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A photograph of a marionette show. Several puppets are visible on a stage, including a man in a suit, a woman in a white blouse and yellow skirt, and a figure dressed as Santa Claus. The stage is set with a backdrop of a sunset over mountains and a small Christmas tree. The lighting is dramatic, with spotlights illuminating the puppets against a dark background.

Embrace the warmth of our cultures

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MAGAZINE

VOLUME 31 | NUMBER 5

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Letters, artwork, and articles from our readers on personal and professional experiences with children are welcome.

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Expecting Mother Q&A

ON THE COVER: DULCE HALERZ

How has motherhood changed for you from your first child to now, expecting your fifth?

Dulce: When I had my first child, I was just 16. Now, at 30, I can honestly say I have the experience to know what's ahead. This time, I feel truly prepared and surrounded by support—something I didn't have when I became a mother for the first time.

What's something you know now that you wish you'd known as a first-time mom?

Dulce: Embrace every moment, and remember that motherhood does get easier.

How do you think your parenting style has evolved over the years?

Dulce: I've learned to serve my children without expecting anything in return. I've

grown from being a depressed mother, to one who has found the true meaning of parenting. The joy my children bring has shaped me into the parent I am today, and knowing that God has placed me here to serve them is my greatest reward.

What's the biggest lesson your kids have taught you about life or parenting?

Dulce: They love me no matter what—they love me when I'm tired, overwhelmed, or overstimulated. To them, I am their world. They've taught me that their love is infinite and the purest love a woman can experience.

What's it like managing the needs of children at different ages and stages?

Dulce: Honestly, I don't even know how to answer this question—half the time, I'm not sure how I manage their needs. Somehow, I just get it done every day.

How did your kids react to the news that a new sibling is on the way?

Dulce: My kids were overjoyed—especially my 14-year-old daughter. She's the only girl among three boys, and she really needed her sister. My boys often ask when their baby sister is coming; they're all so excited to meet her.

How has this pregnancy compared to your previous ones — easier, harder, different?

Dulce: This pregnancy is different. I feel like I am always so busy. I am also a college student, which adds more work to my life. But having a supportive husband and faith has helped me cope with this pregnancy and just live day by day, receiving whatever comes with joy and thanksgiving.



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TUMBLEWEEDS MAGAZINE

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Next Issue: 2025 Winter Issue Deadlines

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ON THE COVER:

Dulce Halerz is originally from Athens, Georgia, and she now calls Santa Fe home, where she lives with her husband and their five children. She is currently studying Early Childhood Development and enjoys quiet devotionals and the occasional escape to Target. Credits: All the Pretty Flowers for the floral crown, Robert Halerz for making and donating the rocking chair, and Kai at Many Mothers. Photo by Kitty Leaken.

ARTWORK IN THIS ISSUE:

Tumbleweeds Magazine partnered with Art School Santa Fe, Dragonfly Art Studio and JF Mazur Studio to share children and teen artwork. Art School Santa Fe offers courses in numerous genres including illustration, creature design, fantasy art, comic book drawing, animals, landscapes and cartooning. Dragonfly Art Studio is a place where kids and adults develop their creative talent in a fun and stimulating environment. JF Mazur Studio offers children's art workshops and private painting classes. See more artwork on our website, TumbleweedsMag.com

POSTED

What's up Wednesday

WHAT'S YOUR GO-TO AFTER-SCHOOL ROUTINE?

Snacks & homework 29%

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Gratitude, Growth, *and the* Gift of Understanding

JEN PAUL SCHROER

What one family's journey taught them about learning, advocacy, and the true meaning of gratitude.

The holidays have a way of slowing us down just enough to see the things that matter most. Between the swirl of Thanksgiving gratitude and the glow of Christmas lights, I find myself reflecting on one of the most transformative seasons of my life — the year we truly came to understand our son's learning journey.

Last school year, our son finished with straight A's in a public school. We were proud — relieved, even — believing he had found his rhythm and confidence. But during a summer reading program sponsored by the New Mexico Public Education Department, we learned something unexpected: our son wasn't reading on grade level.

At first, I thought there must be some mistake. How could a child earning top grades, even in reading, be performing below grade level? The disconnect between his report cards and reality left me both frustrated and confused. How had this never come up in parent-teacher conferences? How could his report cards and reality be so misaligned?

That question — *how could this happen?* — became the one I couldn't ignore.

After many late-night conversations, my husband, Justin, and I made the decision to move our son to a private school. We hoped a smaller environment and individualized attention would help us better understand what was going on. But just one week after the new school year began, we were called in for a meeting with the principal and his teacher.



Courtesy photo: Ryker (7) and Aviva (5) getting in a final hike in Aspen Vista before the leaves change.

They shared our son's placement testing results and classroom work samples. With compassion and candor, they explained that his foundational reading and writing skills weren't consistent with a rising second grader and recommended we consider having him repeat first grade.

That conversation broke me open.

We asked for four weeks before making a decision. We wanted time to observe, to analyze, and to give our son the chance to adjust to new school expectations, curriculum, and vocabulary. It was the best decision we could have made.

In those four weeks, we saw things we had missed, or perhaps things we hadn't known to look for. Our son was painfully shy and hesitant to speak up in class. He had a hard time connecting and building new friendships. One day he'd bring home a beautifully written worksheet; the next, his handwriting looked like hurried scribbles. He could calculate math problems in his head faster than most adults, yet he bombed his online simple addition tests. We had no idea what was going on.

We hired a tutor to come in twice a week. She thought Ryker was doing great and should not repeat first grade, but in the classroom, he continued to struggle. Justin and I were working with him three hours a day trying to "catch him up." While we saw some improvement — and Ryker showed incredible resilience and grit — our son was still struggling, and it was heartbreaking to watch. We needed a better understanding of what was really happening.

Through a friend, I found a program at the Center for Reading at Pittsburg State University in Kansas. It offered what I had been searching for — a holistic, research-based approach focused on the whole child, not just academic performance.

This fall break, my son and I flew to Kansas, where he completed a five-day reading intervention program. During that week, he worked closely with four different educational psychologists and learning interventionists who assessed his foundational reading and language-processing skills: phonemic awareness, auditory processing, word decoding, spelling, and working memory. The results were both humbling and hopeful.

The program's pre- and post-assessments showed significant growth across every area, with overall performance now in the high-average range and an exceptionally strong score in blending. But the data only told part of the story. What mattered most was seeing our son's confidence return; watching him smile when he finished a book, hearing him read aloud with a rhythm and joy we hadn't seen before.

Along the way, we also discovered that our son has a learning disability that affects his attention and processing speed. At seven years old, boys like him are often quiet, thoughtful, and easily overwhelmed by multi-step directions



Courtesy photo: Schroer Family this summer at Aunt Kelly's Wedding in Colorado.

or fast-paced instruction. They tend to think deeply before answering, which can make them appear inattentive or hesitant. When tasks demand rapid responses, they may freeze — not because they don't understand, but because their brains process information differently.

Understanding this changed everything.

When I wrote to his school to share what we had learned, I was nervous. I knew that private schools aren't required by law to provide the same accommodations as public schools. I prayed that they would meet us with compassion, not resistance.

Their response brought me to tears. The principal and teacher replied with warmth and faith, affirming that every child is uniquely made, and that their role was to nurture our son's strengths while helping him overcome his challenges. In that moment, I knew we were in the right place, and I remain hopeful that our collaboration with his teacher and school will continue to grow as we navigate this long and important journey together.

This holiday season, our family is overwhelmed with gratitude for answers, for progress, and for the educational professionals who saw what we could not. Most of all, we are thankful for our son, who continues to show us what courage and perseverance look like. This is how God made him and our role, as parents, is to help him flourish in that truth.

But as both a mother and an editor, I can't end this story without acknowledging the privilege embedded in it. We had the resources and flexibility to seek out expert help for our son; something too many families simply don't have access to.

Across New Mexico, thousands of families are facing similar challenges, and far too many children are quietly

falling through the cracks of a system that doesn't always catch them in time. According to Santa Fe Public Schools' recently released testing data, about 42% of students are proficient in reading, up two percentage points from last year. Math proficiency remains unchanged at 22%, and science scores dropped to 32.6%. These numbers tell us there's progress, but also a profound need for improvement.

As parents, we must keep advocating until we truly understand what's happening with our children's learning. If your gut tells you something is off — listen to it. Ask questions. Request evaluations. Seek outside expertise if needed. Don't stop until you have real answers, not just reassuring grades.

To teachers: please, don't pass students along with higher grades than they've earned. I know it's tempting to reward effort or protect self-esteem, but inflated grades hide problems that only grow with time. Passing a child who cannot read is not kindness; it's a disservice to their future.

To school administrators: the responsibility rests with you to ensure that district-wide accountability systems are effective. Data isn't just a report; it's a reflection of our children's futures and your ability to lead and manage our schools. Data is accountability.

Let's expect a world-class education for every New Mexico student, public or private.

This season, as we gather with family and reflect on what matters most, I'm reminded that gratitude is not just about what we have — it's about what we've learned. For us, that means learning to see our child not through the lens of comparison, but through the truth of who he is: a bright, compassionate, and capable little boy who learns differently and that difference is something to be celebrated, not feared.

May every parent who reads this find the strength to keep asking questions, the courage to advocate fiercely, and the faith to believe that every child is fearfully and wonderfully made.

Jen Paul Schroer is a dedicated community leader with a proven track record of driving positive change. As a three-time Senate-confirmed cabinet secretary, trade association CEO, and chamber of commerce executive director, Jen has extensive experience in both the public and private sectors. As a wife and mother of two, Jen is deeply committed to improving the local community and supporting the economic well-being of families as the editor and owner of *Tumbleweeds* magazine and other ventures.

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Universal Child Care

REBECCA BARAN-REES AND ANA WOOLDRIDGE

Supporting families means supporting educators

On a recent morning in Santa Fe, Destiny Montoya served breakfast to the children in her care: bowls of Cheerios, strawberries, and yogurt. As she filled water bottles and settled little ones at the table, the room was full of warmth and chatter.

"I really enjoy this work," Destiny said. "I've always known I could do it, and it's something that makes a difference for families."

Her living room, now the heart of her child care program, is bright and welcoming. Sunlight pours through wide windows, shining on colorful posters that encourage early learning in numbers, letters, and social-emotional skills.

Destiny's story reflects larger shifts across New Mexico, where families and the educators are at the center of new investments in early care and education.

Governor Michelle Lujan Grisham's announcement of Universal Child Care marks a milestone for New Mexico families. This step means thousands across the state will now have access to affordable and reliable care, removing one of the greatest barriers families face.

Starting November 1, families can apply through the state and choose an approved registered or licensed provider that accepts Child Care Assistance through the Early Childhood Education and Care Department (ECECD). For families, the change means no income limits and no copays, making child care free. It also means stability: Parents can stay in the workforce, pursue education, or train for new opportunities while knowing their children are safe and learning.

Santa Fe father Brian Lewis had recently become a parent when the announcement was made. His son, Russell, was born at the end of June, and Brian described the first months

Courtesy photo: Students gather around the table to share breakfast and start the day.



Courtesy photo: Learning together: Destiny and her students in the heart of her classroom.

of parenthood as both joyful and transformative. "It has been a very special transition into parenthood. While it is early in our journey, the joy has been amazing. We have enjoyed watching him evolve, even in just these first few months."

With that perspective, he welcomed the state's announcement. "When it was announced, my wife and I were excited and relieved to know that we would be able to send our son to a high-quality child care program without stressing about the financial burden. We knew that if we were feeling the relief, then parents across the state would too."

He added that families in other states often struggle with costs while trying to pursue their careers. "This announcement could make people see New Mexico as one of the most viable states to raise a family without sacrificing career outcomes. For us, it means we can choose the child care that is right for our family without worrying about prohibitive costs."

Even as families celebrate, the demand for child care still far exceeds the supply of registered and licensed educators. State leaders say New Mexico will need about 12,000 more child care spaces to meet families' needs, which could mean opening dozens of new centers and more than a thousand home-based programs.

Destiny began her business after realizing, while working at another center, that she had both the passion and the skills to open a home-based program of her own. When she and her husband bought their house in late 2023, she recognized its potential. By May 2024, she was welcoming families into her new program.

"Parents from my previous center even wanted to follow me over, which was such a compliment," she said.

She started small, first as a registered home and then became licensed for six children. Now she is working to expand into a family group home for 12.

Destiny maintains a waitlist of about 30 children, most of them infants and toddlers, and families often contact her a year in advance.

She is also motivated by a long-term vision. "I really enjoy this work, and I know I can keep building step by step. One day I hope to open a center where even more families can find care."

According to a recent state child care gap study, Santa Fe is one of the counties in greatest shortfall, with an unmet need of roughly 1,500 child care slots and 150 to 250 educators. Families in Santa Fe already know what the data confirms: long waitlists and limited options make it hard to find care during the years when it matters most.

These gaps show that Universal Child Care is not only about reducing cost barriers; it is about ensuring educators have the support, training, and pay to meet families' needs. Statewide, educators benefit from support offered by Growing Up New Mexico, a local



Courtesy photo: Art time at the new table sparks imagination and collaboration.

nonprofit that works with home-based providers through coaching and incentives tied to training, licensing, and business growth.

In Santa Fe, initiatives like APRENDE, an apprenticeship program at Santa Fe Community College (SFCC), blend hands-on learning with coursework and allow educators to earn while they learn. Catron Allred, Executive Director of the SFCC Early Childhood Center for Excellence recalls "In designing APRENDE, we wanted to provide a program to bring new folks into early childhood, support them in getting a degree, give them real experience working with children, and engage providers in the community. It's been an incredible success for Santa Fe." These local efforts have been strengthened by broader community partnerships.

Santa Fe's Early Childhood Steering Committee (ECSC), a local coalition funded by the ECECD, helped pave the way for APRENDE. The group developed a workforce plan and successfully advocated for stimulus funding from the City of Santa Fe, which made the program possible.

Since its launch in 2022 with city support, more than 100 apprentices and pre-apprentices have participated.

Employers report more hires, more bilingual staff, and stronger classroom support. These results help keep educators in the field and support Universal Child Care.

For Destiny, professional development is part of her vision for growth. She has taken a few classes at the SFCC and values programs that combine coursework with on-the-job experience, like APRENDE. What she would like most now is training focused on the business side of child care.

"I'd like more in-depth training on the business practices: budgeting, taxes, hiring. That's what stops many of us from growing."

Destiny's dedication goes beyond paperwork and logistics. Each day, she plans meals, cleans, and sets up activities that spark curiosity and joy.

When asked why she wants to remain in Santa Fe despite high costs, her answer is simple: "Because there's such a need here. Families really need more infant and toddler care, and I want to help."

She adds, "I hope Universal Child Care supports providers as much as families, because it has to work for both."



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In New Mexico, early childhood educators are the heart of a strong child care system. They nurture children during the most critical years of life, guiding toddlers through their first words, friendships, and earliest learning. Yet too often, these educators face low wages and limited career pathways.

