

Natural Family Planning Classes



Natural Family Planning (NFP) is an effective method for naturally achieving or postponing pregnancy, using the body's natural fertility and infertility instead of potentially dangerous chemicals. As a hormone-free method, NFP has a 99.9% effective birth-planning rate that aligns with Catholic teaching on the dignity of human sexuality.

Natural Family Planning is proven to help couples identify and overcome health issues that could compromise their ability to become parents. Couples who practice Natural Family Planning share the responsibility of planning the size of their families, and often find it strengthens their relationship.

To Learn more about NFP contact

Billings Ovulation Method <http://www.boma-usa.com/>

Couples track the woman's natural and unique signs of fertility and infertility each day. Based on the primary observation of sensation, four simple rules are applied within the woman's cycle (the first three rules are used before ovulation and the fourth rule is applied once the fertile phase is over) based on a couple's desire to achieve or postpone pregnancy.

Fertility Care Creighton Model Services <http://www.fertilitycare.org/>

This is a model of Natural Family Planning that involves an introductory session and follow-up courses. The method relies on a detailed observation of external cervical mucus as the main indicator of fertility.

Sympto-Thermal/Couple to Couple (CCL) <http://ccli.org>

These courses are taught in a classroom setting by a trained married couple in a series of three meetings at monthly intervals. They also offer online training and materials.

Marquette Model <http://marquettefertilityed.com>

This method brings 21st century technology to NFP by using the ClearBlue Easy Fertility Monitor, a device used at home which measures hormone levels to estimate the beginning and end of the time of fertility in a women's menstrual cycle.