

“I enjoy getting to know each woman. At every session, we have private, one-to-one time to check how she and the baby are growing and talk about any questions or concerns she has.”

- Cynthia Anderson, MD

“Groups are a mix of first-time moms and moms who already have other children. The real-life experiences really enrich the group learning. The women have fun talking with others whose due date is similar to their own.”

- Kristen Sharp, MD

“When I came to this country, my mother wasn't here for me to talk to. Centering helped me feel less alone and more confident in caring for a newborn.”

- CenteringPregnancy mom

“I wanted to breastfeed but some of my friends' experiences had me scared. In Centering, I learned what kinds of problems can come up and what to do about them.”

- CenteringPregnancy mom

How does CenteringPregnancy work?

You will start to meet with your group when you are in your fourth month of pregnancy. You will meet with the same group of women 10 times during your pregnancy. The visits start once a month and become more frequent as you near your due date. Each group visit is about two hours long. You will know your group visit dates in advance, so you can plan your schedule.

How do I sign up?

Contact one of the clinics listed below for details.

UW Health Clinics:

20 S. Park Ob-Gyn Clinic

20 S. Park St., Madison, WI 53715
(608) 287-2830

Arboretum Ob-Gyn Clinic

1102 S. Park St., Madison, WI 53715
(608) 287-5898

Arboretum Family Medicine Clinic

1102 S. Park St., Madison, WI 53715
(608) 287-5899

West Ob-Gyn Clinic

451 Junction Rd., Madison, WI 53717
(608) 265-7601

West Towne Ob-Gyn Clinic

7102 Mineral Point Rd., Madison, WI 53717
(608) 828-7610

Access Community Health Centers Clinic

Wingra Family Medical Center
1102 S. Park St., Madison, WI 53715
(608) 263-3111

Where do sessions take place?

CenteringPregnancy groups meet at the 1102 S. Park Street (includes groups in Spanish) and 7102 Mineral Point Road locations in Madison, WI. Parking is free.



CenteringPregnancy®

Prenatal care combined with
group learning sessions.

UWHealth

uwhealth.org/centering

UWHealth

Access
COMMUNITY HEALTH CENTERS™

08-129627-1-18

Today's moms are choosing CenteringPregnancy® and we hope you will too. It's a great way for you and your baby to get a happy, healthy start as a family.

It consists of up to 10 two-hour sessions during your second and third trimesters of pregnancy instead of traditional clinic appointments. If you have a support person, he or she also is welcome to participate.

- At the beginning of every Centering session, you will have a private check-up with a doctor or other advanced practice provider. You will hear your baby's heartbeat and your blood pressure, weight and belly measurements will be closely monitored.
- The balance of each session is spent with your Centering group – 8-12 women who have a due date similar to yours. A facilitator leads discussion and provides the latest information about important topics like: nutrition during pregnancy, labor and delivery choices, breastfeeding, newborn care and parenting.

Note, if you have health insurance, please call the number on the back of your insurance card before you sign-up for CenteringPregnancy to verify they cover this type of care.

Benefits of CenteringPregnancy

- More time with your health care provider (without more cost)
- No waiting room time
- Free childcare for baby's siblings during your Centering sessions
- Support and friendship from other group members
- Increase the likelihood your baby will be healthy

Centering Babies are Healthy Babies

- Fewer preemies
- Fewer babies with low birthweight
- Moms more successfully breastfeed (which protects their baby from a long list of illnesses)

More Time with Health Care Provider

CenteringPregnancy:

10 sessions @ 2 hrs each = 20 hrs

Traditional prenatal care:

10 appointments @ 15 min each = 2 ½ hrs

