



Free Local Resources

Tarrant County, Texas · Doula, lactation, and child care support

Compiled 2026. Please confirm details before you go.

Support does not have to cost money. These local programs offer free or low-cost help with doula care, breastfeeding, and child care. Some have income or ZIP code requirements.

Free doula programs

United Way of Tarrant County: Community Doulas

Free in-person and virtual doula support for expectant mothers in Tarrant County, including prenatal sessions, home visits, labor and birth support, and postpartum support.

unitedwaytarrant.org

Trust Her: Tarrant County Community Doula Program

Grant-funded, no-cost doula support for families in Tarrant County who are expecting or within one year postpartum. Priority for in-person support goes to families in or delivering in ZIP code 76104. Monthly availability varies.

Search "Trust Her Tarrant County Community Doula Program" or apply through the United Way page.

Lactation and breastfeeding support

Tarrant County WIC

Free breastfeeding support from lactation consultants and peer counselors for families who qualify for WIC. Also formula, nutrition, and healthy foods.

Appointments: 817-321-5400

Breastfeeding Warm Line:

817-321-5416

Texas Lactation Support Hotline

Free breastfeeding help from lactation experts, 24 hours a day, 7 days a week, for any mother in Texas.

855-550-6667

Baby Café at Mothers' Milk Bank of North Texas (Fort Worth)

Free drop-in breastfeeding support group led by certified lactation consultants. Weigh your baby and meet other parents.

texasmilkbank.org

Rockin' Mommas Support Group (Baylor Scott & White All Saints, Fort Worth, and Grapevine)

Free in-person breastfeeding support group. The All Saints group has met on Wednesdays, 10:00 to 11:30 a.m. Please confirm before you go.

Search "Rockin' Mommas Breastfeeding Support"

Tarrant County Breastfeeding Coalition

A local guide to free groups, classes, and lactation help across the county.

tarrantbreastfeeding.org

La Leche League of Fort Worth

Free peer support groups run by trained parent volunteers.

Helpline: 1-877-452-5324

lloi.org

Child care help

Tarrant County Child Care Management Services (CCMS)

Child care scholarships for eligible low-income families in Tarrant County. Start with the online pre-application. Run by Child Care Associates for Workforce Solutions for Tarrant County.

817-831-0374

tarrantcountyccms.org

Child Care Associates (including Head Start)

Child care and early learning programs for income-eligible Tarrant County families.

817-838-0055

childcareassociates.org

Workforce Solutions for Tarrant County

Help finding work, training, and child care support for families who qualify.

817-413-4000

workforcesolutions.net

Texas 2-1-1

A free helpline that connects you to local child care, food, housing, and other services.

Dial 2-1-1

Please note: This list was compiled from public sources in 2026. Programs, hours, eligibility, and funding change often, so please confirm details directly before you go. Ethereal Childcare & Doula Services LLC does not operate and is not affiliated with these programs, and listing them is not an endorsement. If you have a medical emergency, call 911.