

Breastfeeding Help Resource List

WIC supports all moms to meet their breastfeeding goals.
Anytime you have questions or concerns, don't hesitate to reach out for help.

Revision date: 07/02/2025

WIC Breastfeeding Counselors

Alicia Hernandez	Sherman WIC office	903-893-0131 x 1228
Reecesann Medrano	Sherman WIC office	903-893-0131 x 1227
Desiree Layman	Sherman WIC office	903-893-0131 x 1250
Patti Ochoa	Sherman WIC office	903-893-0131 x 1231
Madia Lara	Denison WIC office	903-465-2878 x 1338
Valerie Moore	Denison WIC office	903-465-2878 x 1325

Local WIC Breastfeeding Resources

Shannon Owens, LVN, IBCLC	903-465-2878 x 1324
Denise Wardell, RN, IBCLC	903-893-0131 x 1226

Texas Lactation Support Hotline

855-550-6667

(Available toll-free 24/7, including holidays)

Texas Lactation Support Centers

(video consults available)

Mom's Place – Austin

512-972-6700

Lactation Care Center – Dallas

214-670-7222

Lactation Foundation – Houston

713-500-2800, option 1

Lactation Care Center-RGV – McAllen

956-292-7711

Lactation Support Center – San Antonio

210-207-7138

No Cost Community Resources

WIC Breastfeeding 903-771-9042
Warmline: 903-771-8855
Calls returned within 24
hours

La Leche League Support: www.llli.org

Helpful Resources

General Info

BreastmilkCounts.com TexasWIC.org



Scan QR Code



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Mental Health

National Maternal Mental Health Hotline 833-
943-5746

Breastmilk Donations

Milkbank.org (Austin)
Texasmilkbank.org (Dallas)

Medication Questions

Infantrisk.com

Visit texaswic.org/breastfeeding/were-here-help for more information.



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