

Albuquerque Doulas

- **Sarah Romero**

Birth and postpartum doula;
prenatal yoga; childbirth
classes

<https://www.birthlove.yoga>



- **Alison Grady**

Postpartum doula; IBCLC
lactation consultant;
Childbirth and Newborn Educator
<https://sites.google.com/site/abyknowsbreast/home>

505-414-7392



- **Kim Racette**
Angel Touch Doula

Birth and postpartum doula;
placenta encapsulation;
essentials oils specialist

Email: jklkim@aol.com
<https://www.angeltouchdoula.com>

505-228-6163



**WOMEN'S
SPECIALISTS**
of New Mexico

2019



- **Brandi Kilburn**

Birth and postpartum doula.
celevash@gmail.com

505-620-9245



- **Michelle Falzone**

Full spectrum doula - live
birth, adoption, stillbirth,
miscarriage, and abortion.
Serving Albuquerque and the
East Mountains
Email:
eastmountaindoula@gmail.com
<https://www.eastmountaindoula.com>



- **Liat Trujillo**
Mother Moon Wellness

Birth and postpartum doula;
placenta encapsulation;
Postpartum sacred belly
binding/ tuck-in and Mother
Roasting; breastfeeding support
Email: Liatafek.doula@gmail.com
<https://www.mothermoonwellness.com>

505-404-1708



- **Miyoko Inase**

Birth doula. Childbirth
classes.
<https://www.inspiredabq.com>

505-232-2772



- **Judy Lock Key**

Birth and postpartum doula,
DONA certified; ACBE Childbirth
educator, TENS trained.
Email:
judy@newlifebirthservices.org

- **Niquita LeValdo**
Indigenous Matriarch

Birth and postpartum doula;
culturally competent; inclusive
reproductive support and
education

Email: niquita.levaldo@live.com
www.niquitalevaldo.com

FB: Indigenous Matriarch

505-231-0879



- **Sunrise Doula**
Morgan Snarr

Pregnancy, birth and postpartum
doula.

Email:
DoulaFromWithin@gmail.com

FB: Sacred Journey of
Motherhood

505-363-1135



- **Rebecca Cook**

Birth doula; reduced rate for
services

Email: yourebecca@gmail.com

845-633-0181

- **Megan Othling**

Birth doula. Childbirth
classes. Prenatal and
postpartum fitness.

Email:
megan@womenofvalorbirth.com
www.womenofvalorbirth.com

505-238-3888



- **Shawn Bransford**

Birth doula. DONA certified.
Gentle Birth Childbirth
Educator. Albuquerque/Santa Fe.
Email: softbeginnings@yahoo.com
<https://www.softbeginnings.org>

505-690-9550



- **Erin Fraser**
Peaceful Love Doula
Services

Birth and Postpartum doula.
Placenta encapsulation,
prenatal and postpartum massage
Email: erin@myholisticchands.com
www.myholisticchands.com

505-300-7465

- **Julia Hyams**
Your Doula Julia

Birth doula; Workshops
Email: hello@YourDoulaJulia.com
<https://www.yourdoulajulia.com>

505-349-0493



- **Nicole Dodson-Sands**
Angel Care Doula
Services

Bereavement doula, specializes
in high risk pregnancies, past
birth trauma, pregnancy and
infant loss and pregnancy after
loss, Provides FREE support for
the loss of a child at ANYTIME
during pregnancy and shortly
after.

505-237-1066



- **Shanna Carillo**

Birth and postpartum doula.
Email:
blessedeventsdoula@gmail.com

227-5846

• **Sandra Jean Taylor**

Birth and Postpartum doula and IBCLC lactation support; Placenta arts. Teaches Private childbirth classes with rebozo skills
Email: hello@bosquebirth.org
www.bosquebirth.org
FB: Bosque Birth & Breastfeeding LLC

505-221-6397



• **Rachel Dreyer Brunacini Enchanted Moments Birth Services**

Midwife and Postpartum doula; Placenta encapsulation; Baby wearing consultations
Email: rachel@enchantedmomentsbirth.com
<https://www.enchantedmomentsbirth.com>

505-415-0403



Doula Groups

• **Doulas of the Southwest**

Group of independent doulas offering labor and postpartum services; has monthly Meet the Doulas tea; placenta encapsulation; offers variety of classes.

Kim Racette **Julia Hyams**
Sarah Romero **Erin Fraser**
Miyoko Inase **Megan Othling**
Michelle Falzone
www.doulasofthesouthwest.com



• **ABQ Doulas**

Birth doulas. Birth classes offered.

