



Improving health by transforming care through Centering groups

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Centering[®]
Healthcare
Institute

HEALTH
ASSESSMENT
HAPPENS IN
THE GROUP
SPACE

THERE IS ONGOING
EVALUATION

PATIENTS ENGAGE
IN SELF-CARE
ACTIVITIES

GROUP SIZE
IS OPTIMAL FOR
INTERACTION

GROUPS ARE
FACILITATED TO BE
INTERACTIVE

Centering[®] Essential Elements

GROUP MEMBERS,
INCLUDING
FACILITATORS AND
SUPPORT PEOPLE,
ARE CONSISTENT

EACH SESSION
HAS A PLAN,
BUT EMPHASIS
MAY VARY

GROUPS ARE
CONDUCTED IN
A CIRCLE

THERE IS TIME
FOR SOCIALIZING



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ASSESSMENT
HAPPENS IN
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PATIENTS ENGAGE
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GROUPS ARE
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A CIRCLE

A group of women and children are sitting on the floor in a circle, engaged in an activity. The women are dressed in casual attire, and the children are wearing colorful clothing. The setting appears to be a community center or a classroom. A green circular callout is overlaid on the image, containing the text:

**GROUP MEMBERS,
INCLUDING
FACILITATORS AND
SUPPORT PEOPLE,
ARE CONSISTENT**



**GROUP SIZE
IS OPTIMAL FOR
INTERACTION**

BIENVENIDOS
WELCOME

THERE IS ONGOING
EVALUATION

