



Teacher Mentoring Group Dates

[Time Zone Converter](#)

Contact: mbcptt@mindfulbirthing.org for questions

***Enrollment ends 1 week prior to the start of each group**

Group 2025-C

Dates: Mondays, May 6 - June 24, 2025

Time: 9:00 - 10:30AM EDT/2:00 - 3:30 PM BST

Language: English

Mentor(s): Lisa Thomas Prince

Group 2025-D

Dates: Fridays, July 11 - August 29, 2025

Time: 10-11:30 AM EDT/3 - 4:30PM BST

Language: English

Mentor(s): Jen Averill Moffitt + Claire Zawa

Group 2025-E

Dates: Mondays, September 15 - November 3, 2025

Time: 9-10:30 AM EDT/2:00 - 3:30 PM BST

Language: English

Mentor(s): Mary Esther

Group 2025-F

Dates: Mondays, November 3 - December 22, 2025

Time: 9-10:30 AM EST/ 2 - 3:30PM GMT

Language: English

Mentor(s): Jen Averill Moffitt + Susan Skinner

Group 2026-A

Dates: Thursdays, January 15 - March 5, 2026

Time: 7 - 8:30PM EST/ 9 - 10:30AM JST (APAC)

Language: English

Mentor(s): Becca Calhoun



mindful birthing

TRAINING THE MIND, BODY, AND HEART FOR CHILDBIRTH AND BEYOND

Group 2026-B

Dates: Sundays, May 3- June 21, 2026

Time: 8-9:30 AM EDT/ 2 - 3:30PM BST

Language: English

Mentor(s): Jen Averill Moffitt