

# **CENTERING PREGNANCY®**

## **GROUP GUIDELINES**



**Group is a place to:**

- \*Ask questions**
- \*Give answers**
- \*Express your worries and fears**
- \*Share your JOYS**
- \*Learn more about yourself**
- \*Make new friends**

**Because people will be sharing some very personal issues—  
and to make group sessions fun and productive—we'd like  
you to follow these guidelines:**

**\*Whatever is said in this room—stays in this room!**

**\*Only one person talks at a time. Respect others and listen to what they are saying. Try not to interrupt.**

**\*Try to come on time for group. Groups start and end on time.**

**\*Bring your Centering Notebook every session. We will use materials from the book each time.**

**\*Turn off all cell phones or electronic devices while in the group space.**

**Having a new baby is a real adventure for you and your family. We wish you well in this journey and hope that your experience in CenteringPregnancy® group will give you increased support and confidence. Thank YOU, CRDAMC WHC Centering Team**