

Breastfeeding Resources – North Texas

The North Texas area serves Hillsboro to the Oklahoma border, Palo Pinto County in the west to Kaufman County to the east. The majority of cities are in the DFW metroplex.

Allen

Basics of Breastfeeding

3-hour classes, \$69, call for times
Pump Talk, \$49, call for times
Private consultations available, 781-429-1500
Drop-in, free support group, call for times
Babies R Us (Sponsored by Isis Parenting)
170 E. Stacy Road
Allen, Texas 75002
855-781-4747

Breastfeeding Consultations and Classes

Call for times and rates
107 Suncreek Drive, Suite 400
Allen, Texas 75013
Chelsea, 214-215-4119

Basics of Breastfeeding

Free once-per-month classes, Thursdays, 6:30 to 9:00 p.m.
Call for dates
Texas Health Presbyterian Allen
1105 Central Expressway North
Allen, TX 75013
1-877-847-9355

Breastfeeding Consultations and Classes

Call for times and rates
Allen, Texas
Judy, 972-549-0050

Argyle

La Leche League of Texas, Fort Worth Alliance

Free, mother to mother, offers support and information for breastfeeding moms
1st Thursday of each month, 10:30 a.m.
All About Babies Birth Center
305 FM 1830
Argyle, TX 76226
Shirley, 786-376-6750

Arlington

La Leche League of Texas, Arlington

Free, mother to mother, offers support and information for breastfeeding moms
1st Wednesday of the month, 10:00 a.m.
Call for location
Kara, 817-896-7054

La Leche League of Texas, Arlington AM

Free, mother to mother, offers support and information for breastfeeding moms
3rd Wednesday of each month 10:00 a.m.
Call for location
Rita, 817-468-5622

Children's Connections, Inc.

800.456.4862 ▪ Fax 806.745.7350 ▪ childrensconnections.org

**La Leche League of Texas, Arlington
Saturday**

Free, mother to mother, offers support and information for breastfeeding moms
3rd Saturday of the month, 10:00 a.m.
Call for location
Arlington, Texas
Rita, 817-468-5622

Basics of Breastfeeding

Class is \$30 per couple, every two weeks, 6:30 to 8:30 p.m.
Also breastfeeding support group twice monthly
Texas Health Arlington Memorial
800 W. Randol Mill Road
Arlington, Texas 76012
877-847-9355

Bedford**Basics of Breastfeeding – English and Spanish**

Free, 3rd Tuesday of each month, 9:00 a.m. to noon
John Peter Smith Hospital Northeast Clinic
837 Brown Trail
Bedford, Texas 76022
817-702-7300

Prenatal Breastfeeding Basics

Class is \$30 per couple, monthly, 6:00 to 9:00 p.m.
Call for dates
Texas Health Harris HEB
1600 Hospital Parkway
Bedford, Texas 76022
877-847-9355
Breastfeeding Support, 817-848-4773

Basics of Breastfeeding

Free, 3rd Thursday of each month, 9:00 a.m. to noon
John Peter Smith Hospital Arlington
601 W. Sanford Street
Arlington, Texas 76011
817-702-7300

La Leche League of Texas, Bedford PM

Free, mother to mother, offers support and information for breastfeeding moms
2nd Monday of each month, 7:15 p.m.
Texas Health Hurst-Euless-Bedford
1600 Hospital Pkwy.
Bedford, TX 76022
Shannon, 817-656-7772

Breastfeeding Consultations and Classes

Call for rates
Mellanie, 817-504-6947

Breastfeeding Consultations

Specializing in challenging cases, call for rates
Bedford and surrounding areas
Windsong Therapy
817-571-8135

Burleson

Basics of Breastfeeding

Free, every other Thursday, 6:30 to 8:30 p.m.
Texas Health Huguley Memorial Medical Center
11801 S. Freeway
Burleson, Texas 76028
817-568-3255

Dallas

Basics of Breastfeeding

3-hour classes, \$69, call for times
Pump Talk, \$49, call for times
Private consultations available, 781-429-1500
Drop-in, free support group, call for times
Babies R Us (Sponsored by Isis
Parenting/Texas Health Dallas)
9358 N. Central Expressway
Dallas, TX 75231
855-781-4747

Breastfeeding Education

8-hour class, 9:00 a.m. to 4:30, Saturdays,
once per month
Free, limited seating for non-UTSW-delivering
mothers
UT Southwestern Medical Center
Dallas, Texas
Call for locations of classes
214-645-1545

