



## 2020 NATURAL FAMILY PLANNING (NFP) METHODS AND LEARNING OPTIONS

### Pope Paul VI Institute Creighton Model FertilityCare™

6901 Mercy Road  
Omaha, NE 68106  
Website: [www.popepaulvi.com](http://www.popepaulvi.com) . . .  
(402) 390-9168  
(402) 390-9851 FAX  
Email: [education@popepaulvi.com](mailto:education@popepaulvi.com)

Local Providers of NFP Instruction in the Creighton Model of NFP:

Kait Mayer, FertilityCare Practitioner  
Totus Tuus Fertility Care; Princeton, NJ area  
[Kait@totustuusfertilitycare.org](mailto:Kait@totustuusfertilitycare.org)  
908-596-9160

Arielle Kaminski  
FertilityCare Practitioner Intern  
[Arielle.crms@gmail.com](mailto:Arielle.crms@gmail.com)  
732-586-2255

The Pope Paul VI Institute provides education in the Creighton Model FertilityCare™ Method of NFP. This is a cervical mucus detection method.

- Both client and teacher education are offered.
- Teacher education is offered in the Spanish language.
- The PPVI Institute is accredited by the American Academy of FertilityCare™ Professionals (AAFCP).
- The AAFCP maintains a list of certified Creighton Model FertilityCare™ teachers.
- A variety of educational programs are available for health care professionals, clergy and laity.

- Training in the innovative NaProTechnology, an ethical approach to womens' health care, is also provided to physicians.
- A variety of resources, including scientific research, is published by the PPVI Institute. Contact the Education department for further information.

## **NFP DISTANCE LEARNING**

*Couples may learn how to use a method of NFP in their own home from one of the following schools:*

### **Billings Ovulation Method Association – USA (BOMA-USA)**

P.O. Box 2135

St. Cloud, MN 56302

Website: [www.boma-usa.org](http://www.boma-usa.org) . . .

(651) 699-8139

(320) 654-6486 FAX

Email: [boma-usa@msn.com](mailto:boma-usa@msn.com)

- BOMA provides client education in the Billings Ovulation Method™ (BOM™). BOM™ is a cervical mucus method created by the Drs. John and Evelyn Billings of Melbourne, Australia. BOMA-USA is the only authorized representative of the BOM™ in the United States.
- Distance learning for client education is provided through WOOMB-International at <http://www.thebillingsovulationmethod.org> or [www.fertilitypinpoint.com](http://www.fertilitypinpoint.com). Multi-languages are available.

### **Couple to Couple League (CCL)**

P.O. Box 111184

Cincinnati, Ohio 45211-1184

or:

4290 Delhi Pike

Cincinnati, OH 45238

Website: <http://www.ccli.org> . . .

1-800-745-8252

Email: [info@ccli.org](mailto:info@ccli.org)

- CCL provides client education in the Sympto-Thermal Method (STM). STM is a multi-indexed method. It teaches detection of cervical mucus, the Basal Body Temperature and cervical changes besides other secondary fertility symptoms.
- Client education (English and Spanish) is provided by professionally certified teaching couples in their local areas or via live on-line classes. A Self-Paced Online Class is also an option; this is a video-based version of the live class, with support available through phone and e-mail contact.

### **Main NFP Series – Self Paced Online**

Class Series: #9206

This course allows you to learn on your own schedule, from anywhere with internet access. It is broken up into short, video-based modules with interactive exercises, and is a complete course in NFP.

[https://register.ccli.org/class\\_series/9206](https://register.ccli.org/class_series/9206)

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### **Main NFP Series – Couple to Couple League**

Class Series: #12782

Start Date: Jan 13th, 2020

Monday 07:00 PM

Timezone: Eastern Time

Class 2: Feb 10th, 2020

Class 3: Mar 16th, 2020

Location: Virtual

Teaching Couple: Radzialowski, Greg and Susan

[https://register.ccli.org/class\\_series/12782](https://register.ccli.org/class_series/12782)

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Class Series: #12561

Start Date: Feb 15th, 2020

Saturday 09:30 AM

Timezone: Eastern Time

Class 2: Mar 21st, 2020

Class 3: Apr 18th, 2020

Location: Virtual

Teaching Couple: Jasko, Nicholas and Elissa

[https://register.ccli.org/class\\_series/12561](https://register.ccli.org/class_series/12561)

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Class Series: #12628

Start Date: Mar 4th, 2020

Wednesday 07:00 PM

Timezone: Eastern Time

Class 2: Apr 1st, 2020

Class 3: May 6th, 2020

Location: Virtual

Teaching Couple: Niese, Jonathan and Grace

[https://register.ccli.org/class\\_series/12628](https://register.ccli.org/class_series/12628)

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## **Main NFP Series – Couple to Couple League**

