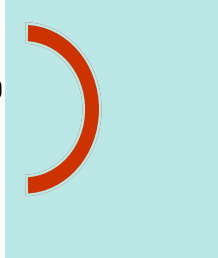




# Which Method of NFP

Is Right For Us?



Email for more info at [NFP@straphael.org](mailto:NFP@straphael.org)

Personal  
Instruction



DIOCESE OF  
MADISON

# NFP



Couple to  
Couple  
League

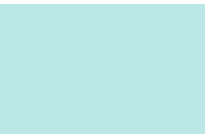
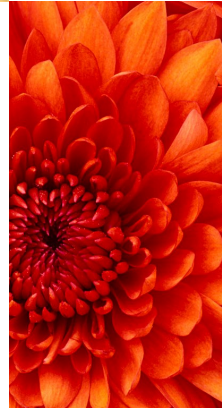


Methods  
in this  
diocese

Billings  
Ovulation  
Method



Creighton  
Model



Online



Vicki Braun  
NFP Coordinator  
Diocese of Madison  
608.495.6117  
[NFP@straphael.org](mailto:NFP@straphael.org)

# Which Method?

Couple to  
Couple  
League  
English Only

Creighton  
Model  
English only

Billings  
Ovulation Method  
English & Spanish



Consider...

## What is the best instruction method for you?

- Face-to-face instruction with Couple to Couple League (CCL), Creighton Model, and Billings Ovulation Method.
- Online instruction with Couple to Couple League, Creighton Model
- Self-paced, online course also available with the Couple to Couple League.



Check the brochure  
and website for  
more info!

## What is available where you live?

Face-to-face classes are available in East and West Madison, Monona, Lancaster, Reedsburg, Sun Prairie, Verona, Richland Center and other locations upon request. Spanish available in Madison and Janesville.

## What kind of class setting are you comfortable with?

- CCL: All classes with others + private follow ups
- Creighton Model: 1st class with others + private follow ups
- CCL and Creighton Model: Online
- Billings Ovulation Method: 1st class with others + private follow ups



Dates  
Times  
Locations  
Available online!

## What kind of client support expectations do you have?

- Couple to Couple League: Private follow ups before/after classes; ongoing follow ups as needed at no extra cost
- Creighton Model: Ongoing follow ups; extra fees with each follow up
- Spanish Billings Method: private follow ups; included in initial fee
- English Billings Method: private follow ups; included in initial fee
- Self-paced Online courses: follow-ups by phone/email
- **Face to face classes are highly recommended!**



## What kind of observations and charting suits you?

- Couple to Couple League (Sympto-Thermal: mucus, basal body temp, optional cervix check )
- Creighton Model (Mucus only)
- Billings Ovulation Method (English & Spanish) (Mucus Only)

Register online!

## The Cost?

- CCL: \$135 to learn method
- Creighton: \$65 + \$40 for each follow up (~4-6+) to learn method; total ~ \$205-\$285 or more, depending on # of follow ups
- Spanish Billings: \$125 to learn method
- English Billings: \$150 to learn method



## Do you have special health factors?

Creighton Model offers NaPro Technology that can be used with a trained doctor to help with certain health and/or fertility issues. For drug-free, surgery free natural options, contact NFP Coordinator.

## Discern, Sign up, Get Started!

[www.madisondiocese.org/nfp](http://www.madisondiocese.org/nfp)

Questions? Call:  
Vicki Braun  
NFP Coordinator  
Phone: 608.495.6117  
Email: [nfp@straphael.org](mailto:nfp@straphael.org)