Private Breastfeeding Consultations

Some group classes, call for rates
Natural Beginnings
Dallas, Texas
Sharon, 972-495-2805
Linda, 972-699-3921
Diana, 469-844-3574

Breastfeeding Consultations and Classes

Call for times and rates
Dallas, Texas
Janet, 972-768-5177

Baby Café support group

Free, Walk-in, Lactation Consultant on site
Mondays and Fridays, 8:30 a.m. to 5:00 p.m.
8202 Spring Valley Road, Suite 100
Dallas, Texas 75240
214-243-2105

La Leche League of Texas, Dallas PM

Free, mother to mother, offers support and
information for breastfeeding moms
1st Thursday of each month, 7:30 p.m.
Texas Health Presbyterian of Dallas
8200 Walnut Hill Lane
Dallas, Texas 75231
Hannah, 214-562-0738

Basics of Breastfeeding

\$30, 2-1/2 hours, call for times
Methodist Dallas Medical Center
1441 N. Beckley Avenue
Dallas, Texas 75203
214-947-1160

Denton

La Leche League of Texas, Denton PM

Free, mother to mother, offers support and information for breastfeeding moms
2nd Tuesday of each month, 7:00 p.m.
First Christian Church of Denton
1203 Fulton Street
Denton, Texas 76201
Diana, 940-383-5769

Basics of Breastfeeding

Monthly evening classes, \$20, or free for patients delivering at the hospital
Call for dates and times
Denton Regional Medical Center
3535 S. Interstate 35
Denton, Texas 76210
940-384-4288

Early

Early Beginnings Learning Center

809 Early Blvd. Early, TX 76802
325-646-2329

Fort Worth

Basics of Breastfeeding

Class is \$30 per couple, monthly, 6:00 to 9:00 p.m., call for dates
Texas Health Southwest Education Center
6270 John Ryan Drive
Fort Worth, Texas 76132
877-847-9355

Basics of Breastfeeding

Class is \$30 per couple, monthly, 6:00 to 9:00 p.m., call for dates
Texas Health Fort Worth
701 5th Avenue
Fort Worth, Texas 76104
877-847-9355

Basics of Breastfeeding

Group classes are \$40 for 2.5 hours
Private sessions are \$150
Beautiful Beginnings Birth Center
1614 Mistletoe Blvd.
Fort Worth, Texas 76104
Heather, 682-738-6455

Basics of Breastfeeding

3-hour classes, \$69, call for times
Pump Talk, \$49, call for times
Private consultations available, 781-429-1500
Drop-in, free support group, call for times

Babies R Us (Sponsored by Baylor Health System/Isis Parenting)
5800 Overton Ridge Road
Fort Worth, Texas 76132

Basics of Breastfeeding – Spanish only

Free, 3rd Wednesday of each month, 9:00 a.m. to noon
John Peter Smith Hospital Polytechnic
1650 S. Beach Street
Fort Worth, Texas 76105
817-702-7300

La Leche League of Texas, Fort Worth AM

Free, mother to mother, offers support and information for breastfeeding moms
3rd Wednesday of each month, 10:00 a.m., rotating subjects
Ridgmar Mall Community Room (2nd Floor)
1888 Green Oaks Road
Fort Worth, Texas 76116
Heather, 817-560-5991

La Leche League of Texas, Fort Worth PM

Free, mother to mother, offers support and information for breastfeeding moms
2nd Tuesday of each month, 6:00 p.m.
Ridgmar Mall Community Room (2nd Floor)
1888 Green Oaks Road
Fort Worth, Texas 76116

Children's Connections Inc.

Heather, 817-560-5991

855-781-4747

La Leche League of Texas, Garland Toddler

Free, mother to mother, offers support and information for breastfeeding moms
3rd Wednesday, 10:00 a.m.
Call for location
Garland, Texas
Hannah, 214-562-0738

Basics of Breastfeeding

Free, 2nd Thursday, 7:00 p.m.
4th Sunday, 3:00 p.m.
Baylor Medical Center of Garland
2300 Marie Curie Drive
Garland, Texas 75042
972-487-5154

La Leche League of Texas, Garland AM

Free, mother to mother, offers support and information for breastfeeding moms
2nd Thursday of each month, 10:00 a.m.
Peace Lutheran Church
2929 S. First Street
Garland, Texas 75041
Diana, 972-202-7644

