

See what **Centering Moms** at **CHN** have to say about the program:

"I love the program, it was the best experience and I would recommend the program to anyone."

"I really like the group discussions. It's a really good program that helps us talk about all our issues and ask questions. I learned a lot from the group."

"With Centering, there is no time wasted in the waiting room."

"I learned a lot about being a parent and newborn care...I wouldn't have learned that from regular prenatal care."

"I liked Centering because I felt like I wasn't alone."

"I learned that I am a lot stronger than I give myself credit for."



Learn about your baby, your body, childbirth, and parenting.

Join other expectant moms, and support people to discuss pregnancy problems and solutions within a group setting.

Track your baby's growth and your own pregnancy progress.

Queens Health Center

Rosa Liu
Centering Pregnancy Program Coordinator
97-04 Sutphin Blvd.
Jamaica, NY 11435
Phone: 718-883-1176
Fax: 718-657-7092
E-Mail: rliu@chnnyc.org



CenteringPregnancy®

Prenatal Care in Groups



CenteringPregnancy® is...

- ⚙️ **All about Women**
- ⚙️ **All about Groups**
- ⚙️ **All about Self-Care**
- ⚙️ **All about Your Time**



www.chnnyc.org



It's a new way to experience prenatal care

CenteringPregnancy® ...

an exciting way for women and their families to get prenatal care.

Women spend **more time** with their health care provider and with **other pregnant women**, which gives them a chance to learn a lot more about **pregnancy**, **childbirth**, and **parenting**. Check-ups, support, and education all take place in a **group setting**.



Imagine...having **two hours** to spend with your health care provider at each visit...

Imagine...becoming **friends** with other expectant moms as you meet together for several months...

Imagine...going for your prenatal check-up and beginning your appointment **on time**...

Imagine...learning to take **better care** of yourself and your family...

Topics we will discuss are:

- ⚙ Baby Care
- ⚙ Birth Plan
- ⚙ Breastfeeding
- ⚙ Comfort Measures for Labor
- ⚙ Contraceptive Use
- ⚙ Decisions of Pregnancy
- ⚙ Exercise and Relaxation
- ⚙ Family Issues
- ⚙ Nutrition
- ⚙ Parenting Styles
- ⚙ Personal Goals
- ⚙ Pregnancy Complications



Imagine...CenteringPregnancy®