

## What IS NFP?

*Natural Family Planning involves methods for achieving and avoiding pregnancy that are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of the menstrual cycle.*

*Couples using natural family planning methods to avoid pregnancy abstain from intercourse and genital contact during the fertile phase of the woman's cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.*

## Natural Family Planning Methods

### The Billings Ovulation Method

Women teaching women is the way the Billings Ovulation Method has been established in over 100 countries. Through private or group instruction, couples learn to chart their signs of fertility and infertility. Couples are encouraged to attend instruction as early as four to six months before marriage. Women who are discontinuing use of the Pill or any other contraceptive can begin as soon as they wish.

### Couple to Couple League Sympto-thermal Method

This method is taught by couples for couples in a series of three two hour classes. The classes help a couple become familiar with the natural signs of fertility and infertility using temperature, mucus, and cervix position as markers. Couples also learn about God's plan for their fertility and how to live out their sexuality while respecting the dignity of their spouse.

99% EFFECTIVE. 100% NATURAL.

*Your body knows.*<sup>TM</sup>



Natural Family Planning • Call 685-6776

*NFP reflects the dignity of the human person within the context of marriage and family life, and promotes openness to life and the gift of the child.*

*By complementing the love-giving and life-giving nature of marriage, NFP can enrich the bond between husband and wife.*

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### Creighton Model FertilityCare

This detailed and information-based method uses standardized observation and charting of biological markers that are essential to a woman's health and fertility. These "biomarkers" help a couple to know when they are fertile and infertile. They also can target abnormalities in a woman's health. The CrMS allows a woman to unravel the mysteries of the menstrual cycle. Couples are taught in private sessions and are encouraged to meet periodically for up to one year.

### Family of the Americas Method

Color stamps and mucus stickers are used for this simplified method. Use of the Family of the Americas Ovulation Method allows couples to better understand the woman's body and fertility and how changes in diet, travel, and exercise may impact her overall health. Couples are encouraged to attend instruction at least four months before marriage. Women who are discontinuing use of contraceptives can begin as soon as they wish. Follow-up sessions may be scheduled twice a month for the first three months.

THIS IS A CONFIDENTIAL SERVICE

