



Local WIC Breastfeeding Resources

- The Baby Café 210-207-7138 M, W, TH, F 8-4:30, Tues. 8-7pm, Sat. 9-1pm
 - Metro Health WIC Program (warm line) 210-444-391 M- F, 9am-4pm
 - Texas Lactation Support Hotline 1-800-514-6667 M-Th 9-4pm, Fri. 9am-12 noon, CST
 - La Leche League International 1-800-525-3243
 - La Leche League San Antonio 210-341-9669 24-hour help line
 - The National Women's Health Info/
Center Breastfeeding Help Line 1-800-994-9662
 - B.E.S.T. 1-877-610-2378
- (Breastfeeding, Education, Support & Training)**