24 hours/day)  | Bilingual | 626-6016<br>1-800-222-1222 (National) |
| Pregnancy Risk Line (information about drugs, medications, toxin during pregnancy and lactation)            | Bilingual | 626-3410                              |
| La Leche League International ♥   | Bilingual | 721-2516                              |
| Northwest Medical Center ▲  | Bilingual | 877-4145<br>pgr 218-2591 (8am-4pm)    |
| Mariposa Community Health Center (Platicamos Salud Program – Nogales, AZ)                                   | Bilingual | (520) 281-2860                        |
| Mama's Latte LLC <a href="http://www.mamaslatte.com">www.mamaslatte.com</a> HV                              |           | 628-4202                              |
| Teen Outreach Pregnancy Services ( <a href="http://teenoutreachaz.org">teenoutreachaz.org</a> )             |           | 888-2881                              |
| Tucson Medical Center Breastfeeding Support Program ♥   |           | 324-5730                              |
| University Medical Center Lactation Services ♥ HV   | Bilingual | 694-0445                              |
| We Follow the Stork HV  |           | 320-9650                              |

♥ Private consultations by Lactation Consultant (IBCLC) HV- In Home Lactation Support ▲ -Staffed by Lactation Consultant (IBCLC)

## Breast Pump Sales & Rental (rentals for hospital-grade pumps)

|  |               |                      |                               |
|--|---------------|----------------------|-------------------------------|
| Best Beginnings  | sales, rental | Tucson (northwest)   | 250-6999                      |
| Carondelet St. Joseph Breastfeeding Support Ctr ▲ <sup>CBF</sup> | sales, rental | Tucson (east)        | 873-3187                      |
| Hollister (Ameda-Egnell)   | N/A           | Supplier Information | 1-800-323-4060                |
| Mariposa WIC Clinic  | loaners       | Nogales, AZ          | (520) 287-4994                |
| Medela   | N/A           | Supplier Information | 1-800-435-8316                |
| Northwest Medical Center ▲                                       | rentals       | Tucson (northwest)   | 877-4145                      |
| Pima County Health Department WIC ▲                              | Loaners       | Tucson (central)     | 243-7729<br>243-7726          |
| The Next Generation Diaper Service & Breastfeeding Supply        | sales, rental | Tucson (central)     | 747-4611 (delivery available) |
| Tucson Medical Center's Desert Cradle * <sup>CBF</sup>           | sales, rental | Tucson (central)     | 324-2180                      |
| University Medical Center ▲ <sup>CBF</sup>                       | Sales, rental | Tucson (central)     | 694-0445                      |

▲ Staffed by Lactation Consultant (IBCLC) \* Lactation Consultant (IBCLC) available <sup>CBF</sup> Certified bra fitter

## PRENATAL BREASTFEEDING CLASSES and BREASTFEEDING SUPPORT GROUPS

|                                |                      |                             |          |
|--------------------------------|----------------------|-----------------------------|----------|
| Carondelet St. Joseph Hospital | 873-3187             | Tuesdays 12:30 pm – 2:30 pm | 873-3187 |
| Carondelet St Joseph Hospital  | (Rita Ranch)         | Wednesdays 10:00 - 11:30 am | 873-3187 |
| La Leche League International  | 721-2516             | 6 meetings per month        | 721-2516 |
| Mama's Latte at Babies-R-Us    | (Oracle Road)        | Thursdays 11:00 – 12:30     | 628-4202 |
| Northwest Medical Center       | 866-694-9355         | Wednesdays 1:00 – 2:30 pm   | 877-4145 |
| Pima County Health Department  | 243-7729             | Fridays 10:30 am - 12:00    | 243-7729 |
|                                | 243-7726 (Bilingual) | Friday 10:00 am – 11:30     | 243-7726 |
| Teen Outreach Pregnancy Svcs   | 888-2881             | Mondays 6:30 – 7:30 pm      | 888-2881 |
| Tucson Medical Center          | 324-1817             | Thursdays 10:00 - 11:30 am  | 324-5730 |
| University Medical Center      | 694-MOMS(Bilingual)  | Call for more Information   | 694-0445 |

## POSTPARTUM SUPPORT GROUPS

|   |                          |          |
|---|--------------------------|----------|
| Birth and Women's Health Center                                   | Tuesdays 12:30 - 2:30 pm | 795-9912 |
| Teen Outreach Pregnancy Services<br>(at Northwest Women's Center) | Tuesday 6:30 – 7:30 pm   | 888-2881 |

## PREGNANCY AND POSTPARTUM DEPRESSION SUPPORT GROUPS

|  |   |                      |
|--|---|----------------------|
| Carondelet St. Joseph Hospital                   | Wednesday 6:00 - 7:30 pm<br>Couples Group (4 week sessions-call for info) | 873-6858<br>873-6858 |
| Carondelet St. Joseph Hospital (Spanish group)   | Call for current information/location                                     | 873-6857             |
| Northwest Hospital (Fountain Plaza Event Center) | Wednesday 10:00 - 11:30 am  | 877-4149             |
| Teen Outreach Pregnancy Services                 | Wednesday 4:00 - 5:00 pm  | 888-2881             |
| Tucson Medical Center (Desert Madrecitas)        | Tuesday 6:30 – 7:30 pm  | 324-4736<br>324-4737 |

**PREGNANCY AND POSTPARTUM DEPRESSION (Arizona Health Sciences) 626-7664**

**PREGNANCY AND POSTPARTUM DEPRESSION PHONE SUPPORT AND RESOURCES**  
**AZ WARMLINE: 1-888-434-MOMS (6667), In Tucson, 325-MOMS (6667). Calls returned 9AM-9PM**

## ONLINE BREASTFEEDING INFORMATION/SUPPORT

[www.aap.org/family/brstguid.htm](http://www.aap.org/family/brstguid.htm) (American Academy of Pediatrics)

[www.azbreastfeeding.org](http://www.azbreastfeeding.org) (Arizona Breastfeeding Coalition)

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

[www.bfar.com](http://www.bfar.com) (Breastfeeding After Reduction)

[www.gobreastmilk.org](http://www.gobreastmilk.org) (Arizona Department of Health Services)

[www.hollister.com/us/mbc/breastfeeding/](http://www.hollister.com/us/mbc/breastfeeding/)

[www.lalecheleague.org](http://www.lalecheleague.org) (La Leche League International)

[www.medela.com/](http://www.medela.com/)

### PLEASE NOTE:

*\*This is a list of known resources and does not indicate endorsement or recommendation by the Southern Arizona Breastfeeding Coalition or its members.*

*\*This Resource List may only be duplicated and shared if retained in original format. 2008*