

# What is **CenteringPregnancy®** all about?

## It's all about Groups

You will be in a group with other women whose due dates are close to yours. In each of the ten sessions, you will have a private time with your health care provider and some refreshments. Then you'll meet as a group to discuss questions, concerns, and solutions.

## It's all about Self-Care

You'll learn to take your own blood pressure and weight and enter the information into your charts. You'll receive information and tools to help you make healthier choices for you, your baby, and your whole family.



## It's all about Women

You'll meet other expectant moms and have an opportunity to share stories and learn from one another. You'll be able to talk about health issues that are important to you and all the things you're going through—physically and emotionally. You'll be together every month at first, then, as the birth of your baby approaches, you'll meet every two weeks.

## It's all about Time

You'll receive a schedule of all the group times before you even begin. This makes it easy to arrange childcare or meet work obligations. You won't need to enroll in separate childbirth classes — you'll cover everything in your group! Every minute of your time will be occupied, not spent sitting alone in a waiting or examination room.



**CenteringPregnancy®** is an exciting way for women and their families to get prenatal care. Women spend more time with their health care provider and with other pregnant women, which gives them a chance to learn a lot more about pregnancy, childbirth, and parenting.

Check-ups, support, and education all take place in a group setting.



**CenteringPregnancy®**  
Prenatal Care in Groups

**CenteringPregnancy®** . . .  
a new way to receive  
prenatal care

**LEARN** about your baby, your  
body, childbirth, and parenting

**JOIN** other expectant moms,  
partners, and support people to  
discuss pregnancy problems and  
solutions with them in a group  
setting or over refreshments

**TRACK** your baby's growth and  
your own pregnancy progress



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For More Information  
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**CenteringPregnancy®**

Prenatal Care in Groups

a program of

**Centering Healthcare Institute, Inc.**

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**CenteringPregnancy®**

Prenatal Care in Groups



**Imagine** . . . having two  
hours to spend with your  
health care provider at each  
visit.

**Imagine** . . . becoming  
friends with other expectant  
moms as you meet together  
for seven months.

**Imagine** . . . going for your  
prenatal check-up and  
beginning your appointment  
exactly on time.

**Imagine** . . . learning to  
take better care of yourself  
and your family.

**Imagine CenteringPregnancy®**