Class Series: #12783

Start Date: Apr 13th, 2020

Monday 07:00 PM

Timezone: Eastern Time

Class 2: May 11th, 2020

Class 3: Jun 22nd, 2020

Location: Virtual

Teaching Couple: Radzialowski, Greg and Susan

[https://register.ccli.org/class\\_series/12783](https://register.ccli.org/class_series/12783)

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Class Series: #12639

Start Date: May 11th, 2020

Monday 07:30 PM

Timezone: Eastern Time

Class 2: Jun 8th, 2020

Class 3: Jul 13th, 2020

Location: Virtual

Teaching Couple: Jakubisin, Timothy E. and Mary Ellen

[https://register.ccli.org/class\\_series/12639](https://register.ccli.org/class_series/12639)

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Class Series: #12675

Start Date: Sep 13th, 2020

Sunday 07:00 PM

Timezone: Central Time

Class 2: Oct 18th, 2020

Class 3: Nov 15th, 2020

Location: Virtual

Teaching Couple: Dyke, Craig and Amy

[https://register.ccli.org/class\\_series/12675](https://register.ccli.org/class_series/12675)

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Class Series: #12712

Start Date: Oct 18th, 2020

Sunday 01:00 PM

Timezone: Central Time

Class 2: Nov 15th, 2020

Class 3: Dec 13th, 2020

Location: Virtual

Teaching Couple: Harrigan, Edmond and Sharon  
[https://register.ccli.org/class\\_series/12712](https://register.ccli.org/class_series/12712)

## **Family of the Americas Foundation (FAM)**

P.O. Box 1170  
Dunkirk, MD 20754  
Website: <http://www.familyplanning.net>.  
(301) 627-3346 (301) 627-0847 FAX  
Email: [familyplanning@yahoo.com](mailto:familyplanning@yahoo.com)

- FAM provides client education in the cervical mucus method. This approach to NFP is founded on the work of the Drs. Billings.
- FAM offers a client correspondence course via the US Postal system. An interactive CD program is an added feature of this curriculum. The Spanish language and multi-languages are available.

## **Marquette University College of Nursing Institute for NFP (MINFP)**

P.O. Box 1881  
Milwaukee, WI 53201-1881  
(414) 288-3838  
(414) 288-1939 FAX  
Website: <http://www.marquette.edu/nursing/natural-family-planning-classes.php>  
Email: [richard.fehring@marquette.edu](mailto:richard.fehring@marquette.edu)

- MINFP provides client education in the Marquette Model, a Sympto-Hormonal method of NFP. This method is similar to STM with the added feature of teaching electronic hormonal monitoring.
- MINFP offers on-line client education (English and Spanish). To learn the method see <http://nfp.marquette.edu>.

## **NFP International (NFPI)**

Website: <http://www.nfpandmore.org>.

- NFPI provides client education in Dr. K. Prem's Cross-Check Method (also called "STM") at: [http://www.nfpandmore.org/NFPI\\_Home\\_Study\\_Course.pdf](http://www.nfpandmore.org/NFPI_Home_Study_Course.pdf)
- The NFPI approach is grounded in a philosophy of marital generosity and chastity. The principles of Ecological Breastfeeding for natural child spacing are also taught. This economical and easy to follow program makes use of a question and answer format as seen in their text, *Natural Family Planning: The Complete Approach*.
- Access to an NFP master teacher is via e-mail.
- Completion certificate is sent to requesting priests and deacons.

## **Northwest Family Services – LoveNaturallyNFP.com/Online Learning (Sympto-Thermal Method)**

Website: <https://www.lovenaturallynfp.com/learn-online/>

- Modeled after our in-person class, the course consists of three self-paced sessions taken two weeks apart. You can begin at any time and complete the series within 4 months, though a typical time frame is 4-12 weeks.
- Communication with your assigned instructor is integrated throughout the course and occurs mostly via email, though phone calls can be made upon request. On-going chart reviews continue for the first 4-6 cycles.
- Cost is \$120 plus materials. Required materials include a digital thermometer as well as a copy of our textbook, *A Couple's Guide to Fertility*.

## **Learn NFP Online – The Marriage Group**

**Website:** <https://learnnfponline.com/>

- \$25 AND \$49 OPTIONS: Our new (May 2017) Introduction to NFP costs just \$25. For couples interested in learning the Billings Ovulation Method, that course costs \$49.
- EFFECTIVE FERTILITY MANAGEMENT: 99% effective method for postponing or achieving pregnancy while appreciating God's gift of fertility with no side effects or environmental impact.
- ACCEPTED CATHOLIC METHOD: Teaches the beauty and science of Natural Family Planning, a morally-acceptable way of creating and spacing a family.
- ANYWHERE, ANYTIME ACCESSIBILITY: Our courses are delivered online, accessible anytime from any internet-connected computer to be taken at your leisure.