Destiny's home classroom demonstrates the promise of Universal Child Care in action. New Mexico now has the chance to show the nation how investing in educators can transform child care for every family. When educators thrive, families thrive, too.

Rebecca Baran-Rees, vice president of policy and community development, and Ana Wooldridge, communications specialist, are with Growing Up New Mexico, an early childhood nonprofit that supports young children and families through early learning, family support, and home-based child care initiatives. Learn more about our statewide work with home-based educators at growingupnm.org/programs/escalones/.



Guardería Infantil Universal

REBECCA BARAN-REES AND ANA WOOLDRIDGE

Courtesy photo: Un grupo de estudiantes comparte el desayuno al empezar el día.

Apoyar familias es apoyar educadores

Una mañana reciente en Santa Fe, Destiny Montoya sirvió el desayuno a los niños bajo su cuidado: tazones de Cheerios, fresas y yogurt. Mientras llenaba botellas con agua y ubicaba a los chiquitos en la mesa, el salón era todo cordialidad y cotorreo.

“Realmente disfruto este trabajo”, dijo Destiny. “Siempre he sabido que podía realizarlo y es algo que hace una diferencia para las familias”.

Su sala, ahora el centro de su guardería, es iluminada y acogedora. La luz del sol penetra por amplias ventanas y resplandece en coloridos carteles que fomentan el aprendizaje temprano de números, letras y habilidades socioemocionales.

La historia de Destiny refleja grandes cambios en Nuevo México, donde familias y educadores son el centro de nuevas inversiones en atención y educación tempranas.

El anuncio de la gobernadora Michelle Lujan Grisham de La Guardería Universal marca un hito para las familias newmexicanas. Este paso significa que ahora miles por todo el estado tendrán acceso a una atención confiable y

accesible, eliminando una de las mayores barreras que las familias enfrentan.

A partir del 1ro de Noviembre, las familias pueden solicitar por medio del estado y escoger un proveedor registrado y aprobado o con licencia que acepte la Asistencia de guardería infantil por medio del Departamento de atención y educación de la niñez temprana (ECECD, por sus siglas en inglés). Para las familias, el cambio significa que no hay límites de ingresos ni copagos, la guardería infantil es gratuita. También significa estabilidad: Los padres de familia pueden seguir trabajando, seguir una carrera, o capacitarse para nuevas oportunidades, sabiendo que sus hijos están seguros y aprendiendo.

Brian Lewis de Santa Fe no tenía mucho tiempo de ser papá cuando el anuncio se hizo. Su hijo, Russell, nació a finales de junio y Brian describió los primeros meses de paternidad como jubilosos y transformadores. “Ha sido una transición especial a la paternidad. Aunque recién iniciamos el camino, el gozo ha sido maravilloso. Hemos disfrutado verlo evolucionar, aún en estos pocos primeros meses”.

Con esa perspectiva, recibió bien la noticia del estado. “Cuando lo anunciaron, mi

esposa y yo estábamos entusiasmados y aliviados de saber que podríamos enviar a nuestro hijo a un programa de guardería de alta calidad sin la presión del costo financiero. Sabíamos que si nosotros sentíamos el alivio, padres de familia por todo el estado lo sentían también”.

Agregó que familias en otros estados con frecuencia pasan trabajo con los costos mientras tratan de seguir sus carreras. “Este anuncio podría hacer que la gente vea Nuevo México como uno de los estados más viables para criar una familia sin sacrificar los resultados de una carrera (profesional). Para nosotros, esto significa que podemos escoger la guardería acertada para nuestra familia sin preocuparnos por costos prohibitivos”.

Incluso mientras las familias celebran, la demanda para guarderías sobrepasa la oferta de educadores registrados y con licencia. Los líderes estatales dicen que Nuevo Mexico necesitará alrededor de 12.000 guarderías más para complacer las necesidades de las familias, lo cual podría significar que se abran docenas de centros y más de 1.000 programas de atención en casas particulares.

Destiny empezó su negocio después de darse cuenta, mientras trabajaba en otro centro, que tenía tanto la pasión como



Courtesy photo: Unidos para aprender: Destiny y sus estudiantes en el centro de su salón de clases.

las habilidades para abrir su propio programa en su casa. Cuando ella y su esposo compraron su casa a finales del 2023, reconoció el potencial. Para mayo del 2024, le daba la bienvenida a familias en su nuevo programa.

“Incluso padres de la guardería anterior quisieron sumarse, lo cual era un halago”, dijo.

Empezó de a poquito, primero como un hogar registrado y luego obtuvo la licencia para seis niños. Ahora se prepara para expandir su negocio en un hogar de familia para 12.

Tiene una lista de espera de unos 30 chicos, la mayoría bebés y niños pequeños y, con frecuencia, las familias se ponen en contacto con ella con un año de anticipación.

También la motiva una visión a largo plazo. “Realmente disfruto este trabajo, y sé que puedo seguir creciendo paso por paso. Un día espero abrir un centro donde todavía más familias puedan conseguir atención”.

De acuerdo con un estudio estatal reciente sobre la brecha en cuidado infantil, Santa Fe es uno de los condados en mayor déficit, con una falta de alrededor de 1.500 espacios para la atención infantil y de 150 a 250 educadores. Las familias en Santa Fe ya saben lo que la información confirma: largas listas de espera y opciones limitadas que dificultan encontrar atención infantil durante los años en los cuales es más importante.

Estas brechas muestran que la Guardería infantil universal no es cuestión sólo de reducir las barreras financieras; es asegurar que los educadores tienen el apoyo, capacitación y remuneración necesarios para satisfacer las necesidades de las familias. A nivel estatal, los educadores se benefician del apoyo que ofrece Growing Up New Mexico, una entidad no lucrativa que trabaja con proveedores de servicios domiciliarios por medio de orientación e incentivos ligados a la capacitación, permisos y crecimiento de negocios.

En Santa Fe, iniciativas como APRENDE, un programa de formación en el Santa Fe Community College (SFCC, por sus siglas en inglés), combina el aprendizaje práctico con trabajo académico y permite que los educadores puedan ser remunerados mientras aprenden. Catron Allred, director ejecutivo del SFCC Centro de excelencia de niñez temprana recuerda la intención: “Al diseñar APRENDE, queríamos ofrecer un programa para traer nueva gente a la niñez temprana, apoyarles en obtener un título, darles experiencia real en trabajar con niños e involucrar a los proveedores en la comunidad”, dijo. “Ha sido un éxito increíble para Santa Fe”. Estos esfuerzos locales se han incrementado por medio de asociaciones comunitarias más amplias.

El Comité directivo de la niñez temprana de Santa Fe (ECSC, por sus siglas en inglés), una coalición financiada por el ECECD, ayudó a preparar el camino para APRENDE. El grupo creó una fuerza laboral y abogó con éxito por financiamiento de fomento de la Ciudad de Santa Fe, lo cual hizo posible el programa.

Desde su inicio en el 2022 con el apoyo de la ciudad, más de 100 aprendices

y preaprendices han participado. Los empleadores reportan más contrataciones, más personal bilingüe y apoyo más fuerte en el salón de clases. Estos resultados ayudan a mantener a los educadores en el campo y apoyar la Guardería infantil universal.

Para Destiny, el desarrollo profesional es parte de su visión para el crecimiento. Ha tomado unas cuantas clases en el SFCC y valora los programas que combinan el trabajo académico con la experiencia práctica, como APRENDE. Lo que más le gustaría ahora es capacitación enfocada en el aspecto empresarial del cuidado infantil.

“Me gustaría capacitación más a fondo en prácticas de negocios: presupuestos, impuestos, contratación. Eso es lo que detiene el crecimiento de muchos de nosotros.”

Su dedicación va más allá del papeleo y la logística. A diario, planea comidas, limpia y prepara actividades para despertar la curiosidad y el gozo.

Cuando le preguntan por qué se quiere quedar en Santa Fe a pesar de lo caro, su respuesta es simple: “Porque hay una gran necesidad aquí. Las familias verdaderamente necesitan más cuidado infantil y de niños pequeños y yo quiero ayudar”.

“Espero que la Guardería infantil universal ayude a los proveedores tanto como a las familias, porque tiene que funcionar para ambos”, agrega.

En Nuevo México, los educadores de la niñez temprana están en el centro de un sistema de cuidado infantil fuerte. Cuidan a los niños durante los años más críticos de la vida, guían a los niños chiquitos a través de sus primeras palabras, amistades y aprendizaje temprano. Aún así, con frecuencia estos educadores se enfrentan a salarios bajos y oportunidades de carrera limitadas.

El salón de clase de la casa de Destiny demuestra la promesa de la Guardería infantil universal en acción. Nuevo México ahora tiene la oportunidad de mostrarle a la nación lo que es invertir en educadores que pueden transformar el cuidado infantil para cada familia. Cuando los educadores prosperan, las familias prosperan también.

Rebecca Baran-Rees, vicepresidenta de políticas y desarrollo comunitario, y Ana Wooldridge, especialista en comunicaciones, trabajan con Growing Up New Mexico, una organización no lucrativa para la primera infancia que apoya a niños y familias por medio del aprendizaje temprano, apoyo a la familia e iniciativas de atención infantil en el hogar. Para más información sobre nuestro trabajo en el estado con educadores en el hogar vea: growingupnm.org/programs/escalones/.



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LOVE, WRAPPED IN PRESENCE



Courtesy photo: Look around. Love leaves little reminders everywhere. Sometimes it even shows up in the shape of a heart on the sidewalk.



Courtesy photo: Love doesn't melt away. It shows up in the snow, waiting to be noticed.

AUDREY HERRERA-CASTILLO

Why the most meaningful gift this season may be the compassion you give yourself

The holidays often arrive in a flurry of activity: gatherings of family or friends, food to prepare, gifts to buy, entertaining, deadlines, and endless to-do lists. In the middle of all this motion, it's easy to forget the most important relationship of all, the one we have with ourselves.

At LOYL, Love of Your Life, we believe self-love is not a luxury; it's the foundation for every other form of love in our lives. This season, we invite you to pause, take a breath, and remember: You are the love of your life.

Most of us live with a steady stream of thoughts running through our minds, many of them far from kind. Think about the words you silently tell yourself during the day: "Why did I do that?" "That was so embarrassing." "I'll never get it together."

We'd never say these words to a friend, yet we speak them to ourselves without hesitation. Now imagine how often that voice has repeated in just the last week, month, or year. The weight adds up.

The first step toward self-love is awareness. By noticing this inner dialogue, we create the opportunity to shift from criticism to compassion.

Another way we chip away at ourselves is by comparing our lives to others. Social media makes this almost automatic: the polished family photo, the perfect holiday table, the dream vacation. Behind each carefully selected image, there is always more than we can see. Everyone carries struggles, disappointments, and imperfections.

Perfection is an illusion. Comparison steals joy. The truth is simple: Your path is uniquely yours, and it is worthy.

At LOYL, one of our core pillars is abandoning the quest for perfection. When we let go of measuring ourselves against others, we make space for joy, gratitude, and self-acceptance.

Awareness alone is powerful, but the next step is even more transformative: making a conscious choice. Each time we notice a negative thought, we have the chance to pause, breathe, and choose differently.

Instead of "I'm not enough," we might say: "That was smart!" "I love my smile." "I am kind." "I am worthy of love and care."

Even the smallest shift matters. As one of our brand pillars reminds us, it's about forming rituals that bring joy. Little practices, repeated over time, build resilience and lightness.

The holiday season can feel overwhelming, but it also offers endless moments to notice what is good: the smell of a pie baking, a shared laugh at the table, the sound of a child's excitement, even the mess in the kitchen that means people are together.

Gratitude is a simple ritual that grounds us in the present. Finding even one thing to appreciate about the people around us, their laugh, their cooking, their creativity, can shift stress into connection.

At LOYL, we like to keep things simple, fun, and inviting. Here's one playful practice to try this season:

The next time you're shopping online, whether for gifts or everyday items, check the box that says "This

is a gift." But instead of writing a note to someone else, write it to yourself.

Some message ideas are: "You are worthy of this and so much more. Keep going!" "Your smile is contagious, share it today." "Remember when you parallel parked perfectly? You've got this." "You are doing enough. You are enough."

When that package arrives, you'll be surprised with your own words of love. It's a small but meaningful ritual, a reminder that kindness to ourselves can be just as delightful as kindness to others.

This season, amid the swirl of activity, we invite you to meet someone extraordinary: Yourself.

At LOYL, our mission is simple, to remind you that the love you seek outside yourself has always been within. By embracing your starting point, letting go of perfection, creating joyful rituals, and finding your unique path, you reconnect with the treasure that is your own soul.

Through free biweekly emails, we share small acts of self-love. Gentle prompts to help you practice compassion, forgiveness, creativity, and joy. One email offers a new idea. The next simply reminds you to pause and try it out. No pressure, no perfection, just simple steps back to yourself.

The greatest gift you can give this season may not come wrapped in

a box. It might be the gift of self-compassion, the gift of choosing love over comparison, the gift of pausing to smile, breathe, and remember: You are worthy of love, just as you are.

Join us at theloveofyourlife.org to sign up for free biweekly self-love practices. Follow along on Instagram @meet_theloveofyourlife or on Facebook at LOYL – You Are. The Love of Your Life.

Wherever this season finds you, surrounded by family, sharing moments with friends, or spending time in your own company, may it also find you in the presence of the most important relationship of your life: the one with yourself. Self-love is a gift you can carry into every moment, every season, and every connection. When you remember that you are the love of your life, you bring more light, compassion, and joy into the world.

Audrey Herrera-Castillo is a native New Mexican, 14 generations strong, and CEO of Momentum Santa Fe. She created The Love of Your Life (LOYL) as a space to remember that the most important relationship is the one we hold with ourselves. Discover simple ways to practice self-love at LoveOfYourLife.org.



Courtesy photo: Dragonfly Art Studio.



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CELEBRATING the SPIRIT of the SEASON



Courtesy photo: Holiday Stroll at Museum of International Folk Art. Photo by Cousineau Studios.

ASH ESPINOZA

A cultural tapestry of holiday traditions across New Mexico

As the first snow settles on the mountain peaks and the scent of piñon wood fills the air, New Mexico comes alive with the warmth of shared tradition. Across our vast and diverse state, from the mesas of the north to the deserts of the south, the holiday season unfolds not as a single story, but as a tapestry—woven with light, music, food, and community.

The New Mexico Department of Cultural Affairs (NMDCA) honors this living heritage each year through its New Mexico Traditions series, a collection of events that celebrate the state's extraordinary blend of cultures and customs. Spanning from October to January, the program shines a light on the people and practices that make the Land of Enchantment a place like no other.

Southern Lights: Where Heritage and Holiday Spirit Meet

In Las Cruces, the season begins with New Mexico HomeGrown at

the New Mexico Farm and Ranch Heritage Museum (November 22), an event that highlights the artistry and agriculture at the heart of the region. Visitors can browse locally made foods, crafts, and handmade gifts—each item a reflection of the land and people who made it.

