December 3, 2019

A GLOBAL GIVING MOVEMENT

This holiday season, you can make an impact on our patients’ health journeys!
This holiday season, join Ravenswood in supporting mothers like Sandra and Johanna through their pregnancy journeys!

Mothers like Sandra and Johanna have had the opportunity to participate in both our CenteringPregnancy® and CenteringParenting® programs and have had wonderful experiences. CenteringPregnancy is a group-care model that provides prenatal care to mothers and CenteringParenting is a group-care model that provides pediatric care and parenting education throughout a child’s first two years of life.

Although Johanna and Sandra were not first-time mothers, they still had many questions surrounding their pregnancies. CenteringPregnancy’s safe and comfortable environment encouraged Sandra, Johanna, and other pregnant mothers to ask questions and learn from each other. “[Although] I am a shy person, I love to hear others’ opinions because I felt like there was so much to learn,” Johanna shares.

Sandra and Johanna have been able to continue sharing the journey of their babies growing up with the same cohort of mothers through CenteringParenting, where they feel support from their cohort and Ravenswood clinic staff.

Both Johanna and Sandra recommend CenteringPregnancy and CenteringParenting because of the continuity of care. “I benefited from being in both programs because it allowed me to receive continued care!” Sandra excitedly shares.

For more photos and details on our CenteringPregnancy® and CenteringParenting® programs, please visit our website to view our insert in the Palo Alto Weekly at www.ravenswoodfhc.org

Every theme I shared was important. The myths vs. reality topic opened my eyes to the facts about my baby’s health and diet that I did not know about.

—Sandra

[I would advise incoming mothers] to try it because it’s a great experience!

—Johanna

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