



OUR MISSION

To improve access and the health of our community through the delivery of coordinated comprehensive services for all residents of Berks County regardless of their economic status.

OUR ROCKLAND LOCATION



One of four convenient locations in coordinated comprehensive services for Reading, our Rockland health center all residents of Berks County regardless features a full array of services including of their economic status. primary care for all ages as well as Dental, Optometry, Chiropractic Care, Podiatry, OB/GYN, Integrated Behavioral Health, MAT Services.

OUR PEDIATRIC PROVIDERS



Karen Wang, MD



Erin Churico, PCNP

Centering Parenting®

**A better way to get care for you
and your baby....**



It's healthcare that combines your regular check-ups with learning in a group setting.

You and your baby will be in a group with other moms with babies born around the same time.

You'll experience the challenges and joys of the first year together.

**Berks Community Health Center
at Rockland**

1110 Rockland Street Reading, PA 19604

610-988-4838

WHAT IS CENTERING PARENTING?

Centering Parenting is your baby's well child visit in a comfortable group setting.

EXCEPTIONAL CARE:

You will be actively involved in your child's care at every visit and have individual time with your child's healthcare provider for the assessments, screenings, and immunizations.

LEARNING:

There will be discussions and activities regarding your child's health, development, safety and family issues at each of the sessions. You will be more informed and confident to make healthier choices for your children and family.

COMMUNITY:

There is time for sharing with other group members, parents who may be experiencing similar things at the same time.

TIME:

Each visit lasts about two hours, giving you time to ask all your questions and explore the topics that matter most. There is no wasted time spent scheduling appointments, checking in and out at every visit or waiting for your appointment to start.

* Keep in mind that we may have to change the appointments to virtual if COVID 19 cases increase. We will give you plenty of notice if that happens.



WHAT PARTICIPANTS HAVE SAID....

"I liked how we were going through the same issues and discussed different methods or ways we approach them."

"We are all on the same path doing it together."

"People would come to the group tired, anxious, worried and every single time, without fail, everyone left happy, laughing, lighter."

"We came at the same time and left at the same time and something was happening the whole time we were there."

IMAGINE...

- Being able to connect with other parents
- Spend more time chatting in the group with your provider and nurse.
- Time to focus on your own self-care, personal goals and parenting.
- Friendships with a small group of parents and their children.
- Learning about the topics that matter most to you and your family.
- Knowing the schedule in advance, great for planning work, school and childcare.
- No waiting. Your group starts and ends on time.
- Feeling empowered, respected, and confident in your parenting.