Grapevine

Breastfeeding Consultations and Classes

Call for times and rates
Grapevine, Texas
Sharon, 972-495-2805

Basics of Breastfeeding

Monthly classes, \$40 per couple, 6:30 to 9:00 p.m.
Baylor Regional Medical Center
1650 W. College Street
Grapevine, Texas 76051
800-422-9567

Garland

La Leche League of Texas

Free, mother to mother, offers support and information for breastfeeding moms
1st Thursday of each month, 10:00 a.m.
Call for location
Garland, Texas
Heather, 214-507-7564
Hannah, 214-562-0738

Private Breastfeeding Consultations

Occasional group classes
Call for rates
Natural Beginnings
Garland, Texas
Sharon, 972-495-2805
Linda, 972-699-3921
Diana, 469-844-3574

La Leche League of Texas, Grapevine AM

Free, mother to mother, offers support and information for breastfeeding moms
1st Wednesday of each month, 10:00 to 11:30 a.m.
Grapevine Yoga
213 W. Wall Street
Grapevine, Texas 76051
Mary, 817-337-3902

Irving

La Leche League of Texas, Irving AM

Free, mother to mother, offers support and information for breastfeeding moms
4th Friday of each month, 10:30 a.m.
Call for locations
Irving, Texas
Louanne, 972-723-9677

Basics of Breastfeeding

Free, one Sunday per month, 1:30 p.m.
Baylor Hospital Irving
Coppertree Medical Building
1302 Lane Street, Suite 2030
Irving TX 75061
800-422-9567

Keller

La Leche League of Texas, Fort Worth

Free, mother to mother, offers support and information for breastfeeding moms
3rd Wednesday of each month, 6:00 p.m.
11751 Alta Vista Road
Keller, Texas 76244
Linda, 781-799-6285

Breastfeeding Consultations

Group classes and individual consultations
Call for rates
Keller and surrounding areas
Liz, 817-821-5009

Lewisville

La Leche League of Texas, Lewisville AM

Free, mother to mother, offers support and information for breastfeeding moms
3rd Tuesday of each month, 10:00 a.m.
First Presbyterian Church of Lewisville
1002 Fox Avenue
Lewisville, Texas 75067
Bridget, 972-317-1648

Basics of Breastfeeding

3-hour classes, \$69, call for dates
Pump Talk, \$49, call for dates
Private consultations available, 781-429-1500
Drop-in, free support group, call for dates
Babies R Us (Sponsored by Isis Parenting)
420 E. Roundgrove Road
Lewisville, Texas 75067
855-781-4747

La Leche League of Texas, Lewisville PM

Free, mother to mother, offers support and information for breastfeeding moms
1st Tuesday of each month, 7:00 p.m.
First Presbyterian Church of Lewisville
1002 Fox Avenue
Lewisville, Texas 75067
Bridget, 972-317-1648

Breastfeeding: Off to a Good Start

\$25 per couple, 6:00 to 9:00 p.m.
Medical Center of Lewisville
500 W. Main Street
Lewisville, Texas 75057
972-420-1690

McKinney

La Leche League of Texas, McKinney AM

Free, mother to mother, offers support and information for breastfeeding moms
3rd Thursday of each month, 10:15 a.m.
First United Methodist Church
315 N. Church Street
McKinney, TX 75069
Autumn, 559-312-3873

Breastfeeding Basics

Free classes, 2.5 hours
Call for times
Baylor Medical Center at McKinney
5252 West University Drive
McKinney, Texas 75071
1-800-422-9567

Breastfeeding Basics

Monthly, 7:00 to 9:00 p.m.
Call for fees and dates
Medical Center of McKinney
4500 Medical Center Drive
McKinney, Texas 75069
972-540-4555

North Richland Hills

Basics of Breastfeeding

\$35 couple, one Saturday per month, 9:00 a.m. to noon
Call for dates
North Richland Hills
Liz, 817-380-5929

Plano

La Leche League of Texas

Free, mother to mother, offers support and information for breastfeeding moms
2nd Tuesday of each month, 10:30 a.m.
Lord of Life Lutheran Church
3601 W. 15th Street
Plano, Texas 75075
Beth, 972-747-1297

Private consultations, call for fees
Plano, Texas
Wendy, 972-985-8828

Basics of Breastfeeding

3-hour classes, \$69, call for times
Pump Talk, \$49, call for times
Private consultations available, 781-429-1500
Drop-in, free support group, call for times

Breastfeeding Preparation

\$25 per couple

Children's Connections Inc.