A few weeks later, the museum's grounds transform into a winter wonderland for Farm-La-La (December 10). Thousands of lights illuminate the 47-acre site, casting barns and fields in a festive glow. Families stroll through twinkling paths, sipping hot chocolate, and listening to local musicians.

Northern Traditions: Stories in Light and Song

The heart of New Mexico's holiday season beats strongest in Santa Fe, where art, faith, and heritage converge in brilliant celebration.



Courtesy photo: Holiday Stroll at Museum of International Folk Art. Photo by Cousineau Studios.

At the New Mexico History Museum, Las Posadas on the Plaza (December 7) is one of the season's most cherished traditions and brings community and history together in the heart of Santa Fe.

A few days later, Holidays at the Palace (December 12) transforms the historic Palace of the Governors courtyard into a haven of warmth and wonder. Families gather for carols, cocoa, and conversation with Santa Claus beneath glowing farolitos. The laughter of children and strumming of guitars echo off adobe walls that have witnessed centuries of celebration.

To the west, in the red rock canyons of Jemez Springs, Lights of Gisewa (December 12–13) offers one of New Mexico's most breathtaking sights. Hundreds of farolitos outline the ruins of the old pueblo and the 17th-century San José de los Jémez Mission Church. Visitors enjoy Native dances, songs, and crafts while the flickering lights honor both history and resilience.

Farther east, Fort Sumner's Winter Letters and Farolito Tour (December 6) at the Bosque Redondo Memorial invites guests into an evening of remembrance. Guided by candlelight, participants hear historical letters and Native storytelling that weave together the narratives of loss, survival, and community—powerful reminders



Courtesy photo: Gustave Baumann marionette, ca. 1931. Painted wood, fabric, leather, foil, brass. Gift of Jane Baumann, 1978. 1994.16.5. Photo courtesy of New Mexico Museum of Art.

of the many stories held within New Mexico's soil.

Central Celebrations: Light, Art, and Community

In Albuquerque, the National Hispanic Cultural Center (NHCC) shines with

Luminito (December 14)—a towering 20-foot-tall luminaria that illuminates the Plaza Mayor, symbolizing warmth, unity, and light in the darkness.

Meanwhile, in Alamogordo, the New Mexico Museum of Space History invites families to look skyward during Holiday on the Hill (December 13). Visitors explore the cosmos through live planetarium shows and stargazing, blending the wonder of discovery with the spirit of the season.

Museums of Light, Creativity, and Culture

Back in Santa Fe, two beloved institutions—the Museum of Indian Arts and Culture and the Museum of International Folk Art—join forces for their Holiday Winter Stroll celebration (December 14). Visitors are welcomed with farolitos lining the pathways, Native dance performances, and hands-on holiday crafts. It's a day that bridges cultures and generations through color, movement, and creativity.

Nearby, the New Mexico Museum of Art hosts its Holiday Open House (December 13), an afternoon filled with live music, art-making activities, and community joy. Across town, the Vladem Contemporary in the Railyard welcomes visitors to explore its galleries, where modern creativity

meets the timeless warmth of the holiday spirit.

Illuminating the Heart of New Mexico

Each event tells a piece of a larger story. Together, they reflect the deep roots and enduring creativity of New Mexico's people. The holiday season here is not just a time of celebration, it's a season of connection.

In every corner of the state, communities gather around light to share food, laughter, and song. Traverse a path of farolitos, listen to children's laughter beneath adobe eaves, marvel at handcrafted art, and pause to ponder the stories that shaped this land. This winter, we invite you to bundle up and step into our living heritage. New Mexico's holidays are not just anticipated, they are experienced.

Ash Espinoza is public relations specialist for the Museum of Indian Arts & Culture, the Museum of International Folk Art, the New Mexico Museum of Art, and the Office of Archaeological Studies.

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FINDING THE PERFECT PUP

KAYLA DONALDSON

What Families Should Know Before Bringing Home a Dog This Holiday Season

Every year around the holidays, I start getting calls from families across Albuquerque and Santa Fe who are excited—and sometimes overwhelmed—by a new addition to their home: a puppy. For many children, waking up on Christmas morning to find a furry bundle of joy under the tree is pure magic. But as a dog trainer, I've learned that behind every adorable puppy moment comes a lot of responsibility, patience, and planning.

If your family is thinking about bringing home a dog this holiday season, whether

it's a rescue from the Santa Fe Animal Shelter or Espanola Humane, or a purebred puppy from a breeder, here's what you need to know to make sure this new chapter starts off right.

Puppies Aren't Presents—They're Family Members

It's tempting to picture the big reveal: a red bow around a wagging tail, your kids' delighted faces, and a joyful holiday memory. But remember—dogs aren't short-term gifts. They're 10–15 year commitments, and their needs will change as your family changes.

Courtesy photo: Kayla Donaldson and her dog, Yuki.



Courtesy photo: Kayla Donaldson and her dog, Yuki.

Before you commit, take time to talk as a family about what it means to add a dog to your household. Who will walk, feed, and train them? What happens when school or sports pick back up? Are you prepared for chewed shoes, accidents on the carpet, or a few sleepless nights?

Bringing home a dog can be one of the best decisions your family ever makes—but it works best when everyone is ready for the long haul.

Purebred or Shelter Dog: What's Right for You?

One of the biggest questions families ask me is whether to adopt or buy from a breeder. The truth is, there's no one-size-fits-all answer—it depends on your family's goals, lifestyle, and experience level.

Adopting from a Shelter: The Santa Fe Animal Shelter and Espanola Humane both do an incredible job matching dogs with families. Shelter staff often know each dog's temperament, making it easier to find one that fits your household. Plus, when you adopt, you're saving a life and supporting a community effort. You might even find a purebred or "designer mix" waiting for a home.

Buying from a Breeder: If your heart is set on a specific breed—perhaps one that fits your lifestyle or allergies—do your homework. Look for ethical breeders who prioritize health and temperament over appearance or profit. Avoid anyone who won't let you visit or doesn't provide health certifications for both parents. A responsible breeder will ask you just as many questions as you ask them.

No matter which route you choose, take your time. A dog isn't an impulse buy; it's a lifelong partnership.

Puppy or Older Dog: Which Is Easier?

Puppies are adorable—but they're also a lot of work. From potty training to socialization, every moment is a learning opportunity. The first few months can feel like having a toddler in the house again!

Older dogs, on the other hand, often come with some training already in place. Many are calmer, house-trained, and ready to blend into a household routine more quickly. They can make wonderful companions for families who want to skip the "chew everything in sight" stage.

If your kids are very young or your family has a busy schedule, an adult dog might actually be a better fit. The key is to match your dog's energy level and personality with your family's lifestyle—not just your heart.

Matching a Dog to Your Family's Lifestyle

Different breeds (and even individual dogs within a breed) have very different needs. Before you decide, ask yourself what kind of life you want to share with your new furry friend.



Courtesy photo: Kayla Donaldson and her dog, Yuki.

Active families might thrive with a breed like a Labrador, Australian Shepherd, or mixed-breed with high energy. These dogs love hiking, running, and outdoor adventures—but they'll need daily exercise and structure.

Calmer households or families with small children might do better with lower-energy breeds such as a Basset Hound, Bulldog, or older mixed-breed dog.

Families with allergies may want to explore breeds that shed less, such as Poodles or their mixes (though no dog is truly hypoallergenic).

Think about your future lifestyle, too. A puppy that's adorable at 10 pounds could weigh 80 pounds by next Christmas. Consider your yard size, your travel habits, and how much time you realistically have for training and exercise.

Red Flags and Green Flags When Choosing a Dog

When meeting potential dogs, watch for clues in their behavior:

Green Flags

- Curious but calm around people
- Recovers quickly from new experiences (a noise, a stranger, a new smell)
- Shows interest in play or gentle affection

Red Flags

- Extreme fear, shaking, or avoiding all contact
- Unprovoked aggression (snapping or lunging)
- Very low energy or disinterest, especially in a young dog

If you're adopting, shelter staff can guide you. If you're working with a breeder, meet the puppy's parents when possible—it gives a good idea of future temperament.

The Holiday Timing Challenge

Adding a puppy during the holidays can be both joyful and stressful. Your home may be full of visitors, decorations, and travel plans—all of which can overwhelm a new dog.

If you're set on a holiday pup, consider making the announcement part of the gift, but wait until after the holidays to bring the dog home. Use Christmas morning to share the news with a collar, leash, or framed photo of your soon-to-be furry friend. That way, your family can prepare together and start the new year ready for training and bonding.

Why Training Early Makes All the Difference

At Dog Training Elite New Mexico, we see a huge uptick in calls every January and February—families realizing that their cute holiday puppy now has a mind of their own!

Many people don't know where to start. Should they wait until their puppy is six months old? Should they train at home first? The best answer is: start early and get help when you need it.

Puppies begin learning the moment they walk through your door. The earlier you start building positive habits—potty training, crate training, obedience, socialization—the better your results will be. Professional training not only teaches your dog manners, but also strengthens your bond and builds confidence for everyone in the family.

Whether you choose in-home training, group classes, or private lessons, make sure your program is built on trust, respect, and clear communication. That's the foundation of every great dog-owner relationship.

Final Thoughts

Bringing home a new dog is a beautiful way to grow your family—but it's not something to rush. Take the time to research, prepare, and find the right fit.

When you do, you'll gain more than a pet—you'll gain a loyal companion, a playmate for your kids, and a source of unconditional love for years to come.

And if you ever need help getting started, my team at Dog Training Elite New Mexico is here to guide you every step of the way—from choosing the right dog to creating a calm, happy home for everyone (paws included).

Dog Training Elite New Mexico

In-home obedience, puppy, therapy, and service dog training across the Albuquerque metro and surrounding areas. Learn more at dogtrainingelite.com/nm

Kayla Donaldson is the Lead Dog Trainer at Dog Training Elite New Mexico.

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CELEBRATING THE WINTER SOLSTICE



Courtesy photo: Aurora's child looking at their solstice lantern.

AURORA HVIDSTEN

A time to slow down and connect with nature

I grew up here in Santa Fe, the parents of two east coast transplants—one who grew up Catholic, one who grew up Protestant in a predominantly Jewish neighborhood—both who forayed beyond their childhood religions to find spirituality in the desert Southwest. As December came around, we walked canyon road, ate latkes, celebrated SinterKlaus with a Dutch neighbor and decorated Christmas cactuses with friends. I learned about various cultures and traditions and enjoyed celebrating them all.

Yet one tradition sticks out in my mind and it is one that feels more soft and slow in my memory: the Winter Solstice.

Held typically between December 20–22, the winter solstice marks the beginning of winter and the longest night of the year. Historically, the solstice was celebrated by cultures the world over as they learned to make sense of the planet and its seasonal changes by studying the light and shadows. Before ancient people understood that the planet rotated around the sun, the beginning of winter was a fearful time, with light disappearing, crops dying and the earth becoming cold and barren.

Once people found ways to track the subtle changes in light and shadow, people began to make sense of the



Courtesy photo: Make art with loose parts and tea light candles.



Courtesy photo: Children on the annual solstice walk.

difference in light from month to month and were able to mark the winter and summer solstice, as well as the spring and fall equinox. The shortest day of the year was no longer a source of fear but a cause for celebration and cultures worldwide found meaningful ways to mark this special time of year.

Fast forward a few thousand years and we still find meaning in celebrating the return of the light during the first month of winter, as well as many other religious and secular holidays. The holidays are special and full of wonder, but can undoubtedly be stressful, fast paced and often consumer oriented. There are parties and gift exchanges and suspense that keeps your kids awake all night! We dodge illnesses and scramble for childcare during school breaks and hustle across airports with tired children and it can be a lot. And, for many, the holidays can be a painful time, not joyous in its routines or forced celebrations.

So, why take the time to celebrate one more thing during an already packed time of year? Think of it as a pause or a deep breath. Let the solstice be a “turning in.” A slowing down. A celebration without a party or a gift. It is learning about our earth and its pure, natural wonder. This one night, celebrated by ancestors the world over, a cry of joy for the return of longer days.

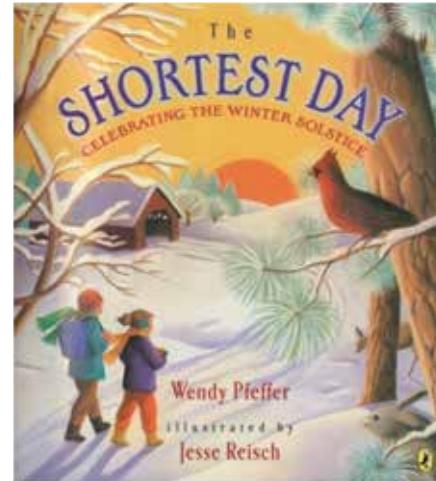
The solstice is marked on our family calendar at home, just as it was when I was a child. We read Wendy Pfeffer's *The Shortest Day*, a children's book about the solstice and choose a special way to light

our darkest nights (this book has ideas for celebrating the solstice, tracking the light throughout the month of December, keeping shadow journals and more) One year we made a simple glow lantern using a glass jar, tissue paper and glue (or mod podge), and wire (or pipe cleaners), which we now use every year. At sunset we take our glow lantern on a neighborhood walk or to a special outdoor spot after the sun has set. Other ways to celebrate the solstice could be eating dinner by candlelight, taking a walk with other glowing objects such as glowsticks, camping lanterns, or jars filled with fairy lights.

You could make a family poem about the solstice or collect wishes for the coming year in a jar, little bits of future light to look forward to.

Another idea is to measure shadows at noon—maybe people in your family or a tree or permanent object—and do so again on the spring equinox, summer solstice and fall equinox. Keep a shadow journal to track the changes throughout the year.

Turning our attention to the solstice helps children tune into the rhythms of nature, especially at a time when nature may not feel as fun or as exciting to explore; bugs and crawling creatures are tucked away, flowers and trees are asleep for the winter, there are few hours of daylight for outdoor play after school. But teaching our children to take time to notice these small changes in nature can have lasting effects beyond the solstice. It can teach them to notice and



Courtesy photo: "The Shortest Day" book teaches about the solstice and has activity ideas.

to wonder, to marvel at something as simple as the changing light throughout the year. It can teach children to slow down and to rest, to find their own way of hibernating.

Children tend to operate on our time and for many of us time is a precious resource. There is never quite enough of it to get things done and that tends to lead to adults who need to stick to a schedule. Children feel our hurried pace even when it clashes with their own sense of time and need to slow down and take it all in.

