



## CenteringPregnancy™ groups include:

### Your prenatal care check-up



At the start of every session, each woman has a brief, private health assessment.

### Interactive learning



This is not a class. You'll explore each topic in a fun and engaging way. Everyone benefits from real discussions with your trusted health care team and group.

### Community building



A special community develops in every CenteringPregnancy™ group. Participants have shared that the group feels like a circle of friends sharing common concerns and experiences of pregnancy, birth and parenting.



Groups are held in the classroom on the second floor of the **Women's Health Center at 1513 S. Grand Ave., Suite 220.**



Please arrive on time. All groups will start and end on time.

To learn more or reserve your spot, call us at **(213) 747-5542** or message us at **[pregnata.ed@eisnerhealth.org](mailto:pregnata.ed@eisnerhealth.org)**.

 [eisnerhealth.org](https://eisnerhealth.org)

 [@EisnerHealth](https://www.facebook.com/EisnerHealth)

 [@eisner\\_health](https://www.instagram.com/eisner_health)

22724 7/23



## CenteringPregnancy™ Care

Care That Empowers and Supports You



## CenteringPregnancy™ Care — Group Prenatal Care

Group prenatal care brings you out of the exam room into a unique group setting that combines health assessment, interactive learning, and community building.

CenteringPregnancy™ brings 8 to 12 pregnant women who are due around the same time together for routine prenatal care. During the visit, you will connect with your group, engage in your own prenatal care and have private time with your provider.



### Frequently Asked Questions

#### **How is my privacy protected in a group setting?**

At the first group session, each person signs a confidentiality agreement. All information shared in the group should not be discussed outside the group setting. Ground rules are agreed upon and posted in the group space. The decision to share information with the group is made by each participant; no one ever is pressured to disclose personal concerns.

#### **Will I still be seeing my clinician individually?**

You will have a brief private check-in with your midwife at the beginning of each session; after 36 weeks, the group sessions will end and you will have weekly individual appointments with your provider.

#### **Will I see the same OB-GYN or Midwife every time?**

**Yes!** You will have the same provider facilitator and staff facilitator for every group visit.

#### **Will I still get my ultrasounds and lab tests?**

CenteringPregnancy™ is your prenatal care. Your provider is responsible

for insuring all standards for your prenatal care are met. Labs, prescriptions, and ultrasounds will be ordered for you. The results of the lab tests and ultrasounds will be shared privately with you.

#### **What if I am not comfortable sharing information in a group setting?**

That's a common concern. There is no pressure to share anything with the group that you are not comfortable sharing. However, most participants find that the group quickly feels like a group of friends who are all going through similar things and benefit from sharing their experiences.

#### **What if I am sick?**

If you or members of your household are not feeling well, we ask that you don't come to your group visit. Just call the practice and schedule an individual appointment. Your group will appreciate it and look forward to seeing you next time.

