

What is CenteringPregnancy®?

Centering is a type of group care where 8-10 pregnant women, due to give birth around the same month, have of their visits together.

What Happens in a Centering Group Visit?

Assessment, Education and Support – During your visits you will have,

- Your private, individual checkup with your doctor or midwife,
- Opportunities to have your questions answered,
- Time to participate in discussions about health topics important to you, and
- A chance to get to know other moms.

Why Do We Recommend It?

- All your time in the office is focused on you; You will know the,
 - Dates and times your group meets so you can plan your schedule
 - No waiting in a cramped doctor's office.
- Centering offers unhurried time with your doctor or midwife.
 - Providers and patients spend 20 hours together in group visits.
 - More time to get to know each other better.
 - Plenty of time to be prepared for pregnancy, birth and parenting.
- Most women who have participated in Centering say how supportive and reassuring it was to have contact with other women going through the same experiences of pregnancy.
- Centering groups offer each woman a chance to share her own experience.
- Many times another woman asks just the question you were wondering about.
- **You are not alone!**

**For more information on CenteringPregnancy® groups in Stark County contact
Danielle Bunner, THRIVE CenteringPregnancy® Care Coordinator at:
(330) 209-7638 or dbunner@csstark.org.**