When asked the question, “What does ‘soon’ mean?” children in my preschool classroom replied with answers like “It’s

like when you order something and you have to wait for the truck to come” and “It means when your mom comes back to pick you up.” Children experience time much differently than adults do and we could all benefit from meeting children in their slower paced worlds. Alison Clark, author of *Slow Knowledge and the Unhurried Child* talks about the possibility of going ‘sideways’ with children and says “these side ways are not the same thing as taking a step back, that slowing down is not just a romantic idea of going back to an unproductive era... on the contrary, it is about taking time to think about what matters, about gaining depth, about preparing for unpredictability... the fastest way from A to B may very well be a straight line, but that may not necessarily be the line that prepares one for real life or for the life that we wish to be real.”

Let's allow ourselves to operate on children's time, nature's time, the time of long quiet nights and unfolding seasons. As I remember the treasure that was the solstice as a child, I know it is a gift I can pass along to my own child. This one night can instill a lifetime of learning to appreciate the dark nights and simple joys of this beautiful earth.

Aurora Hvidsten is a long time preschool and prekindergarten teacher at Arts & Sciences, as well as a parent to a 6 year old child.

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Courtesy photo: Many Mothers volunteer and baby.



Courtesy photo: Gissel Castro family.



Courtesy photo: MSHVP babies.

Embracing the Fourth Trimester Together

KAI SHENANDOAH FORSLEY

How community can make a difference

You've prepared the nursery, read all of the books, and taken all of the classes. Or not. Either way, the time has come. The baby is finally here. While pregnancy and adoption journeys can feel like a whirlwind of research, appointments, and activity, the "welcoming baby home" phase can feel like falling off a cliff into the unknown. Through all of the happiness and elation, things like sleep deprivation and uncertainty began to take center stage. Welcome to the fourth trimester: that critical period just after the baby arrives, when many parents become overwhelmed as they are suddenly thrust into the role of infant caregiver 24/7.

All of the hard work and isolation can be difficult. Postpartum mood and anxiety disorders (formerly postpartum depression) affect one in five new mothers. Some fathers could possibly suffer from mental stressors after welcoming a newborn. Many parents and caregivers feel the pressured expectation that they must figure caregiving out alone and this is simply not the case.

Over 30 years ago, Many Mothers was founded on this exact realization: that parenting can, and should be, a community sport. Our founder, Anne McCormick, witnessed so many families leaving hospitals without support

and guidance. Beyond the physical trauma of giving birth, there was added emotional trauma due to lack of community. She felt the dearth of support services for perinatal families was unacceptable – and fixable.

Though our support services have grown over time, our cornerstone program remains rooted in a compassionate gesture: a community member showing up at a parent's doorstep and asking, "What do you need today, in this moment?" Our home visiting approach honors the caregiver in a way that empowers rather than instructs, that listens rather than lectures, and that validates rather than judges. Ultimately,

via all of our offerings, Many Mothers seeks to foster a peaceful, stress free environment for caregivers to thrive.

Today, New Mexico has taken great strides in providing support to new parents and babies, and continuing to build this community of care is essential to strong, healthy family units. State organizations like the New Mexico Department of Health and the New Mexico Early Childhood Education & Care Department as well as our many community partners continue to provide vital and necessary lifelines to families of all types. Through Many Mothers' work with thousands of families, we have observed a few trends in what makes

the biggest difference during this period of adjustment. Here are five essential tips that help new parents navigate the fourth trimester, possibly, successfully.

Prioritize Rest

Many Mothers started as an organization primarily focused on rest, relief, and healing for the birthing mother. And while this remains our framework, we've grown to recognize that the transition into parenthood demands restoration for the entire familial unit. Recovery looks different for everyone. Some parents focus on physical healing and regaining strength, while others prioritize socioemotional wellbeing. For many caregivers, financial challenges add another layer of complexity. But regardless of everyone's unique journey, sleep and rest are key. Sleep deprivation is a real health crisis among new parents, particularly new mothers. Caregivers are expected to provide unwavering support for a new life yet can't function due to their own lack of rest.

This is where Many Mothers' intentional and personalized home visiting support becomes essential. While sleep is universal, rest may manifest differently. We partner with each family to understand their unique needs for rest and offer companionship as they work toward it.

Physical Wellness Is Possible

Santa Fe has lovely city trails that are conducive to gentle walking with

strollers. While high intensity workouts have their place, after birth healing may restrict intense exercise for weeks or longer. In the meantime, fresh air and gentle movement can be restorative for mind and body. Soon, Many Mothers hopes to incorporate a hiking group geared towards infant caregivers and very young children into our weekly programming. For now, here are some noteworthy flatland hikes: Bicentennial/Alto Park to John Griego Vietnam Memorial Park & Beyond, a peaceful river walk with paved sidewalks and ample parking at trailheads. Frenchy's Field, with accessible parking and a scenic walking loop with paved trails. Frank Ortiz Dog Park, providing established paths for families pushing strollers, accessible parking, and scenic trails. Dog owners here do allow their dogs off-leash. San Isidro Trail, a paved segment of the Santa Fe River Greenway, with accessible parking located at San Isidro Crossing.

Get In Community (And Stay There)

As an introverted person, getting in community can be stressful and scary. When talking to another human being causes heart palpitations, "community" can be the last thing some new parents feel would help them in their new caregiver healing journey. Many Mothers utilizes a mix of self-guided community, like our indoor play space, as well as interactive community, like our movement classes that engage the entire family. Peer support can also serve as a useful tool. While all of our Family Center activities and spaces are curated,

the friendships that form here, tend to be very organic.

Our group gatherings such as United In Motherhood, Unidas en el Posparto (conducted in Spanish), and The Village: Parent Togetherness create space for authenticity in judgement-free environments.

Accept Help Without Guilt

Many Mothers' volunteer model is something we hold tight to. Our volunteer to staff ratio is 12:1. We run on volunteers and these volunteers give so freely. They want to be there for families. Says Many Mothers' volunteer Chris Kelly, "Whenever I tell friends about how happy I am volunteering in this way, they ask if there's a Many Mothers in their town."

Home visiting volunteers are part friend, part postpartum doula, part sounding board. Whether holding a newborn while a caregiver showers, naps, or eats a meal, or whether the volunteers spend their time with an older sibling, our support adapts to the needs of clients. Having a regular presence in the home transforms these visits from helpful interruptions into genuine relationships. All new parents should be encouraged to receive as part of their healing cycle. The first few weeks should be reserved for healing, feeding the baby, and resting; everything else is a bonus. Consider keeping a running list of helpful tasks, so when someone asks "How can I help?" you can suggest specific things that truly make a difference.

Take Mental Wellness Seriously

Mood changes during the fourth trimester shouldn't be ignored. Don't wait to reach out to your healthcare provider for solutions and recovery options. Your mental health is just as important as your physical health, and seeking support early can significantly impact how you navigate healing. In addition to Many Mothers' in person support, our research has shown that new mothers want flexible and remote options for mental wellness, such as peer support and therapy. As part of our commitment, Many Mothers offers access to telehealth therapy. Sometimes talking to someone outside of your inner circle can spark aspects of healing that may be hard to find through family and friends alone.

Kai Shenandoah Forsley is the executive director of Many Mothers and the founding director of Many Mothers Family Center. Many Mothers' staff, volunteers, and board members work to provide a caring community that nurtures and supports the health, well-being, and happiness of all mothers, infants, toddlers, and their families.

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nma
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The 2025 **NEW PARENT SURVIVAL GUIDE**



The **#1 Guide** for New Parent Resources across
Northern New Mexico

2025 NEW PARENT SURVIVAL GUIDE

OBGYN, Pregnancy Care, Labor and Delivery Hospitals

CHRISTUS ST. VINCENT

Our labor and delivery team is trained and educated in progressive labor and support techniques to ensure you have a pleasant birthing experience. We offer a variety of birthing plans that are tailored to your needs and wants. Christus Health understands how involved and committed women are to their family, friends, and careers—that's why our comprehensive health care services support women in all stages of life.

2055 S Pacheco St. Suite #300
Santa Fe, NM 87505
505-984-0303
christushealth.org

LOVELACE HEALTH SYSTEM

Our goal is to create the best experience possible for babies and their parents. We offer educational classes, support and resources, and the security of knowing our highly skilled staff and specialized care for newborns are available around the clock. We offer 24/7 anesthesiology coverage, state-of-the-art C-section rooms, and other special services to provide our families with medically advanced compassionate care during one of life's most important moments. Nothing is more natural than delivering a child, and Lovelace is here for you every step of the way to make sure your delivery is as comfortable as possible.

460 St. Michaels Drive, Suite #505
Santa Fe, NM 87505
505-727-4420
lovelace.com

PRESBYTERIAN SANTA FE MEDICAL CENTER

Presbyterian Santa Fe Medical Center's Women's Care provides a range of birthing options and obstetrical services to help support you and your growing family, including coordinated care before, during and after delivery; screenings and monitoring of your health and your baby's health; educational and new parent support classes; online pre-registration for

labor and delivery; and a spacious, comfortable family birthing unit.

4801 Beckner Road
Santa Fe, NM 87507
505-772-2000
phs.org/santafe

UNM'S WOMEN'S HEALTH CENTER

You deserve comfortable, respectful women's health care—and that's what you'll get at UNM Health. Our world-class Ob-Gyns, Certified Nurse Midwives and family medicine doctors will get to know you and treat you with dignity. As the only academic health center in New Mexico, we offer women and teens state-of-the-art diagnosis and treatment options. From your first well-woman exam through childbirth and menopause, you will get the best care for a healthy life.

2130 Eubank Blvd NE
Albuquerque, NM 87112
505-272-2245
unmhealth.org/services/womens-health/

Homebirth Midwife Services

FAMILY TREE MIDWIFERY

Family Tree Midwifery has offered skilled, compassionate, relationship-based homebirth midwifery care in Santa Fe and the surrounding areas since 2002. Whether you are exploring the benefits of having a home birth or actively searching for your midwives for the journey ahead, we would love to meet you and discuss how we may serve you. Our private office is conveniently located off St. Michaels Drive in Santa Fe and we are always happy to have your family attend your appointments with you.

Multiple Locations
505-470-1690
familytreemidwife@msn.com
familytreemidwifery.org

SANTA FE BIRTH CENTER

Our individualized midwifery model of care by licensed midwives extends throughout pregnancy, birth, well-baby, and the postpartum period. The thick old adobe walls of the remodeled birth center building provide wonderful quiet on busy St. Francis Drive. The center houses two birth rooms with soaking tubs, a walled garden, three clinic and administrative offices, a



Courtesy photo: Dragonfly Art Studio.

kitchen, and a living room library.

1315 S. St. Francis Drive
Santa Fe, NM 87505
(505) 780-5030
santafebirthcenter@gmail.com
santafebirthcenter.com

REBECCA PALAK MIDWIFERY, LLC

Rebecca Martinez (formerly Palak) is a Northern New Mexico parent, midwife, and lactation consultant passionate about reproductive justice and collaborative, compassionate care. She offers personalized preconception, prenatal, birth, and postpartum care with a planned home or hospital birth. Based in Santa Fe, she serves the surrounding regions including Bernalillo, San Miguel, and Los Alamos County. She offers free consultations to review care options. Se habla español.

505-660-0140
rebeccapmidwifery@gmail.com
rebeccapmidwifery.com

Doula, Breastfeeding and Lactation Services, Pregnancy Care, Childbirth Classes

OH SI DOULA

My name is Julia Martinez, and I'm a granddaughter, daughter, sister, auntie, and a multi-community member from Northern NM. I'm a full spectrum

community doula who supports all bodies and reproductive health choices for those who live or receive services in Albuquerque and Northern NM. I practice free, prior, and informed consent to help people make the best decisions for themselves during their reproductive experiences.

50 Charlotte Lane
Placitas, NM 87043
(505) 280-7826
ohsidoula@gmail.com

SANTA FE LACTATION SERVICES

I provide in-home and virtual lactation consultant services to families across northern New Mexico. My passion lies in working with breast/chest feeding families to help support new roles as the journey of parenting unfolds. My work is inspired by the magic and mystery of birth, and I strive to bring breastfeeding and postpartum support to families in a way that holds loving space.

Santa Fe, NM 87505
505-490-1549
santafelactationservices.com/
lilliejoy@gmail.com

LAS CUMBRES COMMUNITY SERVICES

Las Cumbres has been an integral part of the community offering child and family services since 1971 in five counties (Los Alamos, Santa Fe, Rio Arriba, Taos, and Bernalillo). Community Infant and Early Childhood Programs include ¡Que Cute! Healthy Baby, Confident Parenting Home Visiting, Family Infant Toddler/Early Intervention, Child Respite, Conjunto Therapeutic Preschool, and Infant and Early Childhood Mental Health. Community Youth and Caregiver Programs are dedicated to community-based prevention, intervention, and reunification, along with Children's

Behavioral Health and a Grandparents Raising Grandchildren Program.

505-753-4123

lascumbres-nm.org

MAGPIE DOULA

Sal is a full-spectrum community doula, childbirth educator, lactation counselor, and postpartum cook in Santa Fe. Through a trauma-informed and reproductive-justice lens, Sal works with clients across northern New Mexico through all reproductive experiences, including pre-conception, fertility, abortion, infant loss, prenatal, labor and delivery, postpartum, and early parenting. Sal works with families collaboratively to honor your desires, experiences, identity, body, and choices.

505-819-3412

www.magpiedoula.com

magpiedoula@gmail.com

NEW MEXICO DOULA ASSOCIATION

The New Mexico Doula Association is a birth and reproductive-justice focused organization led by community activists, Black, Indigenous, and People of Color (BIPOC) who represent our diverse statewide communities. Our mission is to continue the legacy of community-based doula services while advocating for systemic change in healthcare to ensure equitable access and outcomes for all. We do this through direct services, advocacy, and education. We believe that everyone has the right to affordable, obtainable, gender-affirming, and culturally-humble support for the full-spectrum of reproductive experiences including pregnancy, birth, postpartum, abortion, and loss. Visit the NMDA Doula Directory at nmdoula.org/nm-doula-directory/

NMDA Las Cruces Office

715 E. Idaho. BCS3

Las Cruces, NM 88001

admin@nmdoula.org

nmdoula.org

ROOTED BIRTH SERVICES

I am a certified Full-Spectrum Doula, Childbirth Educator and Perinatal Yoga teacher.

What I love most about this work is guiding people to find what they need for an optimal birth experience and helping them transition into their new roles as parents and caregivers. I can offer assistance from the journey of trying to conceive all the way through childbirth and beyond. Let's get in touch to explore how I can support you.

rootedborthabq.com/

rootedborthabq@gmail.com

THE BIRTHING TREE

The Birthing Tree provides compassionate, high-quality classes and doula support services for labor, birth, and postpartum. Our classes provide practical, real-life tools to help build your confidence as new parents. We offer evidence-based and family-centered doula support: labor doulas guide you, support you, and advocate for

you during labor and birth. Postpartum doulas help with newborn care, parent education, and postpartum recovery (days and overnights).

