

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



Breastfeeding peer counselors will help you do the best for your baby by breastfeeding. Peer Counselors are moms who have breastfed and are trained to help you breastfeed too!



For more information, contact:

Gila River Indian Community WIC Clinic

P.O. Box 157
Corner of Pima Rd. and Sacaton Rd.
Sacaton, AZ 85247

WIC Clinic Phone:

(520) 562-3318

Breastfeeding Peer Counselors Phone:

Maira Martinez: (520) 610-9781
Samantha Flores: (520) 610-0586

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**Moms
helping
moms**

*Someone with
you every step
of the way...*


Moms helping moms



Your peer counselor will be with you every step of the way from your pregnancy through the first year. She will be available days, evenings and even weekends to help you breastfeed.

Your peer counselor can help if:

- you have questions about breastfeeding
- you are getting frustrated
- friends or family are pushing you to stop breastfeeding
- things just aren't working out with breastfeeding



“I asked for help instead of giving up 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.”

Someone with you every step of the way...