

FIVE CHOICES TO PLAN *Your Family*

There are several methods of NFP, each based on a different combination of observable signals, instruction methods and support systems. The following methods are available within the Archdiocese and each have *online learning available*.

Helping you choose the method to best fit your needs.



INSTRUCTION METHOD



PROVIDERS



OBSERVATIONS



SUPPORT



LOCATIONS

BILLINGS OVULATION



Avoid or achieve pregnancy



External mucus discharge patterns with sensation

boma-usa.org



Group or Private Introductory Session



Minimum of three private follow-up sessions recommended; Ongoing follow-ups available



Certified volunteer women



Parish Based

CREIGHTON MODEL SERVICES



Avoid or achieve pregnancy

*Assists in diagnosis & treatment of reproductive disorders through NaPro TECHNOLOGY



External mucus discharge; Patterns of dryness & bleeding

fertilitycare.org



Group or Private Introductory Session; Eight private follow-up sessions in first year



Ongoing follow-ups available; Physicians and practitioners often collaborate



Certified by the American Academy of FertilityCare™ Professionals



Pope Paul VI Institute

MARQUETTE MODEL



Avoid or achieve pregnancy



Choice of Electronic fertility monitor and/or external mucus

Femininegeniusministries.com



Group Introductory Session; Three monthly group classes



Private consultation available at meetings as well as between meetings



Certified Registered Nurses



Feminine Genius Ministries

COUPLE TO COUPLE LEAGUE



Avoid or achieve pregnancy



External mucus discharge & basal body temperature

ccli.org



Group Introductory Session; Group follow-up



Private consultation available at meetings as well as between meetings



Certified volunteer husband & wife couples



Parish Based

SYMPTOPRO FERTILITY EDUCATION



Avoid or achieve pregnancy



Internal/external mucus, cervix, basal body temp, vaginal sensation

symptopro.org



3 group sessions - meeting every 2 weeks



Follow-up before or after session; monthly follow-up for 6 months; lifetime support



Certified female instructor



Parish based