4001 Office Court Suite #703

Santa Fe, NM 87507

info@thebirthingtree.com

thebirthingtree.com

Maternal Fetal Medicine

PERINATAL ASSOCIATES OF NEW MEXICO

Every once in a while, a pregnancy takes an unexpected turn and more than routine prenatal care is needed. Perinatal Associates of New Mexico provides the best high-risk pregnancy care in the Southwest in a comfortable, soothing environment. Whether you're expecting more than one baby, experiencing premature labor, or need care for diabetes or any other maternal medical condition, we work closely with your doctor to help you every step of the way. Visit our website for a list of offices and outreach locations.

201 Cedar SE Suite #405

Albuquerque, NM 87106

505-764-9535

info@panm.com

panm.com

Fertility Medicine

FERTILITY CENTER OF NEW MEXICO

Dr. Thompson and the staff at the Fertility Center of New Mexico are known across the state for their expertise in helping patients start families, but we're also known for providing compassionate care at a time when patients need it most. Although our office is located in Albuquerque, we have patients who travel from all over New Mexico for our high-quality care.

201 Cedar St SE, Suite S1-20

Albuquerque, NM 87106

505-248-0000

info@nmfertility.com

fertilitysantafe.com

CAPERTON FERTILITY INSTITUTE

Our fertility specialists are proud to serve the community at our Albuquerque fertility clinic. If you're based in Santa Fe and are starting your search for a fertility specialist, surrogate, and/or a sperm donor, Caperton Fertility Institute can help. The experienced team of fertility specialists at Caperton Fertility Institute has successfully turned thousands of patients with infertility issues into parents with our combination of compassionate care, deep clinical

expertise and the Southwest region's most advanced medical technology.

6500 Jefferson Suite, Suite #250

Albuquerque, NM 87109

505-702-8020

capertonfertility.com

Home Visiting

FIRST BORN LOS ALAMOS

First Born Program of Los Alamos (FBPLA) is a nonprofit organization that provides parents and primary caregivers with education and support to encourage normal growth and development. FBPLA provides free home visitation services to all families in Los Alamos County. Services may be requested at any time during pregnancy, at the birth of the baby, or until the baby is two months of age, and continue until the child is five years of age, or until the family no longer requests program services.

190 Central Park Sq, Suite #216
Los Alamos, NM

505-661-4810

welcome@firstbornla.org

firstbornla.org

GROWING UP NEW MEXICO

Covering the most critical developmental period in a child's life, Growing Up New Mexico's Home Visiting program delivers an integrated curriculum of support and resources that inform a confident, healthy, and stable family life. Open to all families in Santa Fe and Rio Arriba Counties, our Home Visiting program can begin prenatally and continue until age five. During initial visits, trained home visitors help parents, caregivers, and families master feeding, caring for, and bonding with a new baby. Once healthy growth and development are established, Home Visiting expands to build a foundation for early learning, literacy, and social-emotional growth.

440 Cerrillos Road

Santa Fe, NM 87501

505-982-2002

info@growingupnm.org

growingupnm.org

PB&J FAMILY SERVICES

Our programming empowers and assists families in creating and implementing frameworks that lead to improved parent-child relationships, positive parenting practices, optimal child development, family safety, and increased knowledge of and access to community programs and services. PB&J family services serves children and families across Bernalillo, Sandoval, and Valencia counties. The stories of the children and families that work with PB&J are an inspiration of hope, perseverance, and resiliency.

Multiple NM Locations

505-877-7060

pbjfamilyservices.org

PRESBYTERIAN MEDICAL SERVICES PARENT EDUCATION & HOME VISITING PROGRAM

This program serves expectant, adoptive, and teen parents with the goal of providing educational services and child-rearing guidance to ensure babies are born healthy and grow into physically, emotionally, and mentally healthy children. It helps parents learn how to better nurture their children, as well. Parents and caregivers are connected to formal and informal supports in the community, so children are prepared to start school when they are of age. This program is built on the belief that a parent is their child's first and most important teacher.

800-477-7633

pmsnm.org/programs-services/early-childhood-education/home-visiting-program/

TAOS FIRST STEPS HOME VISITING

First Steps is a free program for families who are expecting and/or with children up to the age of 5. We provide resources and support to help you raise a strong, happy family. We discuss parenting triumphs and trials, listen to joys and concerns, and connect you to resources within your community. We want to ensure you have access to the services that will help your family not only survive, but thrive.

413 Sipapu Street
Taos, NM 87571

575-751-8938

jimberger@taoshospital.org
taoshospital.org

Mental Health Services

ARTESANA COUNSELING

I'm a bilingual therapist helping clients of all backgrounds navigate anxiety, depression, trauma, grief and anything else life might be throwing your way. I am particularly committed to supporting mothers and parents through pregnancy, birth, parenthood and beyond. My work focuses on compassionate support, radical acceptance and restoring a felt sense of strength. Sessions are offered via telehealth with limited in person availability upon request. I am a native Spanish speaker and offer therapy in both Spanish and English. Solidarity rates available, don't hesitate to reach out.

505-819-9966

isabel-ribe.clientsecure.me/

FATHERS NEW MEXICO

Our focus is on the role of the father, and developing the strategies for supporting healthy fatherhood. Most of our outreach is directed at young fathers and folks who become fathers in their teens. These young men have inspired

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us with countless stories illustrating profound dedication, perseverance through challenging circumstances and consistent support for their children.

P.O. Box 22254
Santa Fe, NM 87502
505-377-8950
johnny@fathersnewmexico.org
fathersnewmexico.org

GERARD'S HOUSE

Gerard's House is a safe place for grief support groups serving children, teens and families, where healing happens through acceptance and peer support. Our services are offered free to any family with children ages 3-21 who have experienced the death of a close family member or friend.

3204 Mercantile Court, Suite C
Santa Fe, NM 87507
505-424-1800
info@gerardshouse.org
gerardshouse.org

Prenatal Massage and Physical Therapy

THE BALANCED MOMTALITY

After you receive the green light from your OB-GYN or midwife for exercise around the six-week mark, it is necessary to also get cleared by a Pelvic Health Physical Therapist. We will evaluate the function of your pelvic floor and core system, and its ability to perform during your daily demands. Your therapist will examine your tissues for appropriate healing, strength, control, and presence of scar tissue, trigger points, pain, prolapse, DRA, hemorrhoids, and hernias. This will make sure that you safely return to sports and exercise to avoid any injury, pain or incontinence.

190 Central Park Square, Suite #214A
Los Alamos, NM 87544
505-803-2142
balancedmomtality.com

BODY SANTA FE

Choose from the best massages and facials in Santa Fe at Body wellness center. Tailored to reduce stress, promote relaxation during pregnancy, and decrease inflammation and discomfort. Services available only after the first trimester.

333 W Cordova Road
Santa Fe, NM 87505
505-986-0362
guestservices@bodyofsantafe.com
bodyofsantafe.com

MASSAGE OF SANTA FE

Pregnancy can be a time of great stress. Many women experience back pain, neck pain, and headaches during pregnancy. Prenatal massage can help you get the relief you need to enjoy your pregnancy and prepare for childbirth. Our prenatal massages help reduce the stress and tension accompanying pregnancy. We have found that many of our clients who have received prenatal massages report feeling fewer aches and pains and sleeping better.

1441 S. St. Francis, Suite C
Santa Fe, NM 87505
505-428-0336
info@massageofsantafe.com
massageofsantafe.com

RHYTHM OF TOUCH WELLNESS

Pregnancy is a time when a woman's body endures tremendous stress due to dramatic physical and emotional changes. Using various techniques specially developed for the expecting mother, pregnancy massage helps release the pain and discomfort experienced throughout pregnancy. The benefits are profound, including emotional support, the relief of joint pain due to extra weight and postural imbalance, and improved breathing and relaxation.

3228 Richards Lane, Suite A
Santa Fe, NM 87507
505-570-7057
santa-fe-massage.com

STILLWATER MASSAGE AND BODYWORK

Prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health. Please schedule once you are past your first trimester.

460 St. Michaels Drive, Suite 1205
Santa Fe, NM 87505
505-490-6160
stillwater@stillwaterbodywork.com
stillwaterbodywork.com

HIGH DESERT HEALTHCARE & MASSAGE

Swedish massage, combined with other techniques, can create deep relaxation and ease while helping relieve the discomforts and pains of pregnancy. Many expectant mothers find that by receiving massage their connection to their baby deepens

and they have an easier time adjusting to the constant changes that pregnancy creates. Treatments can be received either side lying with supporting pillows, or face down on a specially designed body pillow.

644 Paseo De Peralta
Santa Fe, NM 87501
505-984-8830
feelbetter@highdesertsantafe.com
highdesertsantafe.com

screening and diagnostic services when indicated and/or requested.

Multiple NM Locations
505-938-2229 / 505-875-1583
nmsonographics.com

SANTA FE IMAGING

We are a team of board certified radiologists, registered technologists, and patient-focused administrative staff committed to providing Northern New Mexico's highest level of radiologic imaging services for diagnosing disease and injury.

Multiple NM Locations
505-983-9350
santafeimaging.com

Family Planning and Resource Connection

DESERT ROSE

In addition to free pregnancy services, we help you put a plan together for your future. By presenting you with



Courtesy photo: JF Mazur Art Studio.

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all of your pregnancy options, you will have the information necessary to make a confident decision. Our goal is to give women the peace, strength, and confidence to make informed decisions concerning their bodies.

4001 Office Court Drive, Suite #705
Santa Fe, NM 87507
505-995-1998
info@desertrosewrc.com
desertrosewrc.com

FAMILY STRENGTHS NETWORK

A private, non-profit organization that has served the families of Los Alamos and Northern New Mexico since 1989 through our Family Resource Center and programs. FSN's mission is to provide education, support groups, and activities to all types of families, parents, teens, and children. Through our work, FSN improves the quality of family life for generations. Scholarships are available for all programs.

3540 Orange Street
Los Alamos, NM 87544
505-662-4515
lafsn.org

LA FAMILIA HEALTH

La Familia Health offers family-centered medical, dental and behavioral health care. We provide comprehensive maternal health services including prenatal education, breastfeeding support, behavioral health, and dental care. Trusted providers who care for you before, during and after pregnancy, continue caring for your newborn and family. Our physicians deliver at Christus St. Vincent Hospital. All insurances are accepted and sliding fee discounts for qualified uninsured patients.

1035 Alto Street
Santa Fe, NM 87501
505-982-4425
lafamiliasf.org

LA VIDA FELICIDAD EARLY CHILDHOOD PROGRAM

Our agency is driven by a firm commitment to improving the quality of life of children and families, adults, and seniors. We believe that everyone is entitled to the same standard of human dignity, and work to ensure that all individuals receiving our services can enjoy that same standard. Our vision is to connect families to community, eliminate limits, and expand expectations. The goal of our Early Childhood program is to help parents or caregivers give their young children the support and stimulation they need.

1051 Huning Ranch East Loop SW
Los Lunas, NM 87031
505-865-4651
lvfnm.org/services-early-childhood/

MANY MOTHERS

Many Mothers offers no-cost support to new and expecting families through compassionate, community-based programs. Their services include maternal home visiting—36 hours of in-home support over 12 weeks for caregivers with babies under six months—and a maternal mental health program offering peer groups, therapy, and workshops for parents up to a year postpartum. Families can also access lactation support, including prenatal classes, consultations, and home visits, as well as navigation services that connect them to community resources and ongoing assistance. The Family Center provides essentials like diapers, baby food, clothing, cribs, and safe sleep education—empowering caregivers with connection and confidence.

4001 Office Court Drive, Suite 207
Santa Fe, NM 87507
505-983-5984
info@manymothers.org
manymothers.org

MOMENTS TOGETHER

The level of care and attention given to our youngest population alter the child's future forever. Moments Together is about equipping parents and caregivers of New Mexico children with information and resources to set a strong foundation during the crucial early years. By increasing awareness of the importance of early learning and connections, and providing access to educational resources, Moments Together supports and encourages parents and caregivers to engage in early learning in their home and community.

momentsnm.org/

NEW MEXICO EARLY CHILDHOOD EDUCATION AND CARE DEPARTMENT

New Mexico Early Childhood Education and Care Department's (ECECD) mission is to optimize the health, development, education, and well-being of babies, toddlers, and preschoolers through a family-driven, equitable, community-based system of high-quality prenatal and early childhood programs and services. ECECD can connect your family to numerous resources and services.

P.O. Drawer 5619
Santa Fe, NM 87502
800-832-1321
nmececd.org

NEWMEXICOKIDS.ORG

NewMexicoKids.org is a portal that connects families, early childhood professionals, and the public to resources on child development, training, and community support. It

provides professional development opportunities, child care and home visiting referrals, and links to partner organizations, while supporting the Early Childhood Education and Care Department's mission and New Mexico's FOCUS quality rating system.

PLANNED PARENTHOOD

Planned Parenthood is one of the nation's leading providers of high-quality affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care needs.

730 St. Michaels Drive, Suite 4B
Santa Fe, NM 87505
505-982-3684
plannedparenthood.org

UNM CENTER FOR REPRODUCTIVE HEALTH

Our experienced medical staff has extensive experience with reproductive health services including abortion services, contraceptive services, miscarriage care, and more. If you have reproductive health concerns, be assured that we will be able to treat you safely in our clinic. With all options available, we understand that it is important to have all the information you need to make informed choices.

2301 Yale Blvd. SE, Suite E
Albuquerque, NM, 87106
505-925-4455

unmhealth.org/services/family-planning/

Parent Groups

REEL FATHERS

Reel Fathers' work is inspired by a vision of communities where fathers are valued and respected. They enjoy being vibrantly engaged with their children and work with their partners as skilled and nurturing co-parents. Children grow up in close-knit families, succeed in school, and become healthy, productive members of a flourishing community.

6 Torneo Court
Santa Fe, NM 87508
505-466-2295
deborah.reelfathers@gmail.com
reelfathers.org

THE HORME STUDIO

This is a space for caregivers and their children to learn and explore together in the comfort of a developmentally appropriate Montessori environment.

3022 Cielo Court, Suite B
Santa Fe, NM 87507
505-395-6390
julia@hormemontessori.org
hormemontessori.org

PMS
YOUR CHILD'S
HEALTH, OUR
PRIORITY

Visit us at the Santa Fe Family Health Center, where your child's health and happiness are our top priority! Our experienced providers offer primary care, behavioral health, and dental services. They are dedicated to providing compassionate, comprehensive care tailored to each young patient's unique needs.

