

## 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:



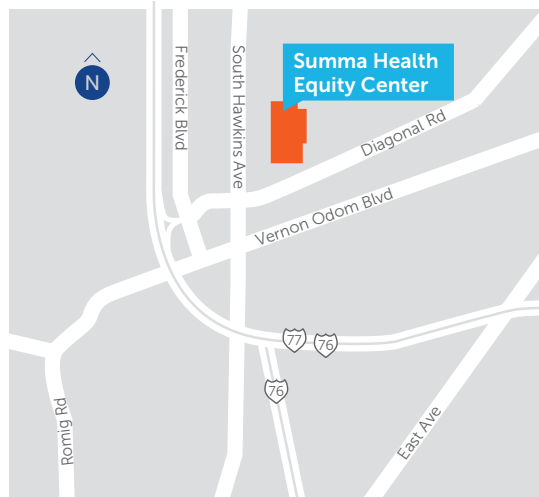
Housing



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**.



Women's Institute



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.



Classes like this help **reduce pre-term births** by **47%**

## The Pregnancy Sisterhood

Experience the difference with CenteringPregnancy®

Join us for our CenteringPregnancy®\* class for expectant moms, presented in partnership between Summa Health, Project Ujima and Minority Behavioral Health Group. Our meetings allow you to develop a circle of trust with other attendees, sharing your concerns and your achievements. In a judgment-free zone, you can learn how to cope with the stress in your life in a healthy way. Classes like this help reduce pre-term births by 47%, giving your baby a much better chance in life.

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.

