Natural Family Planning

RESOURCES FOR COUPLES, PARISHES AND MINISTRIES

WWW.COLUMBUSCATHOLIC.ORG/NATURAL-FAMILY-PLANNING
Local and online NFP Classes and Resources.

WWW.FACTSABOUTFERTILITY.ORG
Scientifically accurate information about Fertility Awareness Based Methods (FABMs).

WWW.NATURALWOMANHOOD.ORG
Great information about the harms of artificial contraception and the benefits of NFP.

LOVE & RESPONSIBILITY by Karol Wojtyla (St. John Paul II)
An eloquent defense of Catholic tradition in the sphere of family life and sexual morality.

THE GOOD NEWS ABOUT SEX AND MARRIAGE by Christopher West
Answers to common questions, objections, and misunderstandings.

GREEN SEX CD by Jason Evert
God’s plan for human sexuality is good for your body and good for your soul.

THE SINNER’S GUIDE TO NATURAL FAMILY PLANNING by Simcha Fisher
An easy and lively book - funny, frank, and thoroughly grounded in Catholic theology.

WWW.YOUMEANDNFP.COM
A Catholic resource for living NFP joyfully.

WWW.SPRINGSINTHedesert.ORG
Helping couples struggling with infertility to process and move beyond their grief to find the fruitfulness God has planned for their marriage.