



“It was perfect. I met other women, and I made friends. It was like having another family.”



“For me, it was good to be able to share experiences, concerns, and solutions.”



“I learned more about pregnancy and prenatal care and I feel more confident.”



“She feels more at ease, being able to share her problems with others. Like they say, ‘Two heads are better than one.’”



CenteringPregnancy

Talk to your doctor or midwife at your first prenatal visit and say you are interested in group prenatal care. Also you may call 415-641-2133.



*California Pacific
Medical Center*

A Sutter Health Affiliate

St. Luke's Campus

St. Luke's Women's Center
1580 Valencia Street, Suite 508
San Francisco, Calif. 94110
Tel. 415-641-2133
Tel. 415-641-2131



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Participate in
CenteringPregnancy
Group Prenatal Care

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What is CenteringPregnancy?

CenteringPregnancy is a group prenatal care program that combines comprehensive medical checks with prenatal education and the comforting support of other pregnant women sharing their experiences with each other. Its benefits include:

- It is a great way to receive prenatal care at St. Luke's Women's Center
- It is a good opportunity to learn about pregnancy, labor, breastfeeding, parenting and community resources
- You will be in a group of 8-12 other pregnant women who are due in the same month as you. Your partner or another support person may accompany you to the group sessions
- Every session lasts two hours, during which time the midwife checks you and your baby
- There are 10 group sessions during your pregnancy
- You do not need additional appointments or classes other than your group. This is your prenatal care
- A complete schedule of your sessions will be mailed to you before your first session



Enjoying break time

Blood pressure monitoring



Friendships begin

By Participating in CenteringPregnancy, You Can:

- Listen and share your pregnancy experience with other women undergoing the same situation
- Decrease your risk for premature labor or a baby with low birth weight
- Have on-time appointments with the same midwife
- Never wait in a waiting room (the group always starts and ends on time)
- Spend more time with your midwife and get to know her better
- Make friends with whom you can correspond and get support from after your baby is born
- Enjoy delicious and healthy snacks at every session
- Participate more in your prenatal care by learning how to take your blood pressure and manage your chart
- Have fun while growing a healthy and happy baby!