

Natural Family Planning Teaching Couples and Schedule of Classes- 2008 (njnfp.org)

Southern and Central NJ and Greater Philadelphia Area

Creighton Model FertilityCare System (Central/Western NJ)
Instruction Course

Jean Golden-Tevald, DO
Fertility Care Center of Hunterdon
416 Mechlin Corner Rd
Pittstown, NJ 08867

Course Overview:

Learning begins with a 1-hour introductory presentation which explains the scientific foundations, methodology, application to various reproductive categories, how to make observations, and how to chart. The real learning happens at individualized private follow-up provided by your professional FertilityCare Practitioner who will tailor the system to your specific needs.

These 1-hour Follow-Up sessions occur five times during the first three months of use and an additional three times over the remainder of a year. Subsequent annual follow-ups are recommended. A certified Creighton Model NFP Medical Consultant physician is on staff for medical consultation. Some insurance plans are accepted.

Current Course Sessions:

Classes	Times	Location
Private Instruction by appointment	Days, evenings and weekends available	416 Mechlin Corner Rd Pittstown, NJ 08867

Instructor(s):

Jean Golden-Tevald, D.O., CFCMC, FCP Kathleen Golden, FCPI

Adrienne Williams, RDMS, FCPI Sally Shumaker, PA-C, FCPI

Enrollment:

To enroll, please contact at (908) 735-9344 or email fertilitycare@morningstarfhc.com
Saint Peter's University Hospital Fertility Awareness Program
New Brunswick, NJ
Instruction Course (Available daily in English or Spanish)

Course Overview:

During this 4-session course, you'll learn everything you need to know about the Sympto-Thermal or Billings Ovulation Method of NFP — some of the most effective methods of achieving or postponing pregnancy without drugs or side effects. Class format is small-group presentation or private consultation, with hands-on, private chart review.

Current Course Sessions:

Class	Day	Time	Location
Private Instruction by Appointment	Mon-Fri	9:00am-2:00 pm	Saint Peter's University Hospital 254 Easton Avenue New Brunswick, NJ 08901

Instructor(s):

Rosemary Kern, MHA, Fertility Awareness Coordinator
Erica Arias, BA, Fertility Awareness Counselor (English/Spanish)

Shannon Devine, BS, Fertility Awareness Counselor
Keiona Miller, BA, Adolescent Fertility Awareness Counselor

Enrollment:

Fee covers all 4 sessions and everything you will ever need to practice NFP including:

- NFP book/manual
- Digital thermometer
- Audio tapes on NFP
- Charts
- Lifetime of free phone/e-mail counseling

To enroll, please call (800) 334-0699 or email rkerns@saintpetersuh.com

Southern NJ CCL-Certified
Instruction Course

Course Overview:

During this 3-session course, you'll learn everything you need to know about the Couple to Couple League (www.ccli.org) Sympto-Thermal Method of NFP — one of the most effective methods of achieving or postponing pregnancy without drugs or side effects. Each course consists of three classes spaced about a month apart. Each of the classes is about 2 hours in length. Class format is built around the CCL NFP DVD presentation and hands-on chart analysis.

Current Course Sessions:

Course	Date & Time	Location
First Class	Monday April 21, 2008, 7:30 pm	St. Rose of Lima Church 300 Kings Hwy, Haddon Heights, NJ
First Class	Thursday September 25, 2008, 7:30 pm	Barry Brown Health Education Center Carney Blvd., Voorhees, NJ

Enrollment:

\$135 fee covers all 3 sessions and everything you will ever need to practice NFP including:

- The bi-monthly magazine from CCL (Family Foundations)
- NFP book/manual
- Digital thermometer
- Audio tapes on NFP
- Charts
- Lifetime of free phone/e-mail counseling

To enroll, please call (856) 583-6120 or nfpoffice@camdendiocese.org

Diocese of Metuchen NFP (site)
Instruction Courses

Course Overview:

During this 4-session course, you'll learn everything you need to know about the Sympto-Thermal Method of NFP — one of the most effective methods of achieving or postponing pregnancy without drugs or side effects. Each course consists of four classes spaced about a month apart. Each of the classes is about 2 hours in length (first class is ~3 hours). Class format is group presentation, private consultation, and hands-on chart analysis.

