

Mindfulness-Based Childbirth and Parenting Program

MBCP program 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 program is based on the Nancy Bardacke, CNM, MBCP program and Mindful Birthing book. In the years since its 1998 inception, 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.

9-Week Fall 2024 Program

- In-person at Corewell Health Southfield Center
- **Classes:** Tuesdays, September 24 to November 26 from 6p.m. to 8:30p.m. (skipping October 15)
- **Retreat:** Saturday, October 29 from 10a.m. to 4p.m.
- **Reunion:** Date to be determined

Program Details

- One-on-one interviews are required to be conducted with the instructor prior to joining the MBCP program
- This program is designed for expectant mothers and their birthing partners, preferably with due dates after November 26

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



THE COREWELL HEALTH
CENTER FOR MINDFULNESS
LION REPRESENTS:

CLARITY

COMPASSION

COURAGE

COMMUNITY

Scan the code or click [here](#) to schedule your one-on-one interview with Susan

For questions, email: CenterForMindfulness@CorewellHealth.org

