The UNC Midwives are excited to announce a new year of Centering Pregnancy®

Centering Pregnancy® is a model of delivering prenatal care in a group setting. Participants will receive individual assessment by a certified nurse-midwife and then participate in a group education and support session. The session will be co-facilitated by a certified nurse-midwife and another trained facilitator. Topics covered will include common discomforts of pregnancy, stress reduction, childbirth preparation, getting ready for baby, postpartum and much, much more!

Centering Pregnancy® is a well-established way to provide prenatal care that has been shown to reduce the risk of preterm birth and low-birth-weight babies. Patients who participate in Centering Pregnancy® report higher satisfaction with their prenatal care.

Patients will attend their initial prenatal visit as usual including their complete physical and all appropriate labs and/or ultrasounds. Interested patients will then be grouped together based on similar due dates. The first session typically occurs between 14-18 weeks. We meet monthly until the third trimester when the groups meet every 2 weeks. Each group meets for 10 sessions during the pregnancy and enjoys a reunion after all the participants have delivered. Groups typically run about 2 hours, start and finish on time, and snacks are provided!

Frequently Asked Questions

What if a patient has a problem or needs an exam?

Patients who are experiencing any problems between groups can been seen in the office during a regular clinic with any of the midwives.

Can participants bring families to the groups?

Participants are welcome to bring an adult family member or friend, however children are not permitted in groups.

What about labs and/or ultrasounds?

All appropriate labs and ultrasounds will be ordered and scheduled. Sessions often coincide with common labs (such as GDM screening and GBS) and these can be done before or after class.

Please contact Meg Berreth at mberreth@med.unc.edu with any questions!