CenteringPregnancy is a new and exciting way to provide quality prenatal care.

CenteringPregnancy provides prenatal care in a group setting facilitated by a health care provider and registered medical assistant.

Women in CenteringPregnancy:
- Receive individual assessment time with their provider
- Receive extended time with providers
- Attend ten two-hour sessions throughout the pregnancy
- Learn about pregnancy, childbirth and childcare from a group of supportive women
- Are assured that the new obstetric exam and any other exams are conducted in a private exam room . . . plus:
  - No waiting for appointments
  - Same provider at every visit
  - Delivery at Hillcrest Medical Center

Women who have attended CenteringPregnancy groups say:
- “I have never felt more listened to before.”
- “The group was excellent. I learned a lot about the pregnancy and how to care for the baby.”
- “We appreciated the one-on-one attention and time we get with providers.”

Dads also enjoy CenteringPregnancy:
- “I get a lot of information needed since I am a first time Dad.”

Tell your nurse or provider that you want to join a Women in the Center group

Women in the Center is
- Prenatal care with a group of women all due to deliver their babies around the same time
- Two-hour group meetings, which include assessment of your pregnancy, sharing, talking about pregnancy, birth, relationships and preparing for baby

- Private individual time with your provider
- Learning about pregnancy and birth from other women
- Fun
- Private exams after Centering

Questions, call (918) 619-4203

Now Accepting New Patients