WHY SHOULD I CHOOSE CENTERING?

By choosing Centering as your method of prenatal care, you will have the advantage of:

- Knowing the dates of all your appointments from the start.
- Seeing the same midwife throughout your pregnancy.
- Learning more about your health, your pregnancy, and newborn care.
- Learning how to take your own blood pressure.
- Reducing the risk of having your baby early.
- Feeling more prepared for labor, birth, and parenthood.

Also, you’ll have the peace of mind of knowing:

- Your group visit will start and end on time.
- You will have private time with the midwife at every visit.

CONTACT US

414 East Main Street
Durham, NC 27701
919.560.7732
www.centeringhealthcare.org

@DurhamHealthNC
Your group will meet every four weeks until the third trimester. During the third trimester, your group will then meet every two weeks.

Who is in my centering group?

Your centering prenatal visits take place in a group of 8 to 12 women, who are due to have their babies around the same time as you.

The term centering comes from the belief that health care should be centered or focused on the individuals participating in the care experience at any given time. This includes the individual patient, group, and clinical care providers.

Centering is a team approach to care that actively engages patients in goal-setting, skill-building, and peer support.

The centering model of care brings people together who share common goals, but their personal preferences and values make each group unique.

Beginning during the second trimester, the centering model is designed to extend to delivery. It integrates three major components of care: health assessment, education, and support.

Speak to a nurse or midwife in the Women's Health Clinic to sign up for group prenatal care.