Care

- Group of **12-15** expecting women
- On-time appointments; meet every **2 weeks**
- Breastfeeding advice
- More time with your doctor
- Help with good nutrition
- Relaxation tips including yoga

Share

- Talk and bond with women just like you
- Learn how to love yourself first
- Get empowered sharing stories
- Gain confidence

We also can help you with:

- Housing
- Quitting tobacco
- Recovering from abuse

Where

Summa Health Equity Center
1493 S Hawkins Ave
Akron, OH 44320

For more information, please call our Community Health Workers at **234.867.6555, 330.865.5356** or **330.865.5360**.

Experience the difference with CenteringPregnancy®
A Sisterhood of Support

Summa Health is passionate about serving all women during their pregnancy and beyond. Since many expectant women have barriers to prenatal education and support, the Centering® Pregnancy Group Care Program in partnership between Summa Health, Project Ujima and Minority Behavioral Health Group (MBHG), offers care, education and support within a group setting facilitated by a care provider. Groups of eight to 12 women at various stages in their pregnancy come together every two weeks for learning and community building through 10 sessions.

The sessions at the Health Equity Center started in the fall of 2016 and bring together women from the areas of Akron that have the highest rates of infant mortality.

Representatives from Project Ujima and MBHG lead the Centering circles, where the women gather after getting a checkup with Cheryl Johnson, M.D. During the circles, the group learns about various pregnancy and parenting techniques from safe sleep tips to proper nutrition and breastfeeding. MBHG’s team is present to provide mental health support to the women and families of Centering. The women also talk about their struggles and concerns and act as a support system for each other. They become fast friends and refer to the Centering Program as their sisterhood.

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*Program sponsored in part by Medicaid Advantage Plans: Buckeye, CareSource, Molina, Paramount, United Health Care and the Circle of Women’s Health Philanthropists.