



**SHARE** new mexico™

## Childbirth and Parenting Classes

Our workshops and services focus on the needs of expectant families and families with babies and children. We provide unique continuity of care, with early pregnancy gatherings for moms in their first and second trimesters, childbirth classes and Doula services, and a multitude of postpartum and parenting workshops and resources. We hope to contribute to Albuquerque's growing community of informed parents seeking better birth and parenting options.

---

### Details

**Ages:** Adults

**Races:** All

**Genders:** All

**Intake Process:** Call Email

**Documentation:** Photo identification

**Payment Options:** Fee for service

**Waiting List:** Never

**Contact:** Miyoko Inase

**Contact Email:** [info@inspiredabq.com](mailto:info@inspiredabq.com)

---

### Services

Parenting Education    Pregnancy, Childbirth & Infant Care

---

### Locations

#### Inspired Birth and Families - Albuquerque Birth Network

*123 Wellesley Drive Southeast  
Albuquerque, NM 87106*

**Phone:** (505) 232-2772

**Hours:** By appointment

**Languages Spoken:** English

**Geographic Area Served:** Bernalillo County

---

### Parent Organization

#### Inspired Birth and Families - Childbirth and Parenting Classes

*123 Wellesley Drive Southeast  
Albuquerque, NM 87106  
NM 87106*

***Phone:*** (505) 232-2772

***Email:*** [info@inspiredabq.com](mailto:info@inspiredabq.com)

***Primary Contact:*** Miyoko Inase

***Contact Email:*** [info@inspiredabq.com](mailto:info@inspiredabq.com)

<http://inspiredabq.com/about-us/contact/>