



## You are Invited!

We are thrilled to invite you to participate in our **Group Prenatal Care Program (GPC)** where you can receive expert care in a warm and welcoming environment and connect with other expectant mothers.

### Why group prenatal care?

GPC brings together pregnant women in small groups to meet regularly with a healthcare provider. These sessions are 90 -120 minutes and include individual check-ins with a provider and group discussions, education, and support. Studies have been shown that participation in GPC results in better outcomes for mothers and babies and increased satisfaction for families and providers. GPC is a supportive and empowering way to navigate your journey through pregnancy.

### Benefits of Group Prenatal Care:

- **Personalized Attention:** Receive individual check-ups during each session to monitor your health and your baby's growth.
- **Education & Empowerment:** Participants have more time with a provider to ask questions and learn about pregnancy, childbirth, and parenting in an interactive and supportive setting.
- **Community & Support:** Connect with other expectant mothers to share experiences, advice, and encouragement.
- **Better Outcomes:** Research shows that group prenatal care can improve birth outcomes, including lower rates of preterm birth.
- **Reduced Anxiety:** Gain confidence in your pregnancy journey through shared knowledge and professional guidance.

### Program Details:

- **Where:** Central Phoenix OBGYN
- **When:** Monthly on the 4th Friday
- **Next Sessions:** 3/28/25 | 9 - 11 am
- 4/25/25 | 9 - 11 am
- 5/30/25 | 9 - 11 am

**How to Register:** Call 602-288-0777

Join us to build connections, gain knowledge, and celebrate this exciting time in your life. We look forward to supporting you through this incredible journey to motherhood! Since Group Prenatal Care is part of your essential prenatal care, we can provide a work note if needed—just let us know! We look forward to supporting you through this incredible journey to motherhood!

Warm regards,

A handwritten signature in black ink, appearing to read "Sharon Thompson".

Sharon Thompson, MD, MPH, FACOG

