

# HFAz RESOURCE LIST

(Updated 03/08/13)



## **BREASTFEEDING**

Carondelet St. Joseph's Hospital Breastfeeding Center	873-3187
Northwest Medical Center Breastfeeding Support	877-4145
TMC Breastfeeding Support	324-5730
UMC Breastfeeding Support	694-0445

## **BABY SUPPLIES/CLOTHING**

Car Seats – TMC	324-5604
Children's Orchard (Northwest)	219-8800
Twice As Nice (Central)	881-2738
*Diapers (Reach Out)	321-4300

## **CHILDCARE**

Child Care Resource & Referral	325-5778
DES Childcare	293-0214

## **HEALTH/SAFETY**

Division of Developmental Disabilities (DDD)	519-1676
Pima County Health Dept. (Nutrition Info – WIC)	243-7777
Pima County Health Dept. (Immunizations)	293-4620
AzEIP – The Blake Foundation (Developmental Early Intervention)	325-6495

## **PARENTING INFORMATION/SUPPORT**

The Parent Connection	321-1500
Pima County Parenting Coalition (PCPC)	624-9290
Healthy Families	321-3754

## **SUPPORT GROUPS**

The Parent Connection – New Parent Groups	321-1500
St. Joseph's Hospital Postpartum Depression Support Group (English)	873-6858
St. Joseph's Hospital Postpartum Depression Support Group (Spanish)	873-6857
Mother-to-Mother (NW Women's Center) Postpartum Support Group	877-4156

## **24-HOUR HOTLINES**

Arizona Poison & Drug Information Center	626-6016
Child Abuse Hotline	1-888-767-2445
Parenting Hotline (Girls & Boys Town)	1-800-448-3000

## **INTERNET INFORMATION**

[www.theparentconnectionaz.org](http://www.theparentconnectionaz.org)

[www.parentsasteachers.org](http://www.parentsasteachers.org)

[www.fathers.com](http://www.fathers.com)

[www.aap.org](http://www.aap.org) – American Academy of Pediatrics

[www.zerotothree.org](http://www.zerotothree.org)

[www.newparentsnetwork.org](http://www.newparentsnetwork.org)

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