

## WHAT OUR PATIENTS ARE SAYING ?

### GEORGINA'S FAMILY

CenteringPregnancy® for 9 months

CenteringParenting® for 12 months

“My name is Jaqueline Choto-Mungia and I am Georgina's mom. I started coming to the Centering groups when I was about 12 weeks pregnant. From the onset, Doctor Sarfraz and his staff made me feel so welcomed, like they had known me for a very long time. They were always so kind and warm, and I felt well taken care throughout my pregnancy. When my baby Georgina was born, I joined the CenteringParenting groups and have had the same experience of compassion and knowledge. through Centering, I have learned new parenting skills, have shared many experiences, and have developed skills to cope and adapt to the changes of migrating to the United States. This new way of quality health care is so different from what I received in my native Honduras, and I am grateful for the wonderful Centering experiences both before and after Georgina's birth.”



### YELENI AND ANGELINA RODRIGUEZ

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“When I migrated from Cuba to Houston only with my husband leaving my first born behind it was very hard for me to adapt to a new city, new language, and new people. I had the feeling that I was alone. When I found out that I was pregnant a friend of mine recommended El Centro de Corazon Magnolia for my prenatal care, I was welcomed into the Centering Pregnancy group like if I was a part of their family, I learned a lot in the groups; I get to share my experiences too. Centering helped me cope with my depression caused by the changes of migrating to a new city. I became friends and found family with the rest of the expectant moms, up in to this date we come together to the Centering Parenting groups with my baby Angelina, even my husband has had the opportunity to attend the groups. Everything we learn there is fun, the pediatricians and her staff are very dedicated to provide high quality care.”



### VERONICA Y ANDY MONREAL MONTALVO

CenteringPregnancy® for 9 months

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“I started attending Centering Pregnancy groups for my prenatal care, I was welcomed with open arms. Thanks to what I learned in the groups I was able to have under control a gestational condition and stay healthy for the arrival of my baby boy Andy. Today we attend Centering Parenting groups together and we keep learning as we go. The quality care provided by my doctor and her staff is incomparable with the one I received previously in my native Mexico.”



### SILVIA AND SHERLIN MORAN-REYES

CenteringPregnancy® for 9 months

CenteringParenting® for 12 months

“I have been in Centering groups since the beginning of my pregnancy and I continued with baby Sherlin in Parenting groups. What keeps me coming back is getting to see and talk to the other moms. The group gives me the opportunity to connect with them. I also learned new things that I did not know with my previous daughter and I get to put them in practice with both of my daughters. This VIP treatment is new to me in comparison with the care received in my native El Salvador.”

