



## **No-cost walk-in Prenatal clinic**

- Walk-in clinic services include: pregnancy testing and counseling; prenatal and postpartum exams; integrated childbirth education; well-woman (person) services and STI screening; breastfeeding counseling and support; education on birth options and parental bonding
  - Mental health and goal-identification support provided by BMH clinic occupational therapist
  - Clinic offers referral for services to other agencies, such as early intervention, home visiting, substance abuse and domestic violence support services

---

### **Details**

**Minimum Age:** Prenatal

**Maximum Age:** 50

**Restrictions:** None

---

### **Services**

Pregnancy, Childbirth & Infant Care

---

### **Locations**

705A La Joya St  
Española, NM 87532

**Phone:** 505-753-0505

---

### **Parent Organization**

#### **Breath of My Heart Birthplace**

Breath of My Heart Birthplace is a BIPOC and LGBTQ-led community Birth Center in Espanola, NM serving the communities and tribes of northern NM.

**Mission:** To bring to reality a sustainable birthing place that celebrates pregnancy and birth as a sacred rite of passage through midwifery care. To raise awareness and promote wellness, growth, and healing in our multi-cultural communities by honoring woman as our first environment.

**Vision:** To attain greater community wellness through the growth and reclamation of birth traditions and

practices in Northern New Mexico, by cultivating a nurturing environment that welcomes all families' cultural strengths, and Ways of Knowing.

Primary Goals:

1. Decrease racial and economic health disparities for low-income families of color and tribal families in the Espanola Valley Region.
2. Increase the number of birth workers of color from indigenous and historical New Mexico communities.
3. Increase access to Birthing options for low-income communities of color in Northern New Mexico.

*905B Calle Armada  
Espanola, NM 87532*

***Phone:*** (505) 753-0505

***Fax:*** (505) 212-0420

***Email:*** [jessica@breathofmyheart.org](mailto:jessica@breathofmyheart.org)

***Primary Contact:*** Jessica Frechette-Gutfreund LM, CPM

***Contact Email:*** [info@breathofmyheart.org](mailto:info@breathofmyheart.org)

***Type:*** Nonprofit

***EIN:*** 46-2669219

***<http://www.breathofmyheart.org>***