

Breastfeeding Resources- West Texas

The West Texas Area serves the largest area of Texas - from Abilene west to El Paso, and Amarillo south to Del Rio.

Abilene

Baby Café support group

Free, Walk-in, Lactation Consultant on site
1st and 3rd Tuesdays, 10:00 a.m. to noon
2nd and 4th Thursdays, 6:30 to 8:30 p.m.
Hendrick Medical Center
1900 Pine Street
Abilene, Texas 79601
Tabitha, 325-670-4530

Tiny Toes Breastfeeding Basics Class

Free, Third Tuesday of the month, 6:30 p.m. -
8:30 p.m.
Abilene Regional Medical Center
6250 US Highway 83
Abilene, TX 79606
325-428-4636

Private breastfeeding consultations

In-home services
Call for rates
Donna, 325-668-7908

(TLC) Lactation Club of Abilene and the Big Country

Free, once per month, call for dates, 6:45 to
8:30 p.m.
Pregnancy Resources of Abilene
2110 N. Willis
Abilene, TX 79603
Donna, 325-668-7908

Private breastfeeding consultations

In-home services
Call for rates
Mary, 325-513-5998

Breastfeeding basic education

Free monthly meetings, call for details
Abilene-Taylor County Public Health District
WIC Program
850 North 6th Street
Abilene, Texas 79601
325-692-1680
24-hour hot line, 325-232-5651

Amarillo

Free beginner breastfeeding classes

2nd Saturday of each month from 9 a.m. to noon
Also, support group every 3rd Tuesday of the
month from 7:00 to 8:30 p.m.
BSA Hospital (Baptist St. Anthony's) of Amarillo
1600 Wallace Blvd.
Amarillo, Texas 79106
806-212-BABY (2229)
24-hour hot line 806-761-9414

Free beginner breastfeeding classes

Last Tuesday of each month, 6:30 to 8:00 p.m.
(Also Mothers' Milk Bank)

Northwest Texas Healthcare
1501 S. Coulter
Amarillo, Texas 79106
806-354-1701

La Leche League of Texas

Free, mother to mother, offers support and
information for breastfeeding moms
2nd Tuesday of the month, 6:30 p.m.
4th Tuesday of the month, 10:00 a.m.
Amarillo, Texas
Sara 806-517-4269
Jaymie 615-668-1067

Children's Connections, Inc.

800.456.4862 ▪ Fax 806.745.7350 ▪ childrensconnections.org

Del Rio

Private Breastfeeding Consultations

Call for rates (insurance might be accepted)
Amistad Medical Professionals
1800 Bedell Street
Del Rio, Texas 78840
Jerri, 830-768-9215

El Paso

Free beginner breastfeeding classes

One Thursday per month, 7:00 p.m.
Sierra Providence Health Network
Hilton Towers Auditorium B & C
2001 N. Oregon
El Paso, TX 79901
915-577-7746

TTUHSC School of Nursing Baby Café Breastfeeding Education

Free, Walk-In, Lactation Consultant on site
Mondays and Wednesdays 9 to 11:00 a.m.
Tuesdays and Thursdays 1:30 to 3:30 p.m.
415 E. Yandell Drive
El Paso, Texas 79902
915-545-6455

Las Palmas Baby Café Breastfeeding Education

Free, Walk-In, Lactation Consultant on site
Wednesdays 11:00 a.m. to 1:00 p.m.
5557 Alameda
El Paso, Texas 79905
915-775-1220

Del Sol Baby Café' Breastfeeding Education

Free, Walk-in, Lactation Consultant on site
Wednesdays, 1:30 p.m. to 3:30 p.m.
2200 Lee Trevino Avenue
El Paso, Texas 79925
915-595-5461

La Leche League of Texas El Paso East

Free, mother to mother, offers support and
information for breastfeeding moms
3rd Monday of each month at 10:30 a.m.
Call for locations
Stephanie, 915-630-3293

La Leche League of Texas El Paso West

Free, mother to mother, offers support and
information for breastfeeding moms
1st Thursday of each month at 10:30 a.m.
3333 N. Mesa
El Paso, Texas 79902
Juliet, 915-490-3501

Private Breastfeeding Consultations

In-home consultations, call for rates
Erika, 915-540-9471

Lubbock

Free beginner breastfeeding classes

First Thursday of the month, 7:00 to 9:00 p.m.
(Also Mothers' Milk Bank)
University Medical Center
602 Indiana Avenue
Lubbock, Texas 79415
806-775-8234

Beginner breastfeeding classes

Classes are \$10 per couple, held twice per month, 7:00 to 8:30 p.m. (free if enrolled in Prepared Childbirth Class)
Covenant Health System
4000 24th Street
Lubbock, Texas 79410
806-725-6178

Private breastfeeding consultations

In-home services
Lubbock, Texas
Vanessa, 806-777-6625

La Leche League of Texas

Free, mother to mother, offers support and information for breastfeeding moms
3rd Tuesday of the month, 12:00 to 1:30 p.m.
University Medical Center Activities Center
5217 82nd Street
Lubbock, Texas 79423
Marie, 806-407-3174
Helen, 806-793-1825

Midland

Breastfeeding Basics

Free, two-hour classes, monthly
Call for times and locations
Midland Memorial Hospital
400 Rosalind Redfern Grover Parkway
Midland, Texas 79701
432-221-3283

Tender Beginnings

For-fee group or private breastfeeding classes
Every other month
1411 W. Wall St.
Midland, Texas 79701
Janet, 432-934-7815

Private Breastfeeding Consultations

For-fee group or private breastfeeding classes
Call for class times
Linda, 512-771-8758

Odessa

Baby Café breastfeeding education

Free, Walk-in, Lactation Consultant on site, every Wednesday 10:00 a.m. to noon
Medical Center Health System of Odessa
500 W. 4th Street
Odessa, Texas 79761
432-413-3249
432-230-4037

Free beginner breastfeeding classes

Approximately every two months, Mondays, 7:00 to 9:00 p.m.
Odessa Regional Medical Center
515 N. Adams
Odessa, Texas 79761
432-582-8359

San Angelo

Free breastfeeding classes and community gatherings

Every Thursday, 11:00 a.m.

Also, "Breastfeeding Boot Camps" which alternate Wednesdays and Saturdays, call for class times

Shannon Medical Center

201 E. Harris Ave.

San Angelo, TX 76902

325-481-8888

Free on-line classes, 325-481-6326

Free beginner breastfeeding classes

Monthly classes (held on a Monday) from 6:00 to 9:00 p.m.

Also, Breastfeeding Club monthly (held on a Thursday) from 4:00 to 5:30 p.m.

San Angelo Community Medical Center

3501 Knickerbocker Rd.

San Angelo, Texas 76904

325-947-6985

La Leche League of Texas

Phone support only

Shannon, 325-227-6401