CONTACT US **505-989-4500**

pmsnm.org

Santa Fe Family Health Center
4730 Beckner Rd., Santa Fe, NM 87507

SCAN ME

Calendar of Events

November

LEGEND

★ SPOTLIGHT



SPECIAL EVENTS

SUPPORT & COMMUNITY

SPORTS & ACTIVITY

VISUAL ARTS



PERFORMING ARTS

EDUCATION/ENRICHMENT

NATURE

ENTERTAINMENT

FAMILY-FRIENDLY EVENTS CALENDAR IS
BROUGHT TO NORTHERN NEW MEXICO BY:



IF YOU WANT YOUR EVENT TO BE INCLUDED IN THE NEXT ISSUE, VISIT
TUMBLEWEEDSMAG.COM/THINGS-TO-DO

Thursday	Friday	Saturday
		<p>1</p> <p>Santa Fe Saturday Farmers' Market 8 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Southside Library 10 - 10:30 AM Caregiver and Tot Creative Movement at Main Library 10:15 - 11 AM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Bilingual Book Club - Rincón de Lectura (Santa Fe) 11-12 PM Meet the Miniature Horses of My Little Horse Listener 11 AM Animal Encounters 11:30 AM - 12:30 PM Paws and Pages at Southside Library 11:30 AM - 12:30 PM ★ Dia De Los Muertos 2025 12 - 10 PM Science Saturdays 2 - 4 PM</p>
<p>6</p> <p>Tot Time at GCCC 8:15 AM - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Nature up Close (Gardens) 10 AM - 12 PM Storytime and Craft at Main Library 10:30 - 11:30 AM Seeds and Sprouts 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM Meet Cornelius the Snake 1 - 2 PM Create With O'Keeffe at La Farge Library 3:30 - 4:30 PM Thursdays Are Yours at Santa Fe Children's Museum 4 - 7 PM Anime Club 5:30 - 7:30 PM Pajama Storytime/Hora Del Cuento En Pijama 6:30 - 7:30 PM</p>	<p>7</p> <p>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM Animal Encounters 11:30 AM - 12:30 PM Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</p>	<p>8</p> <p>Santa Fe Saturday Farmers' Market 8 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Southside Library 10 - 10:30 AM ★ Stories Art Can Tell 10 AM - 1 PM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM Meet the Miniature Horses of My Little Horse Listener 11 AM Animal Encounters 11:30 AM - 12:30 PM ★ White Rock Family Films 2 PM Science Saturdays 2 - 4 PM</p>
<p>13</p> <p>Tot Time at GCCC 8:15 AM - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Nature up Close (Gardens) 10 AM - 12 PM Storytime and Craft at Main Library 10:30 - 11:30 AM Seeds and Sprouts 10:30 - 11:30 AM Bilingual Book Club - Rincón de Lectura (Española) 11-12 PM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM Meet Cornelius the Snake 1 - 2 PM Create With O'Keeffe at Southside Library 3:30 - 4:30 PM Thursdays Are Yours at Santa Fe Children's Museum 4 - 7 PM Pajama Storytime/Hora Del Cuento En Pijama 6:30 - 7:30 PM</p>	<p>14</p> <p>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM Animal Encounters 11:30 AM - 12:30 PM Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</p>	<p>15</p> <p>Santa Fe Saturday Farmers' Market 8 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Southside Library 10 - 10:30 AM Caregiver and Tot Creative Movement at Main Library 10:15 - 11 AM Toddler Craft at LAFSN 10 - 11 AM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Meet the Miniature Horses of My Little Horse Listener 11 AM Paws and Pages at Southside Library 11:30 AM - 12:30 PM Animal Encounters 11:30 AM - 12:30 PM Science Saturdays 2 - 4 PM</p>
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<p>27</p> <p>Thanksgiving Day ★ Atalaya Turkey Trot 8 - 11:15 AM</p>	<p>28</p> <p>★ Pablo's Holiday Express Various Times Animal Encounters 11:30 AM - 12:30 PM Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</p>	<p>29</p> <p>★ Pablo's Holiday Express Various Times Santa Fe Saturday Farmers' Market 8 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Southside Library 10 - 10:30 AM Caregiver and Tot Creative Movement at Main Library 10:15 - 11 AM Toddler Craft at LAFSN 10 - 11 AM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Meet the Miniature Horses of My Little Horse Listener 11 AM Paws and Pages at Southside Library 11:30 AM - 12:30 PM Animal Encounters 11:30 AM - 12:30 PM Science Saturdays 2 - 4 PM</p>

Calendar of Events

December

LEGEND

	SPOTLIGHT
	SPECIAL EVENTS
	SUPPORT & COMMUNITY
	SPORTS & ACTIVITY
	VISUAL ARTS
	PERFORMING ARTS
	EDUCATION/ENRICHMENT
	NATURE
	ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
	<p>1</p> <p>★ Pablo's Holiday Express Various Times Origami in the Garden 9 AM - 1 PM Nature Playtime 10 - 11 AM Nature up Close (Reptiles) 10:15 - 11:45 AM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Storytime at NM Museum of Art 10:30 - 11:30 AM Toddler Time at Many Mothers 11:30 AM - 12 PM Many Mothers Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages at La Farge 4:30 - 5:30 PM Birth Talk Los Alamos 6:30 - 8:30 PM</p>	<p>2</p> <p>★ Pablo's Holiday Express Various Times Santa Fe Tuesday Farmer's Market 8 AM - 1 PM Tot Time at GCCC 8:15 AM - 9:30 AM Origami in the Garden 9 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM in Los Alamos 10:15 - 11 AM Babytime Los Alamos 10:15 - 11 AM Storytime and Craft at Southside 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM Special Needs/Autism Support Group 6 - 7 PM Paws and Pages at Main Library 6 - 7 PM</p>	<p>3</p> <p>★ Pablo's Holiday Express Various Times Origami in the Garden 9 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Main Library 10 - 11 AM Nature up Close 10 AM - 12 PM (Birds), 4 PM (Planetarium) Storytime at White Rock Library 10:15 - 10:45 AM Toddler Tunes at LAFSN 10:30 - 11 AM Kids Sing-along with Queen Bee - Railyard Park 10:30 - 11:15 AM Wee Wednesdays 10:30 - 11:30 AM Storytime and Craft at La Farge Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM What's Up Wednesday at Mesa Public Library 1:30 - 3 PM</p>
7	<p>★ Pablo's Holiday Express Various Times Dawn 'Til Dusk at Coronado All Day Dawn 'Til Dusk at Los Luceros All Day Winter Spanish Market 2025 9:30 AM - 4 PM Family Art at Art-Vladem Contemporary 10 AM - 12 PM Railyard Artisan Market 10 AM - 3 PM Free First Sundays at NM Museums 10 AM - 5 PM Animal Encounters 11:30 AM - 12:30 PM</p>	<p>8</p> <p>★ Pablo's Holiday Express Various Times Origami in the Garden 9 AM - 1 PM Community Day at the Garden 9 AM - 5 PM Nature Playtime 10 - 11 AM Nature up Close (Reptiles) 10:15 - 11:45 AM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Storytime at NM Museum of Art 10:30 - 11:30 AM Toddler Time at Many Mothers 11:30 AM - 12 PM Many Mothers Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages at La Farge 4:30 - 5:30 PM Birth Talk Los Alamos 6:30 - 8:30 PM</p>	<p>9</p> <p>★ Pablo's Holiday Express Various Times Santa Fe Tuesday Farmer's Market 8 AM - 1 PM Tot Time at GCCC 8:15 AM - 9:30 AM Origami in the Garden 9 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM in Los Alamos 10:15 - 11 AM Babytime Los Alamos 10:15 - 11 AM Storytime and Craft at Southside 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM Special Needs/Autism Support Group 6 - 7 PM Paws and Pages at Main Library 6 - 7 PM</p>
14	<p>★ Pablo's Holiday Express Various Times Railyard Artisan Market 10 AM - 3 PM Free Family Fun at Georgia O'Keeffe 10:30 AM - 2:30 PM Animal Encounters 11:30 AM - 12:30 PM</p> <p>★ Aspen Santa Fe Ballet Presents the Nutcracker 1 PM, 5 PM</p>	15	<p>★ Pablo's Holiday Express Various Times Nature Playtime 10 - 11 AM Origami in the Garden 9 AM - 1 PM Nature up Close (Reptiles) 10:15 - 11:45 AM Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM Many Mothers Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages at La Farge 4:30 - 5:30 PM</p>
21	22	23	<p>16</p> <p>★ Pablo's Holiday Express Various Times Santa Fe Tuesday Farmer's Market 8 AM - 1 PM Tot Time at GCCC 8:15 AM - 9:30 AM Origami in the Garden 9 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Arte Para Chiquitos at NHCC 10 AM Babytime Los Alamos 10:15 - 11 AM Storytime and Craft at Southside 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM Special Needs/Autism Support Group 6 - 7 PM Paws and Pages at Main Library 6 - 7 PM</p>
28	29	30	<p>17</p> <p>★ Pablo's Holiday Express Various Times Origami in the Garden 9 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Main Library 10 - 11 AM Toddler Craft at LAFSN 10 - 11 AM Nature up Close 10 AM - 12 PM (Birds), 4 PM (Planetarium) Storytime at White Rock Library 10:15 - 10:45 AM Kids Sing-along with Queen Bee - Railyard Park 10:30 - 11:15 AM Wee Wednesdays 10:30 - 11:30 AM Storytime and Craft at La Farge Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM What's Up Wednesday at Mesa Public Library 1:30 - 3 PM Youth Chess at Main Library 5:45 - 7:45 PM</p> <p>24</p> <p>★ Pablo's Holiday Express Various Times Origami in the Garden 9 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Main Library 10 - 11 AM Nature up Close 10 AM - 12 PM (Birds), 4 PM (Planetarium) Storytime at White Rock Library 10:15 - 10:45 AM Kids Sing-along with Queen Bee - Railyard Park 10:30 - 11:15 AM Wee Wednesdays 10:30 - 11:30 AM Storytime and Craft at La Farge Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM What's Up Wednesday at Mesa Public Library 1:30 - 3 PM Youth Chess at Main Library 5:45 - 7:45 PM</p> <p>25</p> <p>★ Canyon Road Farolito Walk Sunset Youth Chess at Main Library 5:45 - 7:45 PM</p>
			<p>31</p> <p>Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Main Library 10 - 11 AM Storytime at White Rock Library 10:15 - 10:45 AM Kids Sing-along with Queen Bee - Railyard Park 10:30 - 11:15 AM Storytime and Craft at La Farge Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers Play Area 12 - 2 PM What's Up Wednesday at Mesa Public Library 1:30 - 3 PM Youth Chess at Main Library 5:45 - 7:45 PM</p> <p>★ New Year's Eve on the Santa Fe Plaza 8 PM - 12:30 AM</p>



IF YOU WANT YOUR EVENT TO BE INCLUDED IN THE NEXT ISSUE, VISIT
TUMBLEWEEDSMAG.COM/THINGS-TO-DO

Thursday	Friday	Saturday
4 ★ Pablo's Holiday Express Various Times <u>Tot Time at GCCC 8:15 AM - 9:30 AM</u> <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u> <u>Nature up Close (Gardens) 10 AM - 12 PM</u> <u>Seeds and Sprouts 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers Play Area 12 - 2 PM</u> <u>Fun With Firefighters at Santa Fe Children's Museum 1 - 2 PM</u> <u>Meet Cornelius the Snake 1 - 2 PM</u> <u>Thursdays Are Yours at Santa Fe Children's Museum 4 - 7 PM</u> <u>Pajama Storytime/Hora Del Cuento En Pijama 6:30 - 7:30 PM</u>	5 ★ Pablo's Holiday Express Various Times <u>Origami in the Garden 9 AM - 1 PM</u> <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u> <u>Paseo Pottery Throw Down 5 - 8 PM</u> <u>First Friday Fractals 8 - 9 PM, 9 - 10 PM</u>	6 ★ Pablo's Holiday Express Various Times <u>Santa Fe Saturday Farmers' Market 8 AM - 1 PM</u> ★ Winter Spanish Market 2025 9 AM - 5 PM <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Sand Play Saturday 10 AM - 12 PM</u> <u>Caregiver and Tot Creative Movement at Main Library 10:15 - 11 AM</u> <u>Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM</u> <u>Meet the Miniature Horses of My Little Horse Listener 11 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Paws and Pages at Southside Library 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>
11 ★ Pablo's Holiday Express Various Times <u>Tot Time at GCCC 8:15 AM - 9:30 AM</u> <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Nature up Close (Gardens) 10 AM - 12 PM</u> <u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u> <u>Seeds and Sprouts 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers Play Area 12 - 2 PM</u> <u>Meet Cornelius the Snake 1 - 2 PM</u> <u>Create With O'Keeffe at La Farge Library 3:30 - 4:30 PM</u> <u>Thursdays Are Yours at Santa Fe Children's Museum 4 - 7 PM</u> <u>Anime Club 5:30 - 7:30 PM</u> <u>Pajama Storytime/Hora Del Cuento En Pijama 6:30 - 7:30 PM</u>	12 ★ Pablo's Holiday Express Various Times <u>Origami in the Garden 9 AM - 1 PM</u> <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> ★ Farolito Tree Lighting & Holiday Market at Bishop's Lodge 1 - 6 PM ★ Holiday Tree Lighting on the Plaza 2025 1 - 6 PM <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u>	13 ★ Pablo's Holiday Express Various Times <u>Santa Fe Saturday Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Sand Play Saturday 10 AM - 12 PM</u> <u>Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM</u> <u>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</u> <u>Meet the Miniature Horses of My Little Horse Listener 11 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> ★ Aspen Santa Fe Ballet Presents the Nutcracker 1 PM, 7:30 PM ★ White Rock Family Films 2 PM <u>Science Saturdays 2 - 4 PM</u>
18 ★ Pablo's Holiday Express Various Times <u>Tot Time at GCCC 8:15 AM - 9:30 AM</u> <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Nature up Close (Gardens) 10 AM - 12 PM</u> <u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u> <u>Seeds and Sprouts 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers Play Area 12 - 2 PM</u> <u>Meet Cornelius the Snake 1 - 2 PM</u> <u>Create With O'Keeffe at Southside Library 3:30 - 4:30 PM</u> <u>Thursdays Are Yours at Santa Fe Children's Museum 4 - 7 PM</u> <u>Pajama Storytime/Hora Del Cuento En Pijama 6:30 - 7:30 PM</u>	19 ★ Pablo's Holiday Express Various Times <u>Origami in the Garden 9 AM - 1 PM</u> <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u>	20 ★ Pablo's Holiday Express Various Times <u>Santa Fe Saturday Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Caregiver and Tot Creative Movement at Main Library 10:15 - 11 AM</u> <u>Toddler Craft at LAFSN 10 - 11 AM</u> <u>Sand Play Saturday 10 AM - 12 PM</u> <u>Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM</u> <u>Meet the Miniature Horses of My Little Horse Listener 11 AM</u> <u>Paws and Pages at Southside Library 11:30 AM - 12:30 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>
25 Christmas Day	26 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u>	27 <u>Santa Fe Saturday Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Sand Play Saturday 10 AM - 12 PM</u> <u>Kids Sing-along with Queen Bee Music 10:30 - 11:15 AM</u> <u>Meet the Miniature Horses of My Little Horse Listener 11 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u> <u>Come Build With Us at Main Library 2 - 4 PM</u>

Calendar of Events

LEGEND



CELEBRATION & HOLIDAY **PERFORMING ARTS**
SUPPORT & COMMUNITY **EDUCATION/ENRICHMENT**
SPORTS & MOVEMENT **NATURE**
VISUAL ARTS **ENTERTAINMENT**

SPOTLIGHT EVENTS

CELEBRATIONS & HOLIDAYS

★ **DIA DE LOS MUERTOS 2025**

NOVEMBER 1

Santa Fe Plaza comes alive with the Día de los Muertos celebration from 12 to 10 p.m., featuring live music, decorative skulls and masks, community altars (ofrendas), and bright marigolds. Attendees can enjoy free face painting, a public screening of Coco, and a candlelight parade led by dancers and giant puppets as dusk falls. All are invited to dress in Día de los Muertos finery, honor loved ones past, and participate in this festive, free community gathering of remembrance and joy.

