

CHILDBIRTH EDUCATION AND PARENTING CLASSES

CHILDBIRTH CLASSES

University Hospital: Offers a 6 week series covering labor and birth, pain relief, breathing and relaxation. Includes a tour of labor and delivery. Available in Spanish. Call (505) 272-2340
<https://hospitals.health.unm.edu/intranet/PtEd/Childbirth.html>

Birthing From Within: Birthing classes with a special twist. Learn how to build a pain-coping mindset and reclaim the spirituality of birth. Call (505) 243-0045 www.bfnwmexico.com

Inspired Birth and Families: 6 weeks series and offers private and Spanish series. Call (505) 232-2772 www.inspiredabq.com

Lovelace Women's Hospital: Offers a 1 Saturday 9-5pm class; 2 Saturday 9-1pm class; and a 4 week childbirth series. Call (505) 898-3030

Women's Specialist of New Mexico: Classes provide information on labor and birth, relaxation and breathing, pain relief and problems in labor. Call (505) 843-6168 ext. 3024.

Hypnobabies. Create a peaceful, relaxing atmosphere for birth. Group and private classes offered. Call (505) 797-5935

Women's Resource Center: Call (505) 563-6500

Albuquerque Birth Network:
Offers Ecstatic birth class. Call (505) 463-1694
Albuquerquebirthnetwork.org

CHILDBIRTH UPDATE

University Hospital: Weekend crash course. Call (505) 272-2340
<https://hospitals.health.unm.edu/intranet/PtEd/Childbirth.html>

Inspired Birth and Families:

Birthing Class Condensed Series – For parents looking to brush-up on pain-coping practices or first-timers running out of time. Call (505) 232-2772 www.inspiredabq.com

Birthing From Within: Classes for parents with birth experience who want to reflect and learn from previous births, review pain relief measures and prepare older child for birth. Call (505) 243-0045 www.bfnwmexico.com

HYPNOBIRTHING

Positive Human Dynamics: Natural techniques for a safe, satisfying, more comfortable birth. Call (505) 908-5784 or (505) 975-7777
www.posihd.com

Inspired Birth and Families: Call (505) 232-2772
www.inspiredabq.com

Albuquerque Birth Network: Call (505) 463-1694

BIRTH SUPPORT

Doulas: Call Inspired Birth and Families (505) 232-2772 www.inspiredabq.com

Full Moon Doula and Birth Art: Call (505) 243-2142
www.fullmoondoulaabq.blogspot.com

Hypno Doulas: Doula support for childbirth. Call (505) 797-5935

Albuquerque Birth Network: Call (505) 463-1694
www.Albuquerquebirthnetwork.org

BREASTFEEDING CLASSES

University Hospital: Topics include how to breastfeed, common problems and how to solve them and breastfeeding for working moms. Call (505) 272-2340

Inspired Birth and Families: Basics of Successful Nursing ~Learn the basics of latch-on, baby positioning, developing and maintaining milk supply and establishing a happy, mutually beneficial nursing relationship with your baby. Call (505) 232-2772 www.inspiredabq.com

La Leche League: On-going classes and support groups. Free monthly meetings Call (505) 821-2511 or contact Albuquerque Birth Network at (505) 463-1694 www.Albuquerquebirthnetwork.org



Women's Resource Center: Breastfeeding class.
Call (505) 563-6500

Lovelace Women's Hospital: Meet with a certified breastfeeding specialist. Call (505) 898-3030

Women's Specialist of New Mexico: Breastfeeding class. Call (505) 843-6168 X 3024

EXERCISE

Albuquerque Birth Network: Offer events such as Mom & Baby Yoga with Kelly. Call (505) 463-1694
www.Albuquerquebirthnetwork.org

High Desert Yoga Center: Yoga during Pregnancy, Tuesday evenings. Call (505) 232-YOGA (9642)

New Mexico Sports & Wellness: Offer PregnaFit, prenatal exercise and Yoga. Call Holly Encinas at (505) 858-1785 ext 235

Yoga for Pregnancy and Birth: Nurture yourself and your baby. Prepare mind, body and heart to open for birth. Call Kelly Camden at (505) 463-1694

PARENTING CLASSES

Inspired Birth and Families: Offer events such as Positive Parenting in the Real World. Call (505) 232-2772 www.inspiredabq.com

Outcomes: Individual and group counseling including positives of parenting, family anger management and children coping with divorce. Call (505) 243-2551

BIG BROTHER AND SISTER CLASS

Inspired Birth and Families: By request. Call (505) 232-2772 www.inspiredabq.com

BIRTH RELATED COUNSELING

Inspired Birth and Families: 2nd Nine Months Moms Group ~ Open to moms of infants. Topics vary, but include any and everything involved in parenting a baby! Connect with other moms and give and get much-needed support and advice. Call (505) 232-2772 www.inspiredabq.com

ManyMothers~Albuquerque: Call (505) 514-1170
mmabq@yahoo.com

Birthing From Within—Pam England: Pam is a licensed professional counselor who offers individual and couples therapy and specializes in birth-related issues such as fear of labor, postpartum adjustment and depression, and transcending mother blame and guilt. Support groups also available for coming to terms with unwelcome surprises in labor. Call 243-0045
www.bfnwmexico.com

Women's Resource Center: Offer classes for new moms. Call (505) 563-6500

BABY MASSAGE CLASS

Inspired Birth and Families: Call (505) 232-2772
www.inspiredabq.com

INFANT CPR

Inspired Birth and Families: Learn the life-saving techniques of the American Heart Association Cardio-Pulmonary Resuscitation for infants and children in this non-certification course. Call (505) 232-2772 www.inspiredabq.com

Women's Resource Center: Call (505) 563-6500

Action CPR: Call (505) 410-9111
www.actioncpr.com

NATURAL FAMILY PLANNING

St. Joseph Fertility Care Center: Classes designed to help couples become pregnant or prevent pregnancy by understanding natural body changes. Call 831-8222

Inspired Birth and Families: Fertility Awareness Natural method for preventing or achieving pregnancy. Call 232-2772 www.inspiredabq.com