



# New Mexico Breastfeeding Task Force

RESOURCE GUIDE FOR  
LACTATING FAMILIES,  
& CARE PROVIDERS

## ESPANOLA/RIO ARRIBA AREA

### MIDWIVES/BIRTH CENTERS

**Breath of My Heart Birthplace**  
Espanola  
[breathofmyheart.org](http://breathofmyheart.org)  
1.505.753.0505

**Changing Women Initiative**  
ABQ Birth Center & Homebirth Midwifery  
in the 8 Northern Pueblos  
[cwi-health.org](http://cwi-health.org)  
1.505.930.5641

### DOULAS

**Yiya Vi Kagingdi Doula Project**  
[doulas@tewawomenunited.org](mailto:doulas@tewawomenunited.org)  
1.505.747.3259 x 1206

**NM Doula Association**  
NM Doula Directory  
[nmdoula.org](http://nmdoula.org)

### HOME VISITORS

**ESPAÑOLA PRESBYTERIAN HOSPITAL**  
FIRST BORN PROGRAM  
1.505.753.1552

**¡QUE CUTE! HEALTH BABY**  
1.505.901.1027  
[www.lascumbres-nm.org/que-cute](http://www.lascumbres-nm.org/que-cute)

**CONFIDENT PARENTING HOME VISITING**  
[www.lascumbres-nm.org/confident-parenting](http://www.lascumbres-nm.org/confident-parenting)  
1.505.795.4153

**YOUTH DEVELOPMENT, INC. (YDI)**  
<https://www.ydinm.org>  
1.505.747.0502

**GREAT START NM/GROWING UP NM**  
<https://growingupnm.org>



### ADDITIONAL RESOURCES

*To Find Resources on LGBTQ+ Families*  
**Human Milk Feeding in our LGBTQ+ Families**  
<https://breastfeedingnm.org/resources/downloadable-guides/>

*To Find Information on COVID-19 & Lactation*  
**COVID-19 Resource Guide**  
<https://nmbtf.silkstart.com/cpages/covid-19-resources>

*For More Information on NM Milk Bank*  
**Human Milk Repository of New Mexico**  
<https://mothersmilkbanknm.org>  
505.508.5291

*For Information on Milk & Medication*  
**INFANT RISK CENTER**  
[infantrisk.com](http://infantrisk.com) 1.806.352.2519

**LA LECHE LEAGUE NM WARM LINE**  
1.505.886.1223 9am-7pm daily

*To Find a Lactation Professional*  
**ZIPMILK.COM**

*For Workplace Support*  
**PREGNANT @ WORK**  
[pregnantatwork.org](http://pregnantatwork.org) 1.415.703.8276

**POSTPARTUM SUPPORT INTERNATIONAL**  
[postpartum.net](http://postpartum.net) 1.800.944.4773



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### Rio Arriba Breastfeeding Task Force Chapter Meeting

Virtual and in person monthly meetings  
for parents, lactation advocates,  
birthworkers, & peer support people.

All are welcome!

Contact:

[rioarribachapter@breastfeedingnm.org](mailto:rioarribachapter@breastfeedingnm.org)

### NEW MEXICO WIC

New Mexico WIC promotes and supports  
exclusive nursing as the standard for  
infant feeding. However, if a mother  
needs to nurse partially, or cannot nurse,  
WIC provides help with infant formula.

<https://www.nmwic.org>

ESPANOLA WIC 1.505.753.4659

8NORTHERN WIC 1.505.692.6400

### THE LAW STATES:

AN EMPLOYER SHALL PROVIDE NURSING  
EMPLOYEES WITH: SPACE FOR USING THE  
BREAST PUMP THAT IS CLEAN AND PRIVATE  
NEAR THE EMPLOYEE'S WORKSPACE NOT A  
BATHROOM AND PROVIDE FLEXIBLE BREAK  
TIMES

– NM CHAPTER NO. 2007-18

### FOR WORKPLACE SUPPORT

NMBTF provides direct support for  
employees and employers to help  
workplaces be compliant in providing  
lactation accommodations. For more  
information email:

[contact@breastfeedingnm.org](mailto:contact@breastfeedingnm.org)



New Mexico Breastfeeding Task Force provides the following virtual support groups on a monthly basis:

#### **Circulo de Lactancia**

Spanish Breastfeeding Support Group  
[contact@breastfeedingnm.org](mailto:contact@breastfeedingnm.org)

#### **Milky Mama**

Breastfeeding Support Group  
[vickoglesby@gmail.com](mailto:vickoglesby@gmail.com)

This resource guide is made possible by the  
New Mexico Breastfeeding Task Force.  
For more information visit us at:

(505) 395-MILK (6455)  
[breastfeedingnm.org](http://breastfeedingnm.org)