★ **ATALAYA TURKEY TROT**

NOVEMBER 27

This year marks the 19th anniversary of the Atalaya Turkey Trot 5k Race and 1k Kids' Fun Run!

With more than 700 runners, the trot has become an annual tradition for the Santa Fe community and for the many visitors who come to town for the holidays. The race is also the biggest fundraiser for the Atalaya Elementary PTA, providing critical funding to support our kids and teachers.

★ **PABLO'S HOLIDAY EXPRESS**

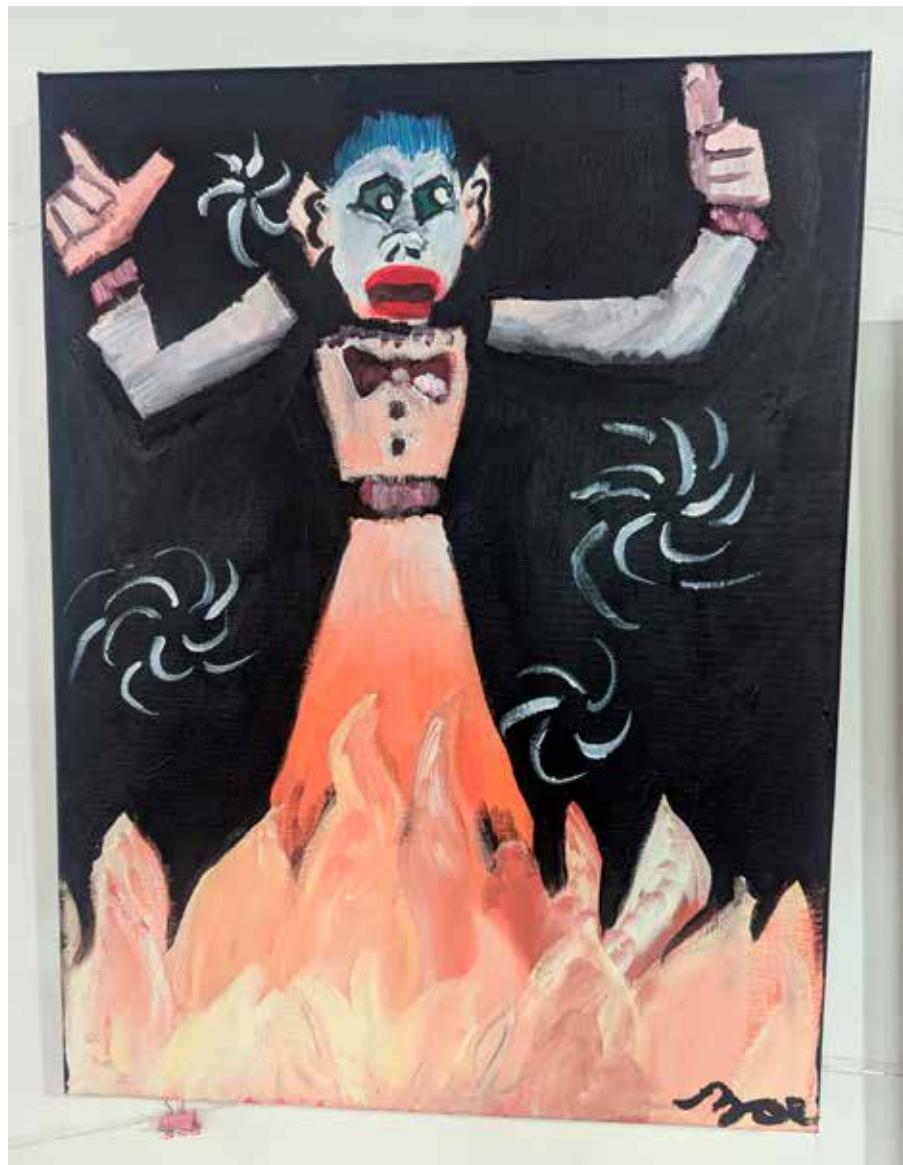
NOVEMBER 28 - DECEMBER 24

The Christmas season is upon us, and Santa's Elves have turned our Lamy Depot into an adventurous winter wonderland. Come early for hot cocoa and story time with Mrs. Claus, as she shares the tale of how Santa and Pablito the Dragon saved Christmas in New Mexico. Then jump aboard on Pablo's Holiday Express, as we make our way across the beautiful countryside. This round trip, hour-long, magical journey takes you and your family across the beautiful New Mexico desert while you enjoy live music. Additional snacks and holiday drinks are available for purchase. After the ride be sure to visit Santa while capturing precious holiday memories with your family. You may even meet Pablito himself. Tickets: www.skyrailway.com/train-rides/ablos-holiday-express/

★ **FAROLITO TREE LIGHTING & HOLIDAY MARKET AT BISHOP'S LODGE**

DECEMBER 12

Celebrate the season Santa Fe style with a festive day of local flavor and community spirit. Browse handcrafted treasures at our Holiday Market, then gather for the magical lighting of our farolito tree, with traditional lanterns that glow with warmth



Courtesy photo: Art School Santa Fe.

and hope. Enjoy live music, seasonal sips, and savory bites inspired by regional flavors, then cap off the evening with cocktails and dinner at SkyFire

Mrs. Claus arrive in style. As dusk falls, the mayor flips the switch to illuminate the Plaza's towering tree and thousands of fairy lights, while traditional farolitos line walkways in a magical glow.

★ **HOLIDAY TREE LIGHTING ON THE PLAZA 2025**

DECEMBER 12

Every December, the historic Santa Fe Plaza becomes a glittering holiday wonderland for the Holiday Tree Lighting on the Plaza. From 1 to 6 p.m. on Friday, December 12, 2025, the event invites families and visitors to enjoy live music and performances, shop local in a festive holiday market, sample regional treats and warm beverages, and watch Santa and

★ **CANYON ROAD FAROLITO WALK**

DECEMBER 24

One of Santa Fe's most beloved holiday traditions, the Canyon Road Farolito Walk delights the thousands who stroll in high spirits along the iconic road on Christmas Eve. You are welcome to warm up around any small piñon bonfire and sing along with others. A truly magical and breathtaking experience.

★ NEW YEAR'S EVE ON

THE SANTA FE PLAZA

DECEMBER 31

Ring in the New Year on the Santa Fe Plaza. Enjoy hot chocolate and biscochitos around cozy piñon bonfires, while listening to local bands perform on the Santa Fe Bandstand. When the countdown ends, a Zia symbol crafted by a traditional Spanish colonial artisan is raised as the sky explodes in a festive fireworks display.

EDUCATION & ENRICHMENT

★ WHITE ROCK FAMILY FILMS

NOVEMBER 8, DECEMBER 13

White Rock Branch Library is showing a family-friendly film. Come to the library at 2:00pm to get started on a movie-themed craft with the whole family. Movie showtime is at 2:30pm.

We invite you to sit back (with one of our snacks and drinks) and enjoy. 11/8: Lilo & Stitch. 12/13: How to Train Your Dragon.

★ WINTER SPANISH MARKET 2025

DECEMBER 6 - 7

Traditional Spanish Market is a vibrant event celebrating Hispanic Heritage through art, music, food, and culture each year in Santa Fe, New Mexico. This annual market serves as a cultural hub where artists and artisans display their talents, preserving and promoting the rich Hispanic heritage that has deeply influenced the region's history and traditions. We invite you to experience this unique opportunity to be immersed in the artistry and traditions that continue to shape New Mexico and communities with origins in early Spanish settlement.

VISUAL & PERFORMING ARTS

★ STORIES ART CAN TELL: CELEBRATION AT SANTA FE PUBLIC LIBRARY

NOVEMBER 8

Stories Art Can Tell is a fun and accessible art-making workshop hosted by SITE SANTA FE at Santa Fe's public libraries. There will be three workshops, one at each public library, and a final community celebration at the Southside Library. Everyone is invited to celebrate their stories. This event is FREE, no RSVP required.

★ ASPEN SANTA FE BALLET PRESENTS THE NUTCRACKER

DECEMBER 13 - 14

Aspen Santa Fe Ballet's 35th anniversary season concludes

with the crown jewel of the holidays — The Nutcracker! Starring Chrystyn Fentroy and Patrick Yocum of Boston Ballet, this sparkling production brings professional dancers from across the country together with children from ASFB's acclaimed educational programs. Side by side, they create the magic, the memories, and the beloved tradition that families return to year after year. This uniquely American Nutcracker features a dazzling array of international dance—including a Chinese ribbon dance, bold flamenco, and lively Mexican folklórico—adding vibrant cultural flair to Clara's around-the-world journey. There is no better way to welcome the season than with dazzling dancing, a kaleidoscope of traditions, and a production brimming with holiday cheer.

Tickets: lensic.org/events/nutcracker-2025/



Courtesy photo: JF Mazur Studio.

WE'VE GOT FAITH IN KIDS!

The United Church of Santa Fe

Join our children and youth programs this winter!

Sunday Mornings:

- *Kids United* with stories, art, music, and service projects—10:00
- Childcare for infants & toddlers—10:00
- “Young Adventurers” (6th/7th)—10:00
- Youth “Initiation to Adulthood” (8th – 12th)—11:15
- Family Fun Nights, Youth Retreats, Service Trips



Rev. Talitha Arnold, Sr. Minister • Dana Bender, Family Ministry



“Love God. Love Neighbor. Love Creation.”

The United Church of Santa Fe

1804 Arroyo Chamiso (at St. Michael's Drive, near the hospital)

505-988-3295 | www.UnitedChurchofSantaFe.org

RECURRING EVENTS

SUPPORT & COMMUNITY

BABY AND TODDLER PLAY HOUR AT MAIN LIBRARY

10:30-11:30 AM

Free, unstructured play where children can explore and interact with other children and new educational toys. Learn and make social connections together with your toddler.

DATES: Every second Saturday

BABYTImE IN LOS ALAMOS

10:15-11 AM

BabytIme is best for ages 0 to 2 and their caregivers at Mesa Public Library. Library staff share songs, bounces, and rhymes to help babies develop early literacy skills. The program might include scarves, bells, or rattles. It includes focused play and free play. Free admission.

DATES: Every Tuesday

BIRTH TALK LOS ALAMOS

6:30-8:30 PM

A free community talk circle for pregnant women and mothers. Birth Talk Los Alamos is a safe place to learn about options in pregnancy and childbirth. Hosted virtually.

DATES: First Monday

DAWN 'TIL DUSK DAY AT LOS LUCEROS HISTORIC SITE

SUNRISE TO SUNSET

Los Luceros Historic Site will extend its hours on the first Sunday of each month. During this time, entrance into Los Luceros is free for New Mexico residents and includes access to the site's visitor center, historic buildings, trails, and picnic areas.

DATES: First Sunday

DAWN TO DUSK AT CORONADO HISTORIC SITE

SUNRISE TO SUNSET

Coronado Historic Site offers extended hours from dawn until

dusk on the First Sunday of each month to allow visitors an opportunity to see the site at these beautiful times of day. The early mornings are a great time to see a multitude of different birds, while the evenings offer unparalleled views of the Sandia Mountains glowing pink at sunset. Activities for people of all ages are available throughout the day. First Sundays are free to all New Mexico residents with ID. Regular admission is \$7 for nonresident adults, children 16 and younger are free.

DATES: First Sunday

MEET THE MINIATURE HORSES OF MY LITTLE HORSE LISTENER

11 AM

Meet and play with the miniature therapy equines of My Little Horse Listener. Guided tours of our accessible Equine Learning Park, available every Saturday during the fall. Healthy snacks available. Free; reservations required.

DATES: Every Saturday

RAILYARD ARTISAN MARKET

10 AM-3 PM

The Sunday Market is dedicated to local artisans and small creative businesses and it's one of New Mexico's oldest and best-loved art markets. This is the perfect place to purchase fine art and crafts directly from the artists, a gift for a special occasion, and souvenirs and mementos.

DATES: Every Sunday

SANTA FE TUESDAY FARMERS' MARKET

8 AM-1 PM

Beat the crowds, load up on farm fresh goodies, enjoy the music and treat yourself to one of our delicious burritos in Cafe Fresh. The Tuesday market has it all!! Held at the Santa Fe Farmers' Market Pavilion in the Railyard.

DATES: Every Tuesday until 12/23

SANTA FE SATURDAY FARMERS' MARKET

8 AM-1 PM

Shop a great selection of fresh produce, eggs, meat, honey, bread, chile, apothecary items, and much more. At our market, 100% of the vegetables, fruits, and nursery plants available are grown right here in northern New Mexico. Arrive hungry and stop BY Cafe Fresh for hot coffee and a selection of ready-to-eat treats. Check out our Santa Fe Farmers' Market Gift Shop and its ever-changing selection of fair trade and local items. Your purchases directly support our farmers.

DATES: Every Saturday

SPECIAL NEEDS/AUTISM SUPPORT GROUP

6-7 PM

All parents and caregivers raising children with an autism diagnosis are welcome. This is an in-person meeting at Las Cumbres - Los Alamos Center. Email Abbie.Nelson@lccs-nm.org with any questions about this group.

DATES: Every Tuesday

TEEN LOUNGE AT LA FARGE LIBRARY

2-4 PM

A safe space for teens to decompress after school. La Farge Library has art supplies, homework tables, laptops and Wi-Fi, board games, tea, and snacks.

DATES: Every Wednesday (except in June)

TEEN LOUNGE AT SOUTHSIDE LIBRARY

3:00-5:00 PM

Hang out space for teens to relax with games, crafts, snacks, study rooms, and wi-fi.

DATES: Every Wednesday (except in June)

THURSDAYS ARE YOURS AT SANTA FE CHILDREN'S MUSEUM

4-7 PM

Extended hours and free admission for children under 17 at the Santa Fe Children's Museum.

DATES: Every Thursday

TODDLER TIME AT MANY MOTHERS

11:30 AM - 12 PM

Toddlers and caregivers, join Santa Fe Public Library at Many Mothers of Santa Fe on the first Monday of every month for a special storytime.

Enjoy rhymes, songs, movement, and stories in a lively atmosphere. This program builds on familiar experiences to introduce new vocabulary and sounds, fostering early literacy and joyful learning together. Ages 1-3.

