

CenteringPregnancy® has been shown to reduce premature birth rates and to increase women's satisfaction with their prenatal care experience.

Join the
CenteringPregnancy®
community today!

CONTACT US

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CenteringPregnancy®

A New Empowering
Way To Get
Prenatal Care

CenteringPregnancy®: A New Empowering Way To Get Prenatal Care

How Does It Work?

CenteringPregnancy® is prenatal care that includes additional time and attention in a group session along with each individual check-up.

You will meet with your provider and other women who are due around the same time for group education and support during your pregnancy.

CenteringPregnancy® is a way for you to share learning experiences with other pregnant women and be involved in your own care.

You Will:

Have more time with your provider

Participate more in your healthcare

Learn more about pregnancy

Be better prepared for labor and delivery

Be better prepared to take care of your baby

Get to know the person who will be delivering your baby

Have fun building new supportive friendships

Receive care and guidance from a midwife and a doctor