



CenteringPregnancy®

For Black Women

Group Prenatal Care for Expectant Mothers

Starting in August 2018!

What to expect:

- Group of 8-10 expectant mothers
- 10 prenatal sessions + 1 postnatal session (1.5-2 hours each, spread out over your pregnancy)
- Provider team includes an MD, a midwife, and a clinical social worker



Benefits of CenteringPregnancy®:

- More time with your provider team
- Improves health outcomes for moms and their babies
- Inspires self-knowledge & collective knowledge
- Encourages self-confidence leading to shared decision-making
- Builds community

Questions? Interested? Contact:

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