



## Group Prenatal Care

Join us for an in-depth, interactive approach to prenatal care at Cooley Dickinson ObGyn & Midwifery. Check-ups, support and education in a group setting, where partners and co-parents are encouraged to attend!

Group starts when participants are between 20 – 26 weeks and finishes when you are 32 – 38 weeks pregnant. Each session includes belly checks with a provider, followed by activities, facilitated discussions, and time for questions.

### Why group prenatal care?

- Get to know other expectant parents
- Create a support network for pregnancy and beyond
- Opportunities to share and discuss pregnancy, childbirth and parenting
- Two-hour sessions that start and end promptly
- Seven, every-other-week sessions replace individual prenatal appointments while the session is running
- Covered by insurance as prenatal visits
- Meet with the same provider each session

**See reverse side for 2027 group schedule.**

## Register today!



Register by emailing [obgynmidwiferyprograms@cooleydickinson.org](mailto:obgynmidwiferyprograms@cooleydickinson.org) with the subject "Group Prenatal Care,"

your date of birth, and the group number you'd like to attend. For additional information, please visit [cooleydickinson.org/events](https://cooleydickinson.org/events).

"Group was so wonderful!  
When I first heard about the frequency of care visits during pregnancy it was daunting, but group care made regular baby health checks enjoyable, informative, and social.  
My wife and I looked forward to group every week"

– ML

"I was sorry when the group prenatal sessions ended. It was great to build community with other expecting families and hear their experiences. [The facilitators] were great listeners, warm and understanding, but also practical and evidence-based. I feel more confident beginning this new adventure because of their terrific support."

– CJ

# 2027 Group Prenatal Care Schedule

Please note: midwife subject to change.

|                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h2>Group 1</h2> <p>Due date range:<br/><i>January 18 – February 28, 2027</i></p> <p>Midwife: Rachel Marino</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>October 14      December 9<br/>October 28      December 23<br/>November 11    January 6<br/>Nov. 23 (<i>Mon.</i>)</p> | <h2>Group 2</h2> <p>Due date range:<br/><i>March 1 – April 11, 2027</i></p> <p>Midwife: Sara Eggemeier</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>November 18      January 13<br/>December 2      January 27<br/>December 16      February 10<br/>December 30</p> | <h2>Group 3</h2> <p>Due date range:<br/><i>April 12 – May 23, 2027</i></p> <p>Midwife: Amy Walker</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>January 7 (<i>Thurs.</i>)      March 3<br/>January 20      March 17<br/>February 3      March 31<br/>February 17</p>                        |
| <h2>Group 4</h2> <p>Due date range:<br/><i>May 24 – June 27, 2027</i></p> <p>Midwife: Tara Starling</p> <p><b>Thursdays, 6 – 8 p.m.</b></p> <p>February 11      April 8<br/>February 25      April 22<br/>March 11      May 6<br/>March 25</p>                                | <h2>Group 5</h2> <p>Due date range:<br/><i>June 28 – August 1, 2027</i></p> <p>Midwife: Rachel Marino</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>March 24      May 19<br/>April 7      June 2<br/>April 19 (<i>Mon.</i>)      June 16<br/>May 5</p>               | <h2>Group 6</h2> <p>Due date range:<br/><i>August 2 – September 12, 2027</i></p> <p>Midwife: Sara Eggemeier</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>April 28      June 23<br/>May 12      July 7<br/>May 26      July 21<br/>June 9</p>                                               |
| <h2>Group 7</h2> <p>Due date range:<br/><i>September 13 – October 24, 2027</i></p> <p>Midwife: Amy Walker</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>June 17 (<i>Thurs.</i>)      August 11<br/>June 30      August 25<br/>July 14      September 8<br/>July 28</p>          | <h2>Group 8</h2> <p>Due date range:<br/><i>October 26 – December 6, 2027</i></p> <p>Midwife: Tara Starling</p> <p><b>Thursdays, 6 – 8 p.m.</b></p> <p>July 22      September 16<br/>August 5      September 30<br/>August 19      October 14<br/>September 2</p>   | <h2>Group 9</h2> <p>Due date range:<br/><i>December 7, 2027 – January 17, 2028</i></p> <p>Midwife: Rachel Marino</p> <p><b>Wednesdays, 6 – 8 p.m.</b></p> <p>September 1      October 27<br/>September 15      November 10<br/>September 29      Nov. 22 (<i>Mon.</i>)<br/>October 13</p> |