Tracy Haroldson, contact
www.abqdoulas.com

FB: ABQ Doulas

505-274-1540



• **New Life Birth Services**

Birth and postpartum doulas; Student doula collective. Placenta encapsulation; prenatal and mom-baby yoga; lactation services, birth and newborn photography.

Amity McElroy **Sarah Allen**
Stephanie Avey **Elise King**
Angelique Steadman **Judy Key**
Mandy Johnson **Emma Gamelsky**
Cherrelle Fincher **Carrie Aiken**
www.newlifebirthservices.org

FB: New Life Services, LLC

You may email specific doula by using first name @newlifebirthservices.org

506-4340



• **UNM Volunteer Birth Companion Program**

Free birth companions for incarcerated, uninsured, and underserved Medicaid families birthing at UNMH; provides labor and immediate postpartum support.

Email: unmdoulaprogram@gmail.com

Fill out contact form at [Http://bit.ly/UNMbirthcompanions](http://bit.ly/UNMbirthcompanions)

FB: UNM birth Companion Program

Birth Photography



- **ABQ Bumps and Babies**
– a part of **Alexandra Andrews Photography**

www.abqbumpsandbabies.com/

505-318-2986

- **SMA Photography**

Stacey; specializing in newborn, birth, and Fresh 48, and Family Photos and Films.

www.sma-photography.com

- **Lori Martinez**

www.Lorimartinezphotography.com

lorimartinezphotography@gmail.com

FB: Lori Martinez Photography

505-620-0756

- **Britianie Tyler**

www.britianietyler.com



Baby Wearing



- **Cortney Baca**

Director of nonprofit that educates and supports baby wearing and helps provide baby carriers to those in financial or medical needs.

Email:

Cortney@babywearingnm.org

www.babywearingnm.org

- **Rachel Brunacini**

Certified Babywearing Consultant

Email:

rachel@enchantedmomentsbirth.com

[m](https://enchantedmomentsbirth.com)

<https://enchantedmomentsbirth.com>

Birth Resources

- **Inspired Birth and Families**

Childbirth classes, parenting classes, lactation support; doula care; Placenta encapsulation; Postpartum: Childcare/babysitting, Light housekeeping, meal prep.

www.inspiredabq.com

505-232-2772

- **ABQ Pregnancy Resource Directory**

www.abqpregnancy.com

Birth Story Listening



- **Pam England, MA, CNM**

Local author of Birthing From Within on childbirth preparation; childbirth mentor, artist, birth story listener, therapy for birth trauma
pam@birthingfromwithin.com
www.birthingfromwithin.com



- **Jess Ryan**

Trained in Birth Story Listening with Pam England.
laughing.raven.journey@gmail.com
www.laughingravenjourney.com

505-510-0835

Pregnancy Massage

- **Tree of Life Massage
Crystal Copeland**

Pregnancy massage, pediatric massage, infant massage instruction

www.treeoflifemassage.com

505-205-9910



- **Salt of the Earth
Massage**

Pregnancy, postpartum, natural induction; pediatric and infant massage

www.slt-massage.com

505-450-7233



- **Heartline Massage
Therapy
Amy Zampella**

Pregnancy massage

www.heartlinemassage.com

505-255-2203



Chiropractic

- **High Desert
Chiropractic
Karen Genter**

Specializes in the needs of prenatal care, postnatal care, infants, and children.

www.drkarengenter.com

505-292-2226



- **Healing Happens NM,
LLC
Dr. Laura Hobson**

Specializes in women's health and pediatrics.

www.healinghappens.com

505-271-8888



Women's Specialists Classes

Our team includes childbirth educators, prenatal yoga instructor, and infant massage instructor. Contact Kathleen Briley to sign up.

www.wsnm.org/education/childbirth-classes

Email: kbriley@wsnm.org

843-6168, ext 3024

What's offered?

- **Prenatal Yoga** once a week
- **Childbirth Classes**

Offered as a series of five or as a weekend class all in one

- **Refresher Birth Class**

A two hour class on the weekend

- **Infant Massage Class**

Learn to massage your infant - ages 2 weeks to 6 months; one class, 90 minutes. Limited size.

- **Breastfeeding Class**

A three hour class offered on a week night and on a weekend day as well.

- **Dogs and Storks ©**

Two hour class on how to prepare your dog for life with baby in the house. Offered quarterly.

- **Mommy Monday Group**

Free, 2 hour group led by Lactation Consultant, Gretchen Futey, but not limited to breastfeeding concerns. Support and encouragement group.

- **Hospital Tours**

Women's Specialist providers deliver at both Lovelace Women's Hospital and Presbyterian Main Hospital. See website for more information

- **Meet the Midwives**

Quarterly event to meet the midwives, ask questions. Free. See website - www.wsnm.org