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CenteringPregnancy® Coming to Capital Park

COLUMBUS, Ohio — Heart of Ohio Family Health Centers (HOFHC) announced that English and Somali CenteringPregnancy® sessions will be coming to their Capital Park location starting in March.

CenteringPregnancy® is group prenatal care that brings 8-10 women due around the same time into a group setting to learn and share common experiences of their pregnancy.

There will be 10 scheduled Centering sessions which last two hours long. Mothers will take their own weight and blood pressure and spend private time with a certified nurse midwife at each session.

Emily Johnson, CenteringPregnancy® Coordinator and Community Health Worker at HOFHC, said, “In normal prenatal care, a patient only has two hours with their medical provider but Centering gives a patient 20 hours with their provider.”

Discussions and interactive activities will also be held to address health topics and prepare mothers for their pregnancy.

“Facilitating prenatal care in a group setting will allow women to feel more connected and receptive to the information pertinent to their health,” Johnson said, “We are empowering women to make the healthiest decisions for themselves and their babies.”

According to Centering Counts, HOFHC increased postpartum care by 93% after going through the program.

Carrie Jividen, Certified Nurse Midwife at HOFHC, said, “Research shows mothers have healthier pregnancies when they’re engaged in positive social interactions, receive up to date

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maternal pregnancy education and are supported and encouraged in a personal setting.”

Somali sessions will be a new addition to Capital Park. A Somali community health worker will be at the sessions to facilitate the discussions and activities.

“The Somali community is tight-knit and information is often spread word of mouth so we’re hoping these classes will build more trust with our Somali patients,” Johnson said.

Jividen added, “Centering really helps to build relationships and learn what each individual mother needs in terms of physical, social and emotional support to help them have a healthy pregnancy. We are proud to offer this type of pregnancy care.”

The English Centering session will meet Wednesdays starting in March and the Somali sessions will meet Wednesdays starting in April. The times will be dependent on pregnancy due dates.

To learn more about CenteringPregnancy® at Heart of Ohio Family Health, see <https://www.youtube.com/watch?v=dP8LI9GoL4U&t=> or contact CenteringPregnancy Coordinator® Emily Johnson at 614-338-6838.

To learn more about Heart of Ohio Family Health Centers, visit www.heartofohiofamilyhealth.org.

About Heart of Ohio Family Health

Heart of Ohio Family Health (HOFHC) is a 501(c)(3) nonprofit health care provider committed to serving all groups, ethnicities, and communities in Central Ohio since 2003. Operating as a Federally Qualified Health Center (FQHC), we offer services in primary care, pediatrics, behavioral health, substance use disorder, OBGYN, diagnostic laboratory, pharmacy, dietetics & nutrition, and interpretation.

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