

Mindfulness-Based Childbirth and Parenting Program

MBCP is one of the first adaptations of the world-renowned Mindfulness-Based Stress Reduction program founded by Jon Kabat-Zinn, PhD.

Mindfulness-Based Childbirth and Parenting is an evidence-based program for expectant parents that integrates mindfulness skills and practice with pregnancy, childbirth and parenting education

Corewell Health's course adheres to the MBCP program developed by Nancy Bardacke, CNM, which is described in her book, *Mindful Birthing*. Since its inception in 1998, thousands of expectant parents have used MBCP to help them navigate the transformational processes of pregnancy and childbirth, as well as the intense, joyful, and sometimes stressful experiences of being a parent.

Nine-Week Program

- **Location:** In-person at Corewell Health Southfield Center
- **Classes:** Tuesdays, February 4 to April 1, 2025 from 6p.m. to 8:30p.m.
- **Retreat:** Saturday, March 15 from 10a.m. to 4p.m.
- **Reunion:** Date to be determined

Registration Details

- This course is designed for expectant mothers and their birthing partners, preferably with due dates after April 1
- Interested individuals are invited to meet with the instructor for more details. See registration information below.
- Registration deadline: Friday, January 24, 2025
- Class size is limited

Introductory Pricing

- \$495 per couple
- \$345 per individual
- Limited scholarships available for those in need
- Preferred pricing available for Corewell Health team members

Instructor: Susan Greenlee, RN, CNM, MBCP-trained instructor

**Corewell Health
Center for Mindfulness**



Clarity • Compassion

Courage • Community

Scan the QR code or click [here](#) to register for your informational session with Susan

For questions, email: CenterForMindfulness@CorewellHealth.org

