



NOW OFFERING:

CENTERING PREGNANCY

What Is Centering Pregnancy?

Centering Pregnancy is a group-based model of prenatal care. Think of it like standard prenatal care combined with a really thorough pregnancy and childbirth class. Instead of seeing a doctor or midwife individually, women participating in Centering Pregnancy care attend regular, provider-led group meetings. The meetings are designed to address all aspects of wellness during pregnancy, not just your physical health.

Additionally, Centering Pregnancy groups often cover topics including:

- Dealing with pregnancy side effects and discomforts
- Preparing for giving birth
- Stress management
- Breastfeeding
- Exploring health and wellness topics to fit the group's needs

Research shows that this care model is associated with:

- Higher breastfeeding rates
- Less chance of preterm birth
- Decrease in low birth weight babies
- Better management of pregnancy-related conditions, such as gestational diabetes

HOW CAN I PARTICIPATE?

Call or email us!



718-869-5815



ehs.org/centering-pregnancy



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