



# 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 at Summa Health 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 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. 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.