Current Course Start Dates:

Course	Day	Date	Time	Location
First Class	Tuesday	May 20, 2008	7:30 pm	Flemington, NJ
First Class	Wednesday	June 4, 2008	7:00 pm	Branchburg, NJ
First Class	Sunday	Sept 21, 2008	2:30 pm	Somerset, NJ
First Class	Wednesday	Oct 8, 2008	7:30 pm	Clinton, NJ

Enrollment:

Fee covers all 4 sessions and everything you will ever need to practice NFP including:

- NFP book/manual
- Digital thermometer
- Audio tapes on NFP
- Charts
- Lifetime of free phone/e-mail counseling

For complete class and location information, and to enroll, please visit the <http://www.diometuchen.org/familylife/nfp.html>, call (732) 562-1990, ext. 1623, or email rkerns@saintpetersuh.com

"Two shall become one...Exploring God's Sacred Gift of Fertility"
INFORMATION EVENINGS FOR FERTILITY PLANNING

July 16, Wednesday 7- 9 pm, Ocean County, St. Aloysius, Jackson
November 18, Tuesday 7- 9 pm, Monmouth County, St. Rose, Belmar

Information Evenings for Fertility Planning are designed to reveal the sacred mysteries of God's gift of fertility. Through a positive, holistic approach, couples will explore the spiritual, psychological, emotional and biological dynamics of married sexuality and co-creation. These sessions are open to all but are especially recommended for engaged and young married couples, and will provide "need to know" information about women's fertility cycles, the husband's role in fertility planning, the truth and beauty of God's plan for human sexuality, and the miracle of procreation.

Each session also includes an introduction to the Creighton Model FertilityCare System and NaproTechnology. This system is based on solid scientific research that teaches the couple to observe and track natural biomarkers that allow them to know when they are fertile and when they are not. NaproTechnology also helps identify and treat infertility, PMS, miscarriage, ovarian cysts, and other problems.

To register for an Information Evening session, go to www.dioceseoftrenton.org/go/nfp. For more information, contact Donna Goodwin at 609-406-7400, ext. 5592. There is no fee to attend but pre-registration is required. ***Engaged couples are asked to attend a session as part of the marriage preparation process. A certificate of completion is given to engaged couples who attend an Information Evening, which may be presented to the priest or pastoral minister preparing you for marriage.***

Philadelphia Area

April 26 -- Certificate Program for FertilityCare Practitioners, Camp Hill, PA
For more information or for an application, please contact Dorice Millar, RN, FCE, Education Program Coordinator, Holy Spirit Health System, Camp Hill, PA, 717-909-9414 or via e-mail: dmillar@hsh.org. Applications need to be received by March 14, 2008 to avoid the late applications fee of \$100.

May 2 -- NFP Class; Norristown, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at Mercy Suburban Hospital, 2701 DeKalb Pike. For more information or registration please call (215)587-5639.

May 3 -- NFP Class, Philadelphia, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 2:00 PM at St. Athanasius, 2050 E. Walnut Lane, Philadelphia, PA 19038. Please call Dr. Pauline Olufemi Awobodu-Alabi, FCPI at 215-843-1553 for more information and registration.

May 6 -- NFP Class, Broomall, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held 7:00 PM at 7:00 PM in the Dowd Center Conference Room at St. Pius X Parish, 220 Lawrence Rd., Broomall, PA 19008. Please call Marcia Niznan, MS, FCP at 610-789-4547 to register or for more information.

May 9 -- NFP Class, Chalfont, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held 7:00 PM at 800 Manor Drive. Please call Liz Parrish at 215 - 249-9829 for more information and registration.

