

Birthing & Community Care in Mexico

Birthing in Oaxaca Through Casa Compasiva

In 2025, Casa Compasiva continued to provide compassionate, dignified maternity care for women and families in Oaxaca—many of whom would otherwise face unsafe or traumatic birth experiences. *(Photo: Staff at Casa Compasiva)*



Key Impact (2025)

- **447 total consultations** provided, including prenatal, postpartum, general, nutrition, counselling, and ultrasound services
- **198 prenatal consultations**, ensuring mothers received consistent care throughout pregnancy
- **25 postpartum visits**, supporting recovery and newborn health
- **32 counselling sessions**, addressing emotional and spiritual well-being
- **19 nutrition consultations**, helping mothers build healthier pregnancies
- **37 general** medical consultations
- **116 ultrasounds**, restoring a critical diagnostic service for expectant mothers
- **20 Pap smears**, supporting women’s long-term health

Birth Outcomes:

- **19 births** supported in total
- **14 births** safely attended at Casa Compasiva
- **5 hospital births** accompanied and supported by the Casa team



Programs & Education:

- **9 prenatal courses** offered to prepare families for birth
- **10 postnatal care** programs, supporting mothers after delivery
- **20 care packages** distributed to families of premature babies, offering comfort and practical support during a vulnerable time

Outreach & Brigades:

- **6 external medical and dental** brigades extended care beyond Casa Compasiva into surrounding communities

Impact Story: **Sofía's Courage**

At just 15 years old, Sofía was pressured by the public health system to end her pregnancy. Instead, she chose to protect her baby's life. With the support of her family and the compassionate care of Casa Compasiva, Sofía received the vitamins and prenatal support she needed—made possible through donor generosity.

She later gave birth naturally to a healthy baby boy, Elías. What began as a moment of fear became a powerful story of courage, dignity, and hope. Because of supporters like you, young mothers like Sofía are given care, respect, and the chance to choose life.



Your support helped 15-year-old Sofía choose life for her baby Elías.