Phone 800.456.4862 ▪ Fax 806.745.7350 ▪ childrensconnections.org

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Babies R Us (Sponsored by Isis Parenting)
1701 Preston Road
Plano, Texas 75093
855-781-4747

Breastfeeding Basics

Free classes, 3-1/2 hours
Call for times and dates
Texas Health Presbyterian Hospital Plano
6300 W. Parker Road
Plano, TX 75093
877-847-9355

Richardson

La Leche League of Texas, Dallas Toddler

Free, mother to mother, offers support and information for breastfeeding moms
4th Tuesday of each month, 10:30 a.m.
Richardson E. Church of Christ
1504 E Campbell Road
Richardson, TX 75081
Heather, 214-507-7564

Breastfeeding Basics

\$25, monthly, 7:00 to 9:45 p.m.
Methodist Richardson Medical Center
2805 E President George Bush Hwy.
Richardson, Texas 75082
Karen, 972-498-4835

Rockwall/Rowlett/Lake Ray Hubbard

La Leche League of Texas, Lake Ray Hubbard

Free, mother to mother, offers support and information for breastfeeding moms
2nd Monday of each month, 7:00 p.m.
Lake Pointe Medical Center
9400 Lakeview Parkway
Rowlett, Texas 75088
Amy, 972-249-5914

Breastfeeding Basics

Monthly classes are \$40, 9 a.m. to 12:00 noon
Texas Health Presbyterian Rockwall
3150 Horizon Road
Rockwall, Texas 75032
Cindee, 469-698-1301

Sherman/Denison

La Leche League of Texas, Sherman

Free, mother to mother, offers support and information for breastfeeding moms
3rd Monday of each month, 6:00 p.m.
The House of Birth
222 W Brockett St Sherman, TX 75090
Sherman, Texas 75090
Lydia, 903-870-8661

Terrell

La Leche League Support Group, Terrell

Free, mother to mother, offers support and information for breastfeeding moms
2nd Tuesday of each month, 10:00 a.m.
Kaufman County Birth Center
305 W. Mulberry Street
Terrell, Texas 75160
Cassie, 972-679-6564

Texarkana

La Leche League of Texas, Texarkana

Free, mother to mother, offers support and information for breastfeeding moms
1st Friday of each month, 10:30 a.m.
Christus St. Michael Health Center
2223 Morris Lane
Texarkana, Texas 75503
Georgia, 870-653-3062

Breastfeeding Basics

Monthly classes, \$10.00, 6:15 to 7:30 p.m.
Call for dates
Christus St. Michael Health System
2600 St. Michael Drive
Texarkana, Texas 75501
Tina, 903-614-2630

Weatherford

Breastfeeding Consultations

In-home visits \$75 within 20 miles of Weatherford, otherwise \$85
Dewlene Broyles
Weatherford, Texas
817-821-6970

Wichita Falls

Basics of Breastfeeding

Free group or individual classes
Once per month, Tuesdays or Thursdays, 7:00 p.m.
United Regional Healthcare
1600 11th St.

Wichita Falls, TX 76301
940-764-8570
800-982-9799

Private breastfeeding consultations
For-fee consultations

Children's Connections Inc.

Phone 800.456.4862 ▪ Fax 806.745.7350 ▪ childrensconnections.org

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In-home services
Wichita Falls, Texas
Sara, 318-840-1920

Wichita Falls WIC Office
1700 3rd St.
Wichita Falls, TX 76301
Breastfeeding Coordinator 940-761-7923
Peer Counselor 940-761-7948

Free Breastfeeding Assistance

Free WIC (classes and also breast pumps)
Individual assistance for non-WIC mothers

La Leche League of Texas

Free, mother to mother, offers support and information for breastfeeding moms
2nd Tuesday of each month, 6:30 to 8:30 p.m.
2 Belgrave Ct
Wichita Falls 76309
Vicki, 940-782-9194

Consultants serving various DFW areas

Back-to-Work and Breastfeeding

Group classes are \$40 for 2 hours, call to arrange
Private sessions are \$150
Heather, 682-738-6455

Breastfeeding Consultations

Call for rates
1237 Southright Court, Suite 208
Hurst, Texas 76053
Mellanie Sheppard, IBCLC, RLC
817-504-6947

La Leche League of Texas

Free phone support
972-669-5714

Lactation Consultants by City/ZipCode

International Lactation Consultant Association

<http://www.ilca.org/i4a/pages/index.cfm?pageid=3337>