

Resources in Albuquerque *for mothers*

Other Mothers

Location: 5001 Montgomery Blvd NE, Albuquerque, NM 87109

Other Mothers offers gently used baby clothing, maternity and women's clothing, strollers, car seats and other items at discounted prices. They will also purchase gently used baby clothing from you in exchange for store credit.

La Leche League of New Mexico

Website: <http://www.llnm.org/>

Albuquerque Helpline: (505) 886-1223

Provides education, information, support groups and encouragement to women who want to breastfeed.

Safer New Mexico

Website: www.safernm.org



Offers parents and caregivers free access to personal instruction from certified technicians on the proper selection and use of their car seats and booster seats.

Free Statewide Fitting Stations: Offers parents and caregivers free personal instruction from certified technicians on the proper selection and use of their car seats and booster seats. Fitting stations are currently operating in Alamogordo, Albuquerque (three locations), Artesia, Farmington, Las Cruces, Las Vegas, Rio Rancho, and Santa Fe (check website for calendar and exact locations).

New Mexico Child Safety Seat Distribution Program: This program allows for distribution of free or reduced-cost car seats and booster seats to low-income families.

Birthright of Albuquerque

Website: <http://birthright.org/albuquerque/>

Offers a variety of free services for pregnant women and their newborns. Completely confidential help, friendship and emotional support. Educational, housing, and social agency referrals. Maternity and baby clothes and information on other community services

CHI St. Joseph's Children

Website: <https://stjosephnm.org/home-visiting/>

CHI St. Joseph's Children offers a free nurse prenatal home visit to provide you with Information on child development, health, nutrition and exercise as well as guidance on how to monitor your baby for normal growth and development. They also offer support for best practices on breastfeeding, immunizations, non-use of walkers, introduction of foods, and so much more!

Free & Fun Events at Local Libraries for Babies, Kids and Parents!

Baby and Toddler Storytime



Enjoy an interactive story time with your child that includes early literacy fun with books, songs, fingerplays and body movement. Ages 0 – 3

When/Where: Every week - Check calendar for locations by going to <https://abqlibrary.org/events/children>

Saturday Free Play

Join us for an hour of imaginative playtime. We'll have some of our special imagination-friendly toys ready. Families welcome!

When/Where: Every week - Check calendar for locations by going to <https://abqlibrary.org/events/children>

For more information on free events for teens, tweens, and all ages!

Check the Public Library website: <https://abqlibrary.org/events>

Mental Health Treatment Agencies and Other Resources in Albuquerque

UNM Anxiety Disorders Clinic

Contact: (505) 277-5165

Behavioral Therapy Associates

Contact: (505) 345-6100

UNM General Mental Health Clinic

Contact: (505) 277-5164

Albuquerque Collaborative Therapeutics

Contact: 505) 255-1756

Fox Therapy, Inc.

Contact: (505) 266-0388

PMG Behavioral Health

Contact: (505) 291-5300

Rape Crisis Center of New Mexico

Address: 9741 Candelaria NE

24-hour hotline: (505) 266-7711

Counseling: (505) 266-7712

ABQ Resource Guide

A complete resources guide offering free and low-cost services around Albuquerque. Including haircuts, food, clothing, housing, and much more.

Website: <https://abqcrq.org/>

National Suicide Prevention Lifeline Hotline (800) 237-8255

Agora Crisis Center Hotline (855) 662-7474 National Child

Abuse Hotline (800) 422-4453 National Domestic Violence

Hotline (800) 799-3224 NM Domestic Violence Hotline

(800) 773-3645 National Teen Dating Abuse Hotline (866)

331-9474 National Sexual Assault Hotline (800) 656-4673