**Centering Pregnancy® groups will include:**
- Your prenatal care check-up.
- Private time with your provider.
- Free snacks & gifts for you and your baby.

**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
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.

CenteringPregnancy® brings 8-12 pregnant women who are due around the same time together for routine prenatal care. During the visit, you engage in your care by taking your weight and blood pressure, recording your own health data and having private time with your provider for a belly check.

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.

**Will I still get my ultrasounds and lab tests that I expect in prenatal care?**
CenteringPregnancy is your prenatal care. Your provider is responsible to see your care meets all the standards for prenatal care. Labs, prescriptions and ultrasounds will be ordered for you. Results of the lab tests and ultrasounds will be shared privately with you.

**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.