May 14 -- NFP Class, Oreland, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held 7:00 PM at 88 Pennsylvania Ave. Please call Barbara Rose at 215 - 884-2922 for more information and registration.

May 21 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

June 10 -- NFP Class; Yardley, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Ignatius of Antioch, 999 Reading Ave. For more information or registration please call (215)587-5639.

June 18 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

June 27-29 -- Newlwed Retreat

The Philadelphia Family Life Office is sponsoring a retreat for couples married 0.5 through 7 years. It will be held at Malvern Retreat House in Malvern, PA. One of the goals of the retreat is to help couples reconnect with your spouse in a meaningful and prayerful way, while being encouraged and strengthened for the rest of your life's journey together in the vocation of marriage.

July 16 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

July 25-27 -- Life-Family-Justice Conference

Sponsored jointly by the United States Conference of Catholic Bishops, The Archdiocese of Philadelphia, The Diocese of Camden and The Knights of Columbus. It is scheduled to coincide with the 40th anniversary of *Humanae Vitae*. It will be held at the Crowne Plaza Hotel, 2349 W. Marlton Pike, Cherry Hill, NJ. Additional details will be added as they become available.

August 6 -- NFP Class; Narberth, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Margaret, 210 N. Narberth Ave. For more information or registration please call (215)587-5639.

August 20 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

September 16 -- NFP Class; Philadelphia, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at Nazareth Hospital, 2601 Holme Ave. For more information or registration please call (215)587-5639.

September 17 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

September 25 -- NFP Class; Voorhees, NJ

A Sympto-Thermal Method NFP class by the Couple to Couple League will be held 7:30 - 9:30 PM at the Barry Brown Health Ed Center. This is a series of three classes spaced about one month apart. For directions and registration call 856-583-6120 or email to nfpoffice@camdendiocese.org

October 15 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

October 16 -- NFP Class; Philadelphia, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at the Catholic Institute for Evangelization, 4404 N. 5th St. For more information or registration please call (215)587-5639.

November 4 -- NFP Class; Langhorne, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at St. Mary Medical Center, Langhorne-Newtown Roads. For more information or registration please call (215)587-5639.

November 15 -- NFP Class; Huntingdon, PA

The Philadelphia Family Life Office will sponsor a class in the Sympto-Thermal method of Natural Family Planning at the Holy Redeemer Provincialate House, 521 Moredon Rd. For more information or registration please call (215)587-5639.

December 17 -- NFP Class, Exton, PA

Free Introductory Session of the Creighton Model Fertility*Care*TM System will be held at 6:30 PM at Sts Philip And James Church, 107 North Ship Road, Exton, PA. Please call Helen LaFrance, FCP at 610-436-8323 for more information and registration.

Online Course (www.nwfs.org)

Northwest Family Services has been providing quality and effective NFP instruction for 25 years. If you are unable to attend a course in person, taking this online is the next best thing. The course has three core sessions which should be completed at two week intervals. You will need to receive some materials via the postal service in order to begin instruction: a thermometer, a user manual entitled, A Couple's Guide to Fertility, an activity

packet, charts, and background reading. The link for the online NFP course will come in the mail with the support material. A chart is also available here.

An essential part of effective NFP instruction is detailed fertility observations and charting along with personal follow-up. At the completion of each session, it is important for you to complete the follow-up form with any additional notes and e-mail it in to Northwest Family Services. All information is confidential.

The cost of the course is \$90.00 (includes follow-up during one year time span) including shipping and handling (U.S., standard delivery).

You may purchase the course, which will be available to you for one year from date of purchase. It will take up to 7 business days after you sign up, before you receive the necessary items to begin the course.

Must have a browser with Adobe Flash Installed

Please feel free to contact us at 503-215-6377 or via fax 503-215-6940 or at Northwest Family Services, 4805 NE Glisan, Portland, OR 97213 if you have further questions.

