Directions
The University of Illinois Hospital & Health Sciences System is located just west of downtown Chicago. It can be reached most easily from the Eisenhower Expressway (I-290) and the CTA Pink Line (Polk stop).

Where should I park?
You may park in the parking structures located at the corner of Taylor St. and Wood St. Bring the parking ticket with you to have it validated.

Why you’ll love it!
It’s better care! Look at the results:
- Women tell us they prefer getting prenatal care in a Centering group.
- Women in Centering groups are less likely to have a preterm baby.
- Women feel more confident to make healthy decisions for themselves and their family.
- Centering moms have higher breastfeeding rates, which is healthier for mom and baby.
- Women say: “It’s fun!”

University of Illinois Centering Pregnancy
Center for Women’s Health
Outpatient Care Center
1801 W. Taylor Street; Suite 4C
Chicago, IL 60612

FOR MORE INFORMATION, PLEASE CALL 312.996.4696
What is Centering Pregnancy?
Centering Pregnancy is prenatal care that includes your regular health check-up with additional time for learning and sharing.

Groups start after the first trimester. You’ll meet with your healthcare provider and other women who have similar due dates for 10 sessions throughout your pregnancy.

Centering Pregnancy is the way for you to learn and experience your pregnancy with other pregnant women.

Each session includes interactive learning that will let you experience your pregnancy in a new and rewarding way.

Join other expectant moms who have the same questions you do.

How does it work?
You do some of your own care (weight, blood pressure, charting) and have private time with your care provider. There will be group discussion and activities. Snacks are provided and there is time for sharing with other group members in a relaxed and fun setting.

Who is in the group?
As the months go by, you will get to know other mothers in your group who are due at the same time. Often partners and support people join the groups as well. It’s a friendship bond that can last a lifetime.

How much time does it take?
Centering respects your time - groups start and end on time. Each group visit lasts about 2 hours with your healthcare provider guiding the session. Scheduling in advance makes planning for work and childcare easier.

You will . . .
- have more time with your provider
- participate more in your healthcare
- learn more about pregnancy
- be better prepared for birth
- be better prepared to care for your baby
- have fun!