DATES: First Monday

SPORTS & MOVEMENT

TOT TIME AT GCCC

8:15-9:30 AM

Leisure pool for kids 4 and under. No registration needed, \$2 per person.

DATES: Tuesday and Thursday

VISUAL ARTS & CULTURE

ARTE PARA CHIQUITOS AT THE NATIONAL HISPANIC CULTURAL CENTER

10 AM

Arte para chiquitos is a free, monthly, 45-minute program for babies and toddlers ages 0 months to 4 years and their caregivers that cultivates creativity and self-expression through the exploration of Hispanic/Latine arts and culture. Participants explore the NHCC Museum, Performing Arts Center, and engage in artmaking, music, movement, dance, drama, and bilingual story time. NHCC instructors model age-appropriate arts techniques that celebrate self-expression, build vocabulary, and strengthen both fine-motor and gross-motor skills in a fun environment. Free Community Event. Please register here: my.nmculture.org/30048/42138, or call the NHCC Welcome Center at 505-724-4771 for assistance.

DATES: Second Tuesdays

CREATE WITH O'KEEFFE AT LA FARGE LIBRARY

3:30-4:30 PM

The Georgia O'Keeffe Museum and the Santa Fe Public Library are proud to offer free drop-in artmaking. Perfect for kids of all ages, expand your creativity and explore your imagination with new art activities every month. All supplies provided.

DATES: Second Thursday

CREATE WITH O'KEEFFE AT SOUTHSIDE LIBRARY

3:30-4:30 PM

The Georgia O'Keeffe Museum and the Santa Fe Public Library are proud to offer free drop-in artmaking. Perfect for kids of all ages, expand your creativity and explore your imagination with new art activities every month. All supplies provided.

DATES: Third Thursday

CREATE WITH O'KEEFFE AT MAIN LIBRARY

3:30-4:30 PM

The Georgia O'Keeffe Museum and the Santa Fe Public Library are proud to offer free drop-in artmaking. Perfect for kids of all ages, expand your creativity and explore your imagination with new art activities every month. All supplies provided.

DATES: Fourth Thursday (except 11/27 & 12/25)

FAMILY ART MAKING AT NEW MEXICO MUSEUM OF ART- VLADEM CONTEMPORARY

10 AM-12 PM

The first Sunday of each month we invite families to join us in a fun art-making session at the new Vladem Contemporary. Explore the galleries to find inspiration and enjoy the power of creating with your loved ones and friends. Light snacks will be available. These events are free for all New Mexico residents.

DATES: First Sunday



Courtesy photo: Dragonfly Art Studio.

FINE ART FRIDAYS AT SANTA FE CHILDREN'S MUSEUM

2-4 PM

A weekly exploration into the arts with special guests and hands-on activities.

DATES: Every Friday

FREE FAMILY FUN AT GEORGIA O'KEEFFE MUSEUM

10:30 AM-2:30 PM

Bring the whole family to the Georgia O'Keeffe Museum for fun activities happening throughout the day including hands-on art-making, storytime, and other surprises. Families can also enjoy free access to the Museum Galleries.

DATES: Second Sunday

FREE FIRST SUNDAYS AT NEW MEXICO MUSEUMS

10 AM-5 PM

Admission is free on the first Sunday of every month to New Mexico

residents with ID to the Museum of Indian Arts and Culture, the Museum of International Folk Art, the New Mexico History Museum, and the New Mexico Museum of Art.

DATES: First Sundays

MONDAY FUN DAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

3-8 PM

Make the first day of the work-week a little less Monday and a lot more Fun Day with Meow Wolf's weekly New Mexico 50% off appreciation discount.

DATES: Every Monday

STORYTIME AT THE NEW MEXICO MUSEUM OF ART

10:30 AM - 11:30 AM

Join us this fall for Elements of Art: Story Time at the New Mexico Museum of Art Library. Every other Monday at 10:30 a.m., we invite children ages 3 to 5 and their caregivers to learn about a basic element of art through story, song, and

craft. Led by Cyndi Korzec, an early childhood educator, this program will introduce children to concepts such as color, line, and form.

DATES: Every other Monday starting 5/5.

TODDLER CRAFT AT LAFSN

10-11 AM

FSN's monthly crafts are a pleasure for grown-ups and kids. Free; drop in.

DATES: Third Wednesday & following Saturday

PERFORMING ARTS

KIDS SING-ALONG WITH QUEEN BEE MUSIC

10:30-11:15 AM

Join us every Monday for joyful music and games at Queen Bee Music Association.

DATES: Every Monday

KIDS SING-ALONG WITH QUEEN BEE MUSIC - RAILYARD PARK

10:30-11:15 AM

Join us for joyful music and games at the Railyard Park community room.

DATES: Every Wednesday

MUSIC AND MOVEMENT IN LOS ALAMOS

9:30-10 AM

Musical fun for children ages 0 to 6 and their caregivers. Music and Movement (M&M) is great for brain and body development. M&M uses songs, scarves, bells, rhythm sticks, and more to count, clap, sing, jump, and wiggle together.

DATES: Tuesdays, Thursdays, Saturdays at Mesa Public Library; Wednesdays at White Rock Library (Los Alamos libraries will be closed 12/22 through 1/4)

TODDLER TUNES AT LAFSN

10:30-11 AM

Children and parents sing, play instruments, and dance together, while Rachel Josephson shares simple ways to engage children in music and movement. Free; drop in.

DATES: First Wednesday

EDUCATION & ENRICHMENT

BILINGUAL BOOKS AND BABIES AT LA FARGE LIBRARY

10-10:30 AM

The power of music and song is used as an introduction to language in this program for babies and toddlers. Exposure to new and different language sounds in early childhood can help children with language acquisition skills as they grow.

DATES: Every Friday (except 11/28)

BILINGUAL BOOKS AND BABIES AT MAIN LIBRARY

10-11 AM

The power of music and song is used as an introduction to language in this program for babies and toddlers. Exposure to new and different language sounds in early childhood can help children with language acquisition skills as they grow.

DATES: Every Wednesday

BILINGUAL BOOKS AND BABIES AT SOUTHSIDE LIBRARY

10-10:30 AM

The power of music and song is used as an introduction to language in this program for babies and toddlers. Exposure to new and different language sounds in early childhood can help children with language acquisition skills as they grow.

DATES: Every Saturday

CAREGIVER AND TOT CREATIVE MOVEMENT AT THE MAIN LIBRARY

10:15-11 AM

This gentle introductory class for children and their caregiver utilizes a curriculum based on child development theories and discovery of dance through play, which sparks a lifelong appreciation for movement arts.

DATES: First and third Saturday (except in June)

COME BUILD WITH US AT MAIN LIBRARY

2-4 PM

Come use your imagination to build your newest creation!

DATES: Fourth Saturday

FUN WITH FIREFIGHTERS AT SANTA FE CHILDREN'S MUSEUM

1-2 PM

Join the Santa Fe Fire Department for story time at the Santa Fe Children's Museum and then go outside to visit a fire truck. Free with admission to the museum.

DATES: First Thursday

MANY MOTHERS' PLAY AREA

12-2 PM

Did You know Many Mothers has an indoor play area for children 0 to 3 years old? Monday through Thursday, 12 to 2 p.m., you and your little one are invited to stop by and play, have fun, and explore indoors.

DATES: Monday-Thursday

PAJAMA STORYTIME/ HORA DEL CUENTO EN PIJAMA AT SOUTHSIDE LIBRARY

6:30-7:30 PM

A cozy evening storytime that includes a snack and a craft for caregivers and preschool children. This program is in partnership with the Santa Fe Children's Museum and Growing Up New Mexico.

DATES: Every Thursday (except 11/27, 12/25 & 1/1)

PASEO POTTERY THROW DOWN

5-8 PM

The first Friday of every month, Paseo Pottery hosts a Pottery Throw Down to celebrate our local nonprofit organizations. Each month we will invite a local nonprofit and proceeds from the event are donated to them as our way of saying thanks for the important work they do. There will be live pottery demos, libations, music, and a chance for newbies to try their hand at the wheel with the help of our vol-

unteers. Grab a friend and come play in the mud with us. Cost: \$25 per person.

DATES: First Friday

PAWS AND PAGES AT LA FARGE LIBRARY

4:30-5:30 PM

Practice reading aloud to a friendly therapy dog from the Santa Fe Animal Shelter Pet Outreach Program. Our dogs are patient, cuddly, and love to hear stories. Reluctant readers will gain confidence and seasoned readers will enjoy practicing their read-aloud skills in a relaxed environment.

DATES: Every Monday

PAWS AND PAGES AT MAIN LIBRARY

6-7 PM

Children can practice their reading skills by sharing a story with a furry friend. This program is for early school age children. No registration required. These wonderful dogs are from the Santa Fe Animal Shelter Pet Outreach Program.

DATES: Every Tuesday (except 11/11)

PAWS AND PAGES AT SOUTHSIDE LIBRARY

11:30 AM-12:30 PM

Children can practice their reading skills by sharing a story with a furry friend. A local therapy dog will be here at the library eagerly waiting. This program is for early school-age children.

DATES: Every first and third Saturday

SCIENCE SATURDAYS

2-4 PM

Scientists and STEM instructors visit the Santa Fe Children's Museum to conduct experiments, explorations, and demonstrations. Free with admission. Presented in the Woods Family Outdoor Classroom.

DATES: Every Saturday

STORYTIME AND CRAFT AT LA FARGE LIBRARY

10:30-11:30 AM

Created with early childhood teaching techniques, this story hour and craft provide social, physical, and cognitive skill practice for kindergarten read-

iness. This program is for pre-school-age children.

DATES: Every Wednesday

STORYTIME AND CRAFT AT MAIN LIBRARY

10:30-11:30 AM

Created with early childhood teaching techniques, this story hour and craft provide social, physical, and cognitive skill practice for kindergarten readiness. This program is for pre-school-age children.

DATES: Every Thursday (except 11/27, 12/25 & 1/1)

STORYTIME AND CRAFT AT SOUTHSIDE LIBRARY

10:30-11:30 AM

Created with early childhood teaching techniques, this story hour and craft provide social, physical, and cognitive skill practice for kindergarten readiness. This program is for pre-school-age children.

DATES: Every Tuesday (except 11/11)

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STORYTIME AT WHITE ROCK LIBRARY

10:15-10:45 AM

Children ages 3 to 5 years old are invited to attend storytime at White Rock Library. Storytime is meant to teach and affirm early literacy concepts, songs, and fun with kids who can listen to a few books and are starting to put the world together in story form. Babies and older siblings are welcome, but caregivers should be aware of the program's focus.

DATES: Every Wednesday (except 1/1)

WEE WEDNESDAYS

10:30-11:30 AM

Santa Fe Children's Museum offers storytime for toddlers and special exploration and activities.

DATES: Every Wednesday (except 1/1)

WHAT'S UP WEDNESDAY AT MESA PUBLIC LIBRARY

1:30-3 PM

Activities for elementary-age kids weekly. It might be Legos, an art project, board games, physical games, a special guest, or something else. Best for children 6 to 11 years old. Children 5 and under must have a caregiver with them.

DATES: Every Wednesday

YOUTH CHESS AT THE MAIN LIBRARY

5:45-7:45 PM

Youth chess is a weekly chance for school-age youth to continue to improve their critical thinking skills through the game of chess. While playing with other youth, new techniques, strategies, and tricks are introduced. This program is for youth of all ages who know the basic elements of chess and can play without aid.

DATES: Every Wednesday (except 1/1)

NATURE

ANIMAL ENCOUNTERS AT THE NEW MEXICO WILDLIFE CENTER

11:30-12:30 AM

Meet an animal ambassador.

DATES: Tuesday through Sunday

COMMUNITY DAY AT THE GARDEN

Discover the beauty and tranquility of the Santa Fe Botanical Garden during our monthly Community Day, where New Mexico residents and students with ID receive free admission to explore and enjoy all the Garden has to offer. Come and enjoy the Garden—where there's something for everyone, every season of the year.

DATES: 11/12, 12/8

FIRST FRIDAY FRACTALS

8-9 PM, 9-10 PM

First Friday Fractals is the spectacular, award-winning full dome planetarium show that takes viewers on a tour of the fractals in nature and zooms through infinitely complex mathematical fractals. Featuring original music, the show is both educational and highly entertaining and suitable for audiences aged 3 and up.

DATES: First Friday

MEET CORNELIUS THE SNAKE

1-2 PM

Come say hello to beloved corn snake Cornelius and watch him eat his weekly dinner at the Santa Fe Children's Museum. Please be aware that Cornelius will not be able to come out when he is shedding or not feeling well.

DATES: Every Thursday

NATURE PLAYTIME

10-11 AM

Start the week off by playing outside at the Pajarito Environmental Education Center. An opportunity for toddlers, preschoolers, and caregivers to explore the nature center and explore the natural world. Each playtime features outdoor play, sensory exploration, and activities focused on a theme in nature. Dress for the weather, we will be outside year-round. Admission is free.

DATES: Every Monday (excluding holidays)

NATURE UP CLOSE

Meet one of our naturalists, learn about our local wildlife and plants, and explore our skies in the planetarium. All Nature



Courtesy photo: JF Mazur Studio.

Up Close events are free, but they are dependent on volunteer availability.

DATES: Mondays, 11:15-11:45 a.m. Birds: Wednesdays 10 a.m. to 12 p.m. Walk-In Planetarium Show: Wednesdays 4 p.m. Gardens: Thursdays 10 a.m. to 12 p.m. Every Monday, Wednesday, and Thursday

the Earthworks Garden (weather permitting) at the Santa Fe Children's Museum.

DATES: Every Thursday

ENTERTAINMENT

ANIME CLUB

5:30-7:30 PM

Anime Club is for anyone in grades 7 to 12. This chill program provides snacks and a comfortable place with friendly people to watch two hours of anime at the Zone at Mesa Public Library. Anime may be rated TV-14/PG-13. Art and freebies.

DATES: Second Thursday

RANDOM FANDOM

6-7 PM

Hang out time for youths in grades 7 to 12 to make stuff, play games, eat, and talk. Held at the Zone at Mesa Public Library.

DATES: Fourth Thursday (except 11/27 & 12/25)

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THU
NOV 20

BISCOCHITO BAKE 10:30 am – 11:30 am

*Make New Mexico's State Cookie
in our new horno (traditional adobe outdoor oven)*

THU
DEC 18

WREATH MAKING 10:30 am – 11:30 am

Create your own seasonal evergreen wreath!



FRI
DEC 19

LET IT GLOW

2 pm – 4 pm

Construct your own lantern to light the long nights!

SAT
DEC 20

SOLSTICE SATURDAY

2 pm – 4 pm

Learn about the science of the seasons!

WED
DEC 31

NOON YEAR'S EVE

11 am – 1 pm

*Ring in 2026 early! Celebrate New Year's Eve with special guests,
hands-on activities, and a festive balloon drop at noon!*

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