

Natural Family Planning (NFP)

Online Options

It is preferred that couples attend NFP training in person. In the case that this is not possible, a couple may complete one of the approved online courses listed below:

Couple to Couple League—<https://ccli.org/>

The Couple to Couple League offers two online options:

- Option 1: Live online classes—Learn from an instructor in a live virtual classroom.
- Option 2: Self-Paced instruction—Couples go through material online, at their own pace. *This option is available in English and Spanish.*

Natural Family Planning, International—<http://www.nfpandmore.org/>

- Couples go through a printed manual together, then complete a series of written exams.

Symptopro Fertility Education—<https://symptopro.org/>

- Course is self-paced. Includes three learning sessions (videos) and additional assignments.
- In addition to the online course, couples also need to purchase a basal body temperature thermometer and the course textbook (available in print or as an e-book).

The Marriage Group—<https://learnnfponline.com/>

- Couples go through online material at their own pace. *Courses are available in English and Spanish.*