The CCL Home Study Course

For those couples who do not have a local CCL Teaching Couple, or for those whose schedule prevents them from attending a local class series, CCL offers the CCL Home Study Course. You can learn NFP in the comfort of your home and at your own pace with this easy-to-follow course on the Sympto-Thermal Method. You receive all the necessary materials you need plus a valuable service — our professional review of your charts until you are confident in your NFP skills.

What materials and services are included?

THE ART OF NATURAL FAMILY PLANNING Student Guide — NEW in 2008! The CCL user manual presents the Sympto-Thermal Method within the beautiful context of Pope John Paul II's Theology of the Body. The Student Guide follows CCL's classroom presentation, thus, is easily used as a home course manual. Produced in full-color and with many graphics and illustrations, and with practice exercises for each new concept presented, this manual presents the Sympto-Thermal Method in logical, easy-to-understand lessons, with answers provided in the appendix for convenient self-checking.

ONE DIGITAL BASAL TEMPERATURE THERMOMETER — For taking a woman's waking temperature each morning.

OVER A YEAR'S SUPPLY OF CYCLE CHARTS — For recording a woman's daily fertility observations.

A YEAR'S SUBSCRIPTION TO CCL'S BI-MONTHLY MAGAZINE — Family Foundations, our popular and award-winning magazine that keeps you up-to-date on NFP and provides support you'll find helpful as you adopt the NFP lifestyle.

ACCESS TO MEMBER CONNECTIONS — A members-only area of the CCL website with archived magazine issues, Frequently Asked Questions, information about medications and fertility signs, a Forum to talk to other NFP users, and more!

FERTILITY, CYCLES & NUTRITION by Marilyn M. Shannon — CCL's popular book that explores the link between nutrition and body balance and healthy fertility cycles. Explains how many cycle irregularities can be either eliminated or alleviated through better nutrition or improved body balance; invaluable to NFP couples.

THE CCL VIRTUAL LIBRARY — a CD packed full with all of CCL's brochures and booklets on related topics like Church teaching, marriage, and unnatural birth control methods, a complete year of Family Foundations, select audio talks from CCL conventions, and links to a host of helpful websites on Catholic teaching, Theology of the Body, Natural Family Planning, breastfeeding, and more.

PERSONAL CHART REVIEW — in addition to the materials just listed, you'll also receive a valuable service — our professional review of your cycle-charts. As soon as you've finished charting your first cycle, you send us a copy. We'll review your charting and offer helpful comments. You do the same for as many cycles as needed, however, most couples do well without further review after just three cycles.

What are the advantages of the CCL Home Study Course?

CONVENIENCE — You learn it on your own...in the comfort of your own home...at the pace which meets your schedule.

QUALITY INSTRUCTION — The easy-to-follow lessons in the Student Guide provide you a complete and thorough understanding of all aspects of the Sympto-Thermal Method, as well as introduce you to the richness of Catholic Church teaching on marital love as explained in Pope John Paul II's renowned Theology of the Body. The CCL Home Study Course has been thoroughly tested by couples just like you — and it works!

QUALITY MATERIALS — The materials that comprise the CCL Home Study Course were completed revised and updated in late 2007 based on CCL's 35+ years of experience teaching NFP . . . these materials are absolutely the latest and most up-to-date materials and information on the Sympto-Thermal Method available.

PERSONAL COUNSELING — This is a unique feature of the CCL Home Study Course; it's not just materials, but service! You will be assigned a personal consultant who is available to answer your questions and offer advice until you are confident in your NFP knowledge.

CONTINUED FOLLOW-UP — With your one-year subscription to Family Foundations and access to Member Connections, you will be constantly in touch with the latest NFP findings, and will have NFP support at your fingertips.

What is the cost of the CCL Home Study Course?

The CCL Home Study Course is \$150.00 + \$9.00 flat rate for shipping and handling, and provides you with lifelong knowledge of your fertility cycle. The only ongoing costs to practice NFP would be for new chart booklets every few years (sold at \$4.00 for two booklets, a total of 32 charts), and an occasional new thermometer (\$14.00).

