

# Mindfulness-Based Cognitive Therapy (MBCT) Perinatal Group

Mindfulness is an accepting and non-judgmental awareness of thoughts, emotions and present circumstances. MBCT blends cognitive therapy and mindfulness practices. Participants familiarize themselves with modes of thinking that contribute to negative mood states and develop new relationships to thoughts to promote healthier ways of living. Research has shown this approach to be quite effective, including:

- Reducing depressive symptoms, especially in preventing recurrence of depression
- Relieving anxious symptoms
- Lowering stress
- Promoting sleep
- Supporting healthy interpersonal relationships

This group is designed for women attempting conception, those who are pregnant and those who are up to 12 months postpartum. Each session lasts eight weeks and includes at-home daily skill practice.

## More Information

This eight-week group is offered several times per year. For additional information or to schedule an intake appointment, please call 414-805-4781.



### Dates:

Tuesdays, 4-5:30 p.m.

### Location:

Froedtert & the Medical College of Wisconsin Froedtert Hospital.  
Room location varies.

### Cost:

Billed to insurance.

