



COLIBRI CORAZON

PERINATAL LOSS RESOURCE LIST

This list was created in collaboration with doulas and birthworkers across the state and is focused on services in northern New Mexico. If you are experiencing a mental health emergency, please contact 911.

THERAPEUTIC SERVICES

Isabel Ribe, MA LPCC CCTP ATR, Art Therapy, DBT, EMDR, Somatic Experiencing
isabelribe505@gmail.com

- Hablas Espanol. Santa Fe, Pojoaque, northern NM. In person & Virtual Services. in network with Presbyterian, Blue Cross Blue Shield, Aetna, Cigna, Optum and United insurance. I also accept Medicaid through Pres and BCBS.

Liz Elmquist, Clinical Social Work - Santa Fe
(505) 209-8935
Specializing in perinatal/reproductive mental health

Mountain Crest Counseling - Telehealth Therapeutic Services

<https://www.mountaincrestcounselingnm.com>

- Specializing in supporting individuals and couples through every stage of the perinatal journey—from trying to conceive to postpartum and loss.

Rooted In Wellness - Psychiatric Nurse Practitioner, PMHNP, CNM, MSN

(505) 657-3257 x100

- Psychiatric Mental Health Nurse, Certified Nurse Midwife, Lactation Counselor, Registered Nurse, Addiction Counselor. I specialize in Anxiety and Pregnancy, Prenatal, Postpartum

Seeds of Joy Psychiatry

505-405-8026

tamara@seedsofjoypsychiatry.com

- Integrative approach to Reproductive Psychiatry

Dr. Korie Leigh, PHD

<https://www.korieleighphd.com>

- Offering individual and family support. Keynote speaking. Trainings and workshops

LOSS SUPPORT GROUPS

Gerards House - Santa Fe

ph. (505) 424-1800

<https://gerardshouse.org/>

- The Mamás Compartiendo Y Sanando Program (Moms Sharing and Healing) provides biweekly grief support groups and peer navigation for grieving Spanish-speaking moms and pregnant moms. On top of losses including death and deportation, many of the participants are thousands of miles away from their own families, separated by borders.

Grief and Loss Healing Gathering - Tewa Women United Campus, Espanola

www.tewawomenunited.org

- This monthly group takes place on the first Friday of every month and is offered free of charge to all community members. Registration is required. Focused on people navigating miscarriage, abortion, infertility, stillbirth, infant loss, or the death of a loved one.

Healing Hearts Pregnancy Loss Support Group - Albuquerque

healingheartsnewmexico@gmail.com

- Meetings on 3rd Tuesday of each month; creative and thoughtful group activities to allow members to face and process grief in ways that are meaningful to them. Everyone is welcome!

Postpartum Support International - Peer Support Groups

<https://postpartum.net/get-help/psi-online-support-meetings/>



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DOULA, LACTATION, & HEALING SUPPORT SERVICES

Aspen Mirabal

milk.earth.blood@gmail.com

- Infant Loss Support for Pueblo people in northern New Mexico. Located in Taos Pueblo

Colibri Corazon Doula Services

ph. (505) 310-2323

www.colibricorazon.com

- Offering Full Spectrum Doula Services for LGBTQIA+ and BIPOC communities. PAILAdvocate Support for families experiencing loss. Limpias and Traditional Healing. Alcohol Free Herbal Remedies. Art is Medicine Healing Support.

Hope Logghe, IBCLC, Perinatal Bereavement Specialist

jadeheartcare.com

- Specializes in providing evidence-based lactation support & perinatal bereavement care to families

New Mexico Breastfeeding Task Force

www.breastfeedingnm.org

- Statewide lactation support for families across New Mexico

Tewa Women United - Yiya Vi Kagingdi Doula Program

www.tewawomenunited.org

- Full spectrum doula services for families in Rio Arriba and the Tewa Pueblos

Tintawi Kaigziabiher, MAIS, Olorisa (Lukumi Priest), CD, CLC, NRP, BLS, PAILAdvocate Trainer, PAILAdvocate

Tintawi@ourearthcnpa.com

- Spiritual, Ceremonial, Emotional, Community-based and National Resources Available. Global Support Available

MIDWIFERY & BIRTH CENTER SUPPORT

Breath of My Heart Birth Place - Espanola

505-753-0505

info@breathofmyheart.org

- Full Spectrum Midwifery Care. Free Clinic on Mondays. We offer free Postpartum & Grief Support for families and birth workers. Our locally curated Postpartum Care Baskets are filled with local herbs and foods. You do not need to be a client of ours to receive one.

Changing Women Initiative

(505) 660-6372

<https://cwi-health.org>

- CWI serves Indigenous families in central, northern and western New Mexico.

HOTLINES & HELPLINES

National Maternal Mental Health Hotline

1-833-TLC-MAMA

- The Hotline is free, confidential, and available 24/7. Hablas Espanol.

Suicide and Crisis Lifeline - Dial: 988

- The 988 Lifeline is available 24/7/365. Your conversations are free and confidential. Hablas Espanol

Postpartum Support International HelpLine

1-800-944-4773 #1 En Español or #2 English

- Text "Help" to 800-944-4773 (English)
- Text en Español 971-203-7773

www.colibricorazon.com