

El Centro de Corazón – CenteringPregnancy® Patient Success Story

Mirela Mabel Gomez, joined CenteringPregnancy® at El Centro de Corazón in 2016 and through the help of providers, medical assistants, and other group participants, she learned valuable information to help guide her through a healthy pregnancy.



Through the CenteringPregnancy sessions, Mirela met and socialized with other participants, received excellent prenatal care from her provider and medical assistants, and learned how to care for a newborn. Since this was Mirela's first pregnancy, she found that learning about the delivery process and how to care for a newborn was the most helpful information she received by attending CenteringPregnancy.

During Mirela's pregnancy she was considered at risk of developing high blood pressure which caused her to have increased levels of stress. With the help of her CenteringPregnancy group, she learned to manage her stress through relaxation techniques. Additionally, she enjoyed learning about nutrition during pregnancy which helped her understand what she needed to eat for a healthy pregnancy.

CenteringPregnancy taught Mirela about breastfeeding techniques, frequency of pediatrician visits, healthy dieting, swaddling techniques, pain management during labor, and newborn care. Overall, Mirela considered CenteringPregnancy a successful experience and felt the sessions adequately prepared her for the arrival of her baby. Mirela will soon be transitioning into a CenterParenting® group where she will receive support, engage in health assessments for her baby and herself, and continue to gain valuable knowledge about parenting.