

## Albuquerque Doulas

- **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](mailto:jklkim@aol.com)  
<https://www.angeltouchdoula.com>

505-228-6163



- **Brandi Hahn**

Birth and postpartum doula.  
[celevash@gmail.com](mailto:celevash@gmail.com)

505-200-1192



**WOMEN'S  
SPECIALISTS**  
*of New Mexico*

2020



- **Michelle Falzone**

Full spectrum doula - live  
birth, adoption, stillbirth,  
miscarriage, and abortion.  
Serving Albuquerque and the  
East Mountains

Email:  
[eastmountaindoula@gmail.com](mailto:eastmountaindoula@gmail.com)  
<https://www.eastmountaindoula.com>



- **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](mailto:judy@newlifebirthservices.org)

505-823-9328



- **Sunrise Doula**  
**Morgan Snarr**

Pregnancy, birth and postpartum  
doula.

Email:  
[DoulaFromWithin@gmail.com](mailto:DoulaFromWithin@gmail.com)  
FB: Sacred Journey of  
Motherhood

505-363-1135



- **Rebecca Cook**

Birth doula  
Email: [yourebecca@gmail.com](mailto:yourebecca@gmail.com)

845-633-0181



• **Megan Othling**

Birth doula. Childbirth classes. Prenatal and postpartum fitness.  
Email: [megan@womanofvalorbirth.com](mailto:megan@womanofvalorbirth.com)  
[www.womanofvalorbirth.com](http://www.womanofvalorbirth.com)

505-238-3888



• **Shawn Bransford**

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

505-690-9550



• **Erin Fraser**

Birth and Postpartum doula. Placenta encapsulation, prenatal and postpartum massage  
Email: [erin@myholisticchands.com](mailto:erin@myholisticchands.com)  
[www.myholisticchands.com](http://www.myholisticchands.com)

• **Julia Hyams**  
**Your Doula Julia**

Birth doula; Workshops  
Email: [hello@YourDoulaJulia.com](mailto: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](mailto:blessedeventsdoula@gmail.com)

505-227-5846

• **Meg Tuazon Shemai**

Postpartum Doula.  
Email: [Meg@SummitToSeaYoga.com](mailto:Meg@SummitToSeaYoga.com)  
[www.SummitToSeaYoga.com](http://www.SummitToSeaYoga.com)

408-506-8885



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

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

505-375-1397

• **Siboney Rodriguez-Gallegos**  
**Motherhood Wellness of New Mexico**

Birth and postpartum doula.

505-620-2828



## 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**    **Meg Tuazon Shemai**  
**Miyoko Inase**    **Megan Othling**  
**Michelle Falzone**    **Erin Fraser**  
[www.doulasofthesouthwest.com](http://www.doulasofthesouthwest.com)



- **ABQ Doulas and Birth Services, LLC**

Birth doulas. Lactation services. Childbirth prep classes. Birth photography.

**Birth doulas:**

**Tracy Haroldson**    **Katie Schmeirer**  
**Elizabeth Ortega**    **Erin Johns**  
**Katie Schmeirer**

**Postpartum Doulas:**

**Eryann O'Brien**    **Kelsey Holets**

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

FB: ABQ Doula

505-274-1540



- **Ember Birth Services**

Birth and postpartum doulas, Impromptu birth doula services, Placental encapsulation, Prenatal/Postpartum Fitness

**Angelique Steadman**    **Sarah Allen**  
**Cherelle Fincher**

[www.emberbirth.com](http://www.emberbirth.com)  
[Hello@emberbirth.com](mailto>Hello@emberbirth.com)

505-369-2112



- **New Life Birth Services**

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

**Judy Key**    **Stephanie Avey**  
**Jaelan Mincey**    **Bebe Butler**  
**Amira Brown**    **Michele Tartaglia**  
**Rachel Stermer**    **Rachael Guitard**  
**Brittany Johanson**    **Carrie Aiken**  
**Olivia Granach**

**Elise King** -placenta encapsulator  
[www.newlifebirthservices.org](http://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](mailto: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/](http://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](http://www.sma-photography.com)

- **Lori Martinez**

[www.Lorimartinezphotography.com](http://www.Lorimartinezphotography.com)  
[lorimartinezphotography@gmail.com](mailto:lorimartinezphotography@gmail.com)  
FB: Lori Martinez Photography

505-620-0756

- **Britianie Tyler**

[www.britianietyler.com](http://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.

[Cortney@babywearingnm.org](mailto:Cortney@babywearingnm.org)  
[www.babywearingnm.org](http://www.babywearingnm.org)

- **Rachel Brunacini**

Certified Babywearing Consultant

Email:

[rachel@enchantedmomentsbirth.com](mailto:rachel@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](http://www.inspiredabq.com)

505-232-2772



## 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@birthstorymedicine.com](mailto:pam@birthstorymedicine.com)  
[www.birthstorymedicine.com](http://www.birthstorymedicine.com)

505-377-8282



## Pregnancy Massage

- **Tree of Life Massage  
Crystal Copeland**

Pregnancy massage, pediatric massage, infant massage instruction  
[www.treeoflifemassage.com](http://www.treeoflifemassage.com)

505-205-9910



- **Salt of the Earth  
Massage**

Pregnancy, postpartum, natural induction; pediatric and infant massage  
[www.slt-massage.com](http://www.slt-massage.com)

505-450-7233



- **Heartline Massage  
Therapy  
Amy Zampella**

Pregnancy massage  
[www.heartlinemassage.com](http://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](http://www.drkarengenter.com)

505-292-2226



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

Specializes in women's health and pediatrics.

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

505-271-8888



- **ABQ Family Chiropractic**

Includes prenatal and pediatric chiropractic care.

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

505-658-0300



## Craniosacral Therapy

- **New Day Therapeutics Sarah Day, CST-T,OTL, MPH**

CranioSacral Therapy for conception, pregnancy and newborns

Email: [sarahday@swcp.com](mailto:sarahday@swcp.com)

505-702-6452



## Acupuncture

- **Red Root Acupuncture**

Acupuncture, massage, herbs

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

505-242-2032

- **Yvonne Corcoran, DOM**

High focus in women's health, fertility, and pregnancy.

505-288-2215

- **Jolie Pecoriello, DOM**

High focus in women's health, fertility, and pregnancy.

[www.jpecoriello.wixsite.com](http://www.jpecoriello.wixsite.com)

575-418-7805

- **Melanie Richardson, DOM  
Balanced Vitality  
Wellness Center**

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

505-250-4051

- **Dr. Patricia Nichols, DOM**

High focus in women's health, fertility, pregnancy and pediatrics.

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

323-420-4269





## 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](http://www.wsnm.org/education/childbirth-classes)

Email: [kbriley@wsnm.org](mailto: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. Includes Baby Basics.

- **Refresher Birth Class**

One 2 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. Offered once a month.

- **Breastfeeding Class**

One 2 hour class offered on a week night and on a weekend day as well.

- **Mommy Monday Group**

Free, 2 hour group led by Lactation Consultant, 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](http://www.wsnm.org)

(As of March 2020, classes are being offered online during Covid-19 pandemic)

