Ask about seeing a WIC Breastfeeding Peer Counselor today.

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.
Your WIC Breastfeeding Peer Counselor will:

- listen to you and encourage you
- share current information with you
- respect your wishes and help you meet your goals
- see you at WIC and talk with you on the phone or by text or email
- answer your questions and concerns
- connect you with other moms and groups
- arrange for you to see a breastfeeding expert, if needed
- help you understand your baby’s sleep, cues and crying

“Thank you for your help and support when Autumn and I were learning to breastfeed. Your patience and direction were so helpful. Because of you Autumn and I are doing wonderful and nursing strong.”

WIC Mom

WIC mom-to-mom group

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