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Celebrate and reverence God's vision of human sexuality.

- **Safe and Healthy**
 - No medical side effects and no abortifacient effects (in contrast to methods using artificial hormones – Pill, Patch, Depo shot, etc)
 - Promotes self-awareness and wellness
 - Can alert a couple to potential fertility problems or other health issues
- **True Family Planning**
 - Can help couples with low fertility to have the best chance of conceiving a child
 - Does not risk extended loss, reduction of fertility as do artificial hormones
- **Effective in Postponing Pregnancy**
 - Same range of effectiveness as the most effective artificial means (Pill, IUD, etc.)
- **Morally Right**
 - Respects the integrity of the man and wife, created in God's image
 - Vs. contraception which separates the unitive and procreative aspects of the marital covenant.
- **Good for Marriages and for Children**
 - Promotes communication, faithfulness, intimacy, mutual respect, chastity, love
 - Helps parents appreciate children as gifts from God
 - Helps parents communicate healthy sexual attitudes to their children

Find all class schedules for parishes across the Archdiocese @ www.nfpsst.org

Please contact NFP instructors, Jacob & Jillian Counts with any questions or to register for a class at jillian@nfpsst.org or (281) 300-3704