These costs are a fraction of what a couple would spend on artificial birth control over the course of their fertile years.

Satisfaction Guaranteed

We are so convinced you'll be happy with the CCL Home Study Course that if, after looking over the materials, you are not satisfied that the CCL Home Study Course is a very complete and usable way to learn Natural Family Planning, then return all materials within 30 days to receive a complete refund of the price of the Course.

To order, visit <http://ccli.org/store/onlineshopping> , or call the CCL Order Department at 1-800-745-8252.

Creighton Model Method

Creighton model is highly effective in both its method and use as a way to achieve or postpone pregnancy. This method of natural family planning is recognized by the Pope Paul VI Institute for the Study of Human Reproduction. It is a system which asks women to be active participants in the monitoring and maintaining of their own procreative and gynecological health.

Classes in the Creighton model of NFP are offered on a regular basis in the Trenton Diocese by certified FertilityCare System practitioners. These practitioners are also versed in Napro Technology (Natural Procreative Technology) to provide married couples with Church approved alternatives for common fertility problems. To learn more about the Creighton method and Napro Technology, and register for NFP classes, contact Mary McMenaman at 732-449-9177, or Josi Shimkus at 732-361-7345, or go to www.CreightonModel.com or www.fertilitycare.org.

FertilityCare Centers - United States - New Jersey

FertilityCare Consulting, PC
Mountainside, NJ 07092
Features NaProTECHNOLOGY®
Phone: 908-232-0995
e-mail: lswatsonmd@aol.com

FertilityCare Services of Monmouth County
Seagirt, NJ 08750
Features NaProTECHNOLOGY®
Phone: 732-449-9177
e-mail: Marytmac@optonline.net

FertilityCare Center of Hunterdon County
Pittstown, NJ 08867
Features NaProTECHNOLOGY®
Phone: 908-735-9344 Fax: 908-735-7136
e-mail: fertilitycare@morningstarfhc.com
Website: www.morningstarfhc.com

List of NFP Teaching Couples- (Central and Southern New Jersey)

Robert & Loretta Finkelston
Mount Laurel, New Jersey
856-778-0005 redfinkelston@msn.com
Camden Diocese Of Camden Chapter Trenton
Diocese
English (Sympto-thermal; Couple to Couple
League)

Steve & Diane Kottakis
Morganville, New Jersey
732-591-8050 dkottakis@yahoo.com
Our Lady Of Guadalupe Chapter Passaic Diocese
English (Sympto-thermal; Couple to Couple
League)

David & Kathryn Fedak
Leonardo, New Jersey
732-291-1289 DKFEDAK@MSN.COM
Our Lady Of Guadalupe Chapter Trenton Diocese
English (Sympto-thermal; Couple to Couple
League)

Alex & Maryanne Abbud
Middletown, New Jersey
732-495-8965 Alm9684@aol.com
Our Lady Of Guadalupe Chapter Trenton Diocese
English (Sympto-thermal; Couple to Couple
League)

Andres & Rosemarie Colon
Cherry Hill, New Jersey

856-428-7092 BUNNYFAMILY@SNIP.NET
Camden Diocese Of Camden Chapter Camden
Diocese English, Spanish (Sympto-thermal; Couple
to Couple League)

Mark & Cecilia LeChevallier
Voorhees, New Jersey
856-753-1906 camdennfp@comcast.net
Camden Diocese Of Camden Chapter Camden
Diocese
English (Sympto-thermal; Couple to Couple
League)

Paul & Elizabeth Flynn
Cape May, New Jersey
(609) 770-7180 akflynn@yahoo.com
Military Chapter Military Diocese
English (Sympto-thermal; Couple to Couple
League)

Mary McMenaman
2190 Terrace Place
Sea Girt, NJ 08750
Phone: 732-449-9177 (Creighton Method)

Josi and John Shimkus
5 Cora Street
Neptune, NJ 07753
(732) 361-7345 (Creighton Method)