



GC\_1000     
group care in the  
first 1000 days

IMPROVING THE HEALTH  
AND WELLBEING OF  
MOTHERS AND BABIES  
WORLDWIDE THROUGH  
GROUP CARE



High quality of maternal and child health services, both in content and delivery, has been identified as a root factor in improving maternal and newborn mortality and morbidity in some countries. High quality of care is also a major contributing factor to adequate use of maternity and child health services.

Improvements in clinical-medical services alone have not led to increased uptake of services. Tackling the vicious cycle of poor quality and inadequate use of services is necessary to optimize health services and health outcomes for all women and children during and after pregnancy, especially for marginalized populations.

## OUR PROVEN SOLUTION: GROUP CARE

Group care based on the Centering model is a relatively new model of care where (future) parents engage in facilitated care and discussions in small groups that develop trust among participants over time.



Group Care has three components: health assessment, conducted in a semi-private space in the group setting where participants are active in gathering their own health data; interactive non-didactic learning among group participants, facilitated by a trained clinician; and community building, as participants support one another across group sessions. Our solution requires that clinicians learn to facilitate groups and practice active listening and that systems redesign care delivery practices to value “relationship-based” care.



## POSITIVE OUTCOMES FOR WOMEN AND BABIES

Evidence shows that women receiving group care have better pregnancy outcomes including lower rates of preterm births and low birth weight babies, better mental health outcomes, increased rates of breastfeeding, longer interpregnancy spacing and increased satisfaction with care. The evidence of benefits is especially strong for groups of marginalized women in underserved populations.

For more evidence on group care, visit [www.groupcare.global/resources](http://www.groupcare.global/resources)



"I had much more time to listen and get to know my clients"



"Spending this time together with my patients made me understand their lives better"



"I learned a lot about pregnancy and birth, I felt so much more prepared"



"Having other women going through the same thing as me, I didn't feel alone. We talked about so much"

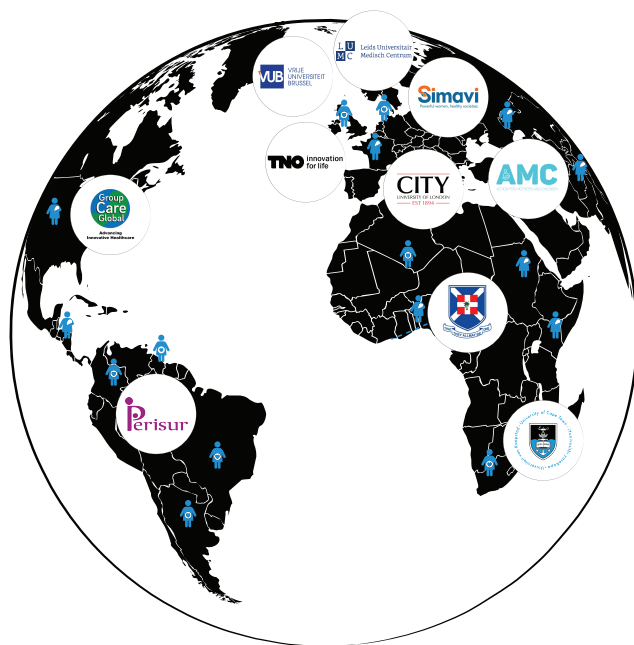


"Watching our babies grow up together I know more about what is normal and how to respond to my baby"



"When the parents are actively involved in their own healthcare, it becomes more like a partnership"

# GC\_1000 PROJECT



“if it takes a village to raise a child, group care is the first step”






GC\_1000 is joining forces with partners all over the world to make antenatal and postnatal group care accessible and sustainable within healthcare systems.

The GC\_1000 project is implementing group care in marginalized populations in Ghana, South Africa, Suriname, Kosovo, Belgium, United Kingdom and the Netherlands.

This collaboration will result in evidence-based strategies and tools for implementation and scale-up, as well as Group Care Communities of Practice all over the world. Results of the project are expected in 2024.

---

Check out our website to read more about how we will reach our goal, and join us to build better care for families around the world.

-  [www.facebook.com/groupcare1000](https://www.facebook.com/groupcare1000)
-  [www.instagram.com/groupcare1000](https://www.instagram.com/groupcare1000)
-  [twitter.com/GroupCare1000](https://twitter.com/GroupCare1000)
-  [youtube.com/channel/UCKzph0EXTf4cyCI6EA10CNg](https://youtube.com/channel/UCKzph0EXTf4cyCI6EA10CNg)
-  [linkedin.com/company/groupcare1000](https://linkedin.com/company/groupcare1000)



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 848147. This leaflet reflects only the authors' view and the European Commission is not responsible for any use that may be made of the information it contains.