

# Maternal Health Week 2026/ FINAL

Adapted by BMMA's National reflection: Rooted in Justice & Joy

 April 13 – April 17, 2026

Maternal Health Week brings together community members, healthcare providers, educators, and policymakers to address maternal health disparities, build supportive networks, and promote wellness for mothers and families across New Mexico.

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## Monday – April 13/ Santa Fe

### Education & Empowerment

 Santa Fe Community College

 1:00 PM – 4:00 PM

#### 1:00 – 1:15 PM

Welcome & Opening Remarks

Jacqueline Thomas, MBA

Founder & CEO, Vet-HER-an Enterprises, LLC

#### 1:15 – 2:00 PM

Workshop: **Warning Signs That Save Lives ( SF Nursing Students will facilitate this section)**

Learn how to recognize critical maternal health warning signs and when to seek care.

#### 2:00 – 2:30 PM

Workshop: **Navigating Medicaid & Maternal Services in New Mexico**

Understanding pregnancy coverage, postpartum benefits, and doula services.

#### 2:30 – 2:50 PM

Workshop: **Birth Planning & Self-Advocacy- Need midwife or Doula to help facilitate this section**

Tools to help mothers communicate with providers and advocate for their care.

#### 2:50 – 3:00 PM

Break

#### 3:00 – 4:00 PM

Keynote Address **Deb Haaland**

*The State of Black and Indigenous Maternal Health in New Mexico*

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## Tuesday – April 14/ Santa Fe

### Healing & Maternal Mental Health

📍 Santa Fe Community College

🕒 1:00 PM – 4:00 PM

**1:00 – 1:15 PM**

Welcome & Grounding Session- need someone for this

**1:15 – 2:00 PM**

Session: **Breathwork for Mothers- Giovianna(?)**

Techniques to support stress reduction and emotional regulation.

**2:00 – 2:40 PM**

Workshop: **Sacred Rest for Mothers- need facilitator**

Understanding maternal burnout and the importance of rest for healing.

**2:40 – 3:00 PM**

Break

**3:00 – 4:00 PM**

**Mother's Circle – Stories of Strength- still looking for some mothers, Doulas or Midwives to help facilitate this Circle**

Community conversation where mothers share experiences and support one another.

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## Wednesday – April 15/ ABQ- Los Duranes Community Center

### Policy & Systems Change

🕒 10:00 AM – 1:30 PM

**10:00 – 10:20 AM**

Maternal Health Policy Overview- need someone to give the address about the state of Maternal Health in ABQ~

**10:20 – 11:10 AM**

Panel Discussion: **Understanding Maternal Health Policy in New Mexico**

Topics include:

- Medicaid and maternal health-
- Doula credentialing- Jessica Lujan
- Workforce shortages
- Birth equity challenges- Lisa Pena ( midwife)

**11:10 – 11:30 AM**

Break

**11:30 – 12:10 PM**

**Community Voices – Listening to Mothers- looking for mothers who would like to reflect on care throughout NM**

Stories from mothers navigating the maternal healthcare system.

**12:10 – 1:30 PM**

**Activation Session – Where Do We Go From Here?- Need a facilitator**

Participants learn how to advocate for maternal health policy and community change.

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## **Thursday – April 16/ ABQ-Los Duranes Community Center**

**Community Education**

🕒 **10:00 AM – 1:30 PM**

**10:00 – 10:30 AM**

Featured Speaker ( DOH ?) Jennifer Williams (?)

Topic: **Building the Future Maternal Health Workforce**

**10:30 – 11:20 AM**

Panel Discussion

**The Future of Maternal Health Providers**

Topics include:

- OB/GYN shortages- Dr Ransom ( or any GYN doctor)
- Midwives and birth workers ( need – )

- Doula integration ( Need)
- Rural healthcare challenges ( need)

**11:20 – 11:40 AM**

Break

**11:40 – 12:20 PM**

**Culturally Responsive Maternal Care Address (Professor D. Alford)**

**12:20 – 1:00 PM**

Documentary Screening

**More Than Blue**

A film addressing postpartum depression and maternal mental health.

**1:00 – 1:30 PM**

Community Reflection & Resources ( Vendor support)

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## **Friday – April 17/ ABQ**

### **Rest & Restoration**

**11:00 AM – 1:00 PM**

Maternal Wellness Yoga

Facilitated by **Umoja Wellness-**

**How many can they have at this event? How many tickets should we make?**

Gentle movement, breathing practices, and stress reduction for mothers at all stages.

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**6:30 PM – 8:30 PM PRIVATE EVENT- (Tickets are on sale now)**

Community Celebration

**Puff, Puff Pull-Up & Paint Night**

📍 Café Zin

DJ Larry Loud

Bud by Amsterdam Cafe

Creative evening gathering with painting, fellowship, and celebration of Maternal Health Week.

 Registration is required via Eventbrite.

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## **For More Information**

Vet-HER-an Enterprises, LLC

 Albuquerque, New Mexico

**For Us. By Us. With Power. With Purpose.**