CenteringParenting® groups will include:
- Your child’s regular check-up.
- Private time with your provider.
- Free snacks & gifts for you and your child.

No Waiting:
There is no wasted time standing in line to check in or waiting for your appointment to start – when you arrive you will go right to the Centering room to get started.

Interactive Learning:
It’s not a class. You’ll explore the topics that matter most in a way that is fun and engaging. Everyone benefits from real discussions with your trusted healthcare team and group.

Community Building:
A special community develops in Centering groups. Participants tell us the group feels like a circle of friends sharing common concerns and their experiences of pregnancy, birth and parenting.

UMMA Clinic
711 W Florence Ave, Los Angeles, CA 90044

Masks are required and will be provided.

COVID-19 vaccination is recommended.

Contact us:
📞(323) 431-8986
✉️Centering@ummaclinic.org
What is CenteringParenting®?
Imagine that your healthcare visits were in a comfortable setting and that you had time to ask all of your questions, learn more about your own health and share with others who were experiencing similar things at the same time.

CenteringParenting® provides family centered well-child care for the first two years, continuing on from CenteringPregnancy or starting when 6-8 parents and infants of the same age are brought together for care. In each two hour visit you’ll have a one-on-one assessment with the provider and then time for group discussion.

You are actively involved in your child’s assessment at every visit: tracking growth, development, immunizations and oral health. Individual well-child health assessments, immunizations and developmental screenings follow the Bright Futures™ nationally recognized guidelines. An emphasis on family, self-care, wellness and women’s health is woven throughout.

Frequently Asked Questions:

How is my privacy protected in a group setting?
At the first group session, each person signs a confidentiality agreement and it is emphasized that particular concerns 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 see the same provider every time?
Yes! You will have the same provider facilitator and staff facilitator for every group visit.

What about my child’s immunizations?
Immunizations, health assessments and developmental screenings follow the American Academy of Pediatrics Bright Futures™ nationally recognized guidelines. Your healthcare team may invite you to come in a few minutes early or may plan to administer the immunizations during a break or at the end of your Centering group visit.

What if I am not comfortable sharing information in a group setting?
That’s a common concern. Rest assured that 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 benefits they from sharing their experiences.

What if someone is sick?
If you or members of your household are not feeling well, we ask that 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.