

To Participate In This Program:

Please Contact...

Pinellas County Health Department
Clearwater Maternity Clinic
(727) 469-5800
ext. 113 or ext. 204



Important Information:

Please contact the Maternity Clinic if you have any concerns or experience any problems outside of group or regular group time.

Appointments can be scheduled in the clinic for non-emergencies.

In case of an emergency or during times the clinic is not open, please go directly to the hospital or call 911 for emergencies!

Benefits Of The Program:

- The group will start and end on time allowing you to make plans.
- You'll get to meet with other pregnant women and make new friends.
- Your prenatal care will occur in the group.
- Refreshments are provided.
- You can spend more time with your clinician and nurse.
- You can be more active and involved in your prenatal care.
- Your participation will help us to develop better ways to provide prenatal care to women.



Centering Pregnancy



Group Prenatal Care

Pinellas County Health Department
Clearwater Center
310 N. Myrtle Ave
Clearwater, FL 33755

What Is Group Prenatal Care?



Group prenatal care is a new way to care for women during their pregnancy. Groups are made up of 8-12 women who will be having their babies around the same time. Group care is a great chance to hear that other women are going through the same thing as you.









The group meets every four weeks for the first seven months of pregnancy. Then every two weeks until the last month and then every week for the rest of the pregnancy.

In each session, you will have some private time with your clinician to talk about your pregnancy, and how to care for your baby.



www.pinellashealth.com

Group Topics Include:

-  Nutrition in Pregnancy
-  Common Discomforts of Pregnancy
-  Exercise and Relaxation Techniques
-  Preparation for Childbirth
-  Infant Care and Feedings
-  Parenting Techniques
-  Postpartum Issues
-  Sexuality and Family Planning

Quotes from group participants...

"Groups are the best way to get prenatal care!"

"Great way to learn about your body and the baby."

"I felt ready for labor and delivery by going through group."



When Can You Start?

Group prenatal care begins when you are 16-20 weeks pregnant, and continues throughout your pregnancy. You will have your first exam before you join the group.



Who Can Participate?

Group prenatal care is for any pregnant woman who wants to learn more about her pregnancy and share experiences and information in a group. Groups are led by a nurse and a medical doctor. You are encouraged to bring a partner or support person with you to the group. We ask that you do not bring children.



How to Begin:

Groups start frequently. You will be invited to join a group with other women who have similar due dates.

Groups fill up quickly, so please let us know right way if you're interested in joining a group!