

We're here to
help every step
of the way.

WIC Breastfeeding Peer Counselors
are moms just like you, they have
breastfed and are
trained to help you
breastfeed, too.



***"I like that I
am able to
assist moms
on giving their
child something
that no one else can give
them and help give moms that
extra boost of confidence to
overcome barriers. I think it
also helps for them to know
that I am a breastfeeding
mother going through the
same things they are and that
breastfeeding is not as hard as
it seems."***

- WIC Peer Counselor



PASCUA YAQUI WIC PROGRAM

520.879.6113

7490 South Camino de Oeste
Tucson, AZ 85757

BREASTFEEDING PEER COUNSELOR

520.330.0547

www.itcaonline.com/wic

In accordance with Federal law and U.S. Department of Agriculture policy,
this institution is prohibited from discrimination on the basis of race, color,
national origin, sex, age, or disability.

To file a complaint of discrimination, write:
USDA, Director, Office of Civil Rights,
1400 Independence Avenue, S.W., Washington, D.C., 20250-9410
or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

USDA is an equal opportunity provider and employer.

Moms Helping Moms

Someone with
you every step
of the way...



YOUR WIC BREASTFEEDING PEER COUNSELOR WILL:

- Help you get breastfeeding off to a good start.
- Answer your questions and concerns.
- See you at WIC, text or talk with you on the phone.
- Respect your wishes and help you meet your breastfeeding goals.
- Support and encourage you.



A GIFT

only a mother can give.

"I asked for help instead of giving up on breastfeeding. My WIC Breastfeeding Peer Counselor was there when I needed her. She helped me continue breastfeeding so I could keep the promise I made to my baby."

-WIC Mom

