Mindfulness Based Childbirth and Parenting

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Learning Objectives:
1. Define mindfulness, and identify the evidence-based physiological and psychological benefits of present moment awareness, as related to pregnancy, labor, birth, and parenting.
2. Understand the origins of the Mindfulness Based Childbirth and Parenting (MBCP) program.
3. Experience 2 evidence-based mindfulness meditations that are taught in MBCP classes.
4. Envision the applicability of MBCP to a busy community health center/hospital practice.

CME Details
Accreditation Statement: This activity has been planned and implemented in accordance with the Essentials Areas and policies of the Accreditation Council for Continuing Medical Education. The University of Massachusetts Medical School is accredited by the ACCME to provide continuing medical education for physicians.
Designation Statement: The UMMS designates this live activity for a maximum of 1 AMA PRA category 1 credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.
Statement on Faculty Disclosure: It is the policy of the University of Massachusetts Medical School to ensure fair balance, independence, objectivity and scientific rigor in all activities. All faculty participating in CME activities sponsored by the University of Massachusetts Medical School are required to present evidence-based data, identify and reference off-label product use and disclose all relevant financial relationships with those supporting the activity or others whose products or services are discussed. Faculty disclosure will be provided in the activity materials.

Staff are Invited and Encouraged to Attend
Live Webcast

http://umasscipc.adobeconnect.com/fmchgr/

Sign-in as a “Guest” using your first and last name to receive proper CME credit. Web-based participants have the option to dial-in to ask a question that will be heard by all sites. Using a land line or cell phone, call 508 787-3005 only when prompted by the Presenter. Hang-up when you have completed the question(s).

Technical Requirements for Live Webcast

**Hardware/Software Requirements:** No special hardware or software requirements are required to access this site.

**Provider Contact Information:** Contact: Jodie.Martineit@umassmed.edu if you have questions about the live internet CME activity.

**Policy on Privacy and Confidentiality:** On-line participant’s names are recorded and submitted to the OCME which maintains a record of attendance.

**Copyright:** If applicable, appropriate copyright permission has been granted.

Video Conference Sites

**Barre FHC:** Dr. Samuel Pickens Conference Room

**Family Health Center of Worcester:** 26 Queen Street – 2nd Floor Conference Room

**Fitchburg:** 275 Nichols Road – 5th Floor Conference Room – Bullock Building

**Hahnemann FHC:** Ann Nemitz Room

**Health Alliance Leominster:** 60 Hospital Road – 3rd Floor – Resident Conference Room

**University Campus:** 55 Lake Ave North - 3rd Floor Benedict Building