

What to Expect When Centering

At your first prenatal appointment, you will receive a schedule of 12 appointments which make up your pregnancy care. You may choose the day and time of your visits. Your providers will remain the same throughout your pregnancy.

What information is shared with other members?

Only the information you are comfortable sharing will be shared with the other women. Private information/concerns will be kept confidential.

What if I have a high-risk condition?

Some patients with “high-risk” conditions can still be in Centering. These patients may need a few extra appointments for extra ultrasounds or counseling visits related to their conditions. Ask your provider if you are a candidate.

Who can I bring?

If you choose to bring a support person you can, but it is not required. This should be time for you to enjoy your pregnancy with this baby, so please refrain from bringing other children. We can provide information about childcare options if needed.

How can I be sure that my medical information is kept confidential in group?

Confidentiality is very important to us at MAHEC. Every participant will agree to keep shared information private and signs an agreement to do so.

Does MAHEC provide childcare?

MAHEC does not have the ability to provide childcare. However, the YWCA on South French Broad Avenue does offer Empowerment Childcare, which is available specifically to allow you to attend your medical appointments.
Nancy Nunez - (828) 254-7206 ext 113

What if I have very private concerns or need an exam?

No worries! If you need an exam or request extra privacy, you will be escorted to a private exam room to ensure your comfort.