

FUN! FRIENDS! LEARNING AND SUPPORT!

Centering Pregnancy®



Centering Pregnancy is a program that allows **groups** of 8 to 12 pregnant people, who are all due around the same time, to meet **together** for their prenatal care. Each group lasts 2 hours, you get to see the **same provider** for your prenatal care. The group is led by one Certified Nurse Midwife, Nurse Practitioner, or Physician, plus one Nursing staff member. The usual parts of **prenatal care** are included so you will not miss anything. Centering offers women a chance to **share** their concerns and successes with each other, and provides a **fun** way of learning and interacting that is not possible during clinic encounters. In addition to the many well-researched **benefits** of Centering, you will learn more about pregnancy, parenting, caring for yourself and your family!

If you are interested in receiving your prenatal care through Centering Pregnancy, please complete this form and turn it in at the Front Desk in the Women's Health Clinic or email it to Molly Hunter at the email listed below.

*Are you staying at CRDAMC for your pregnancy and delivery? **What is your Due date?** _____

*Are you new to the area?

*Is your partner deployed?

*Are you looking for a supportive network of friends? Today's Date _____

CONTACT INFORMATION – please write legibly! This helps when we need to contact you.

Your full name: _____ Date of birth ____/____/____

Sponsor's social: _____

DOD# _____ (found on front of ID or back of CAC card--needed to verify correct records)

Phone numbers: Cell: _____ Alternate Number: _____

OK to leave detailed message? _____

Home Email: _____

*Your email address is needed for future contact. If you do not fill this out you may not be contacted.

Are you enrolled in MHS Genesis Secure Messaging? ____ If not, please do so as we will need to send information via the SMS-Secure Messaging System. There is a QR code you can scan in the WHC OR www.dmdc.osd.mil/milconnect. Global Service Center 24/7 assistance at 800-600-9332 OR servicecenter@dha.mil

Please note that because these group appointments are 2 hours and women share personal information, children are not permitted. Childcare options are available.

Centering allows you to **take charge** of your healthcare, and to develop a **social network and relationships** with other families that can last a lifetime!

If you have any questions, please feel free to contact Molly Hunter at molly.m.hunter2.civ@health.mil or 254-553-1554.

FOR CLINIC USE ONLY:

Received Email

Review

SMS

Welcome Email

Book/Print

Excel/Labels