



## 2018 Diocese of Trenton Marriage Ministries

### NATURAL FAMILY PLANNING (NFP) METHODS AND LEARNING OPTIONS

#### **Pope Paul VI Institute Creighton Model FertilityCare™**

6901 Mercy Road

Omaha, NE 68106

Website: [www.popepaulvi.com](http://www.popepaulvi.com) . . .

(402) 390-9168

(402) 390-9851 FAX

Email: [education@popepaulvi.com](mailto:education@popepaulvi.com)

Local Providers of NFP Instruction in the Creighton Model of NFP:

Kait Mayer, FertilityCare Practitioner

Totus Tuus Fertility Care; Princeton, NJ area

[Kait@totustuusfertilitycare.org](mailto:Kait@totustuusfertilitycare.org)

908-596-9160

Arielle Kaminski

FertilityCare Practitioner Intern

[Arielle.crms@gmail.com](mailto:Arielle.crms@gmail.com)

732-586-2255

The Pope Paul VI Institute provides education in the Creighton Model FertilityCare™ Method of NFP. This is a cervical mucus detection method.

- Both client and teacher education are offered.
- Teacher education is offered in the Spanish language.
- The PPVI Institute is accredited by the American Academy of FertilityCare™ Professionals (AAFCP).
- The AAFCP maintains a list of certified Creighton Model FertilityCare™ teachers.
- A variety of educational programs are available for health care professionals, clergy and laity.
- Training in the innovative NaProTechnology, an ethical approach to womens' health care, is also provided to physicians.
- A variety of resources, including scientific research, is published by the PPVI Institute. Contact the Education department for further information.

# NFP METHODS AND LEARNING OPTIONS

## NFP DISTANCE LEARNING

*Couples may learn how to use a method of NFP in their own home from one of the following schools:*

### **Billings Ovulation Method Association – USA (BOMA-USA)**

P.O. Box 2135

St. Cloud, MN 56302

Website: [www.boma-usa.org](http://www.boma-usa.org) . . .

(651) 699-8139

(320) 654-6486 FAX

Email: [boma-usa@msn.com](mailto:boma-usa@msn.com)

- BOMA provides client education in the Billings Ovulation Method™ (BOM™). BOM™ is a cervical mucus method created by the Drs. John and Evelyn Billings of Melbourne, Australia. BOMA-USA is the only authorized representative of the BOM™ in the United States.
- Distance learning for client education is provided through WOOMB-International at <http://www.thebillingsovulationmethod.org> or [www.fertilitypinpoint.com](http://www.fertilitypinpoint.com). Multi-languages are available.

### **Couple to Couple League (CCL)**

P.O. Box 111184

Cincinnati, Ohio 45211-1184

or:

4290 Delhi Pike

Cincinnati, OH 45238

Website: <http://www.ccli.org> . . .

1-800-745-8252

Email: [info@ccli.org](mailto:info@ccli.org)

- CCL provides client education in the Sympto-Thermal Method (STM). STM is a multi-indexed method. It teaches detection of cervical mucus, the Basal Body Temperature and cervical changes besides other secondary fertility symptoms.
- Client education (English and Spanish) is provided by professionally certified teaching couples in their local areas or via live on-line classes. A Self-Paced Online Class is also an option; this is a video-based version of the live class, with support available through phone and e-mail contact.

Main NFP Series

Class Series: #11710

Live Online ([http://register.ccli.org/class\\_series/11710](http://register.ccli.org/class_series/11710))

Start Date: Aug 10th, 2018

Friday 07:00 PM

Timezone: Central Time

Class 2: Sep 14th, 2018

Class 3: Oct 12th, 2018

Location: Virtual

Teaching Couple: Cassidy, Lloyd and Monica

# **NFP METHODS AND LEARNING OPTIONS**

## **NFP DISTANCE LEARNING**

### **Couple to Couple League (CCL) - List of Upcoming Live Online NFP Courses for Engaged and Married Couples:(register: [register.ccli.org](http://register.ccli.org))**

Main NFP Series  
Class Series: #11472  
Live Online ([http://register.ccli.org/class\\_series/11472](http://register.ccli.org/class_series/11472))  
Start Date: Aug 25th, 2018  
Saturday 09:00 AM  
Timezone: Pacific Time  
Class 2: Sep 22nd, 2018  
Class 3: Oct 27th, 2018  
Location: Virtual  
Teaching Couple: Tran, Trung and Julie

Main NFP Series  
Class Series: #11771  
Live Online ([http://register.ccli.org/class\\_series/11771](http://register.ccli.org/class_series/11771))  
Start Date: Sep 9th, 2018  
Sunday 06:30 PM  
Timezone: Eastern Time  
Class 2: Oct 7th, 2018  
Class 3: Nov 4th, 2018  
Location: Virtual  
Teaching Couple: Smith, Brian and Jennifer

Main NFP Series  
Class Series: #11104  
Live Online ([http://register.ccli.org/class\\_series/11104](http://register.ccli.org/class_series/11104))  
Start Date: Sep 13th, 2018  
Thursday 07:00 PM  
Timezone: Eastern Time  
Class 2: Oct 11th, 2018  
Class 3: Nov 8th, 2018  
Location: Virtual  
Teaching Couple: Depinet, Paul and Monica

Main NFP Series  
Class Series: #11338  
Live Online ([http://register.ccli.org/class\\_series/11338](http://register.ccli.org/class_series/11338))  
Start Date: Oct 14th, 2018  
Sunday 01:00 PM  
Timezone: Central Time  
Class 2: Nov 11th, 2018  
Class 3: Dec 9th, 2018  
Teaching Couple: Harrigan, Edmond and Sharon

# NFP METHODS AND LEARNING OPTIONS

## NFP DISTANCE LEARNING

Main NFP Series

Class Series: #11288

Live Online ([http://register.ccli.org/class\\_series/11288](http://register.ccli.org/class_series/11288))

Start Date: Nov 5th, 2018

Monday 07:30 PM

Timezone: Eastern Time

Class 2: Dec 3rd, 2018

Class 3: Jan 7th, 2019

Location: Virtual

Teaching Couple: Jakubisin, Timothy E. and Mary Ellen

## NFP LIVE ONSITE LEARNING

**Couple to Couple League (CCL) - Main NFP Series - Live On-site Classes - Greater Philadelphia Area**  
(register: [register.ccli.org](http://register.ccli.org))

**Meeting Dates ([http://register.ccli.org/class\\_series/11307](http://register.ccli.org/class_series/11307))**

**1st Meeting:** Friday, November 09, 2018 06:00PM Eastern Time

**2nd Meeting:** Friday, December 14, 2018 06:00PM Eastern Time

**3rd Meeting:** Friday, January 11, 2019 06:00PM Eastern Time

**Teaching Couple's Information**

Teaching Couple: Volpe, James and Jennifer

Phone: (610) 989-5272

Email: [jimvolpe@gmail.com](mailto:jimvolpe@gmail.com)

**Facility Information**

Mother of Divine Providence Church - Parish Offices

333 Allendale Road, King of Prussia, Pennsylvania 19406

## **NFP SELF-PACED LEARNING (\$135 (including materials) plus shipping):**

Learn NFP at your own pace, in your own home. With this option, the class is broken into short, video-based modules designed to give you a comprehensive learning experience. As a couple, you will watch the lessons and complete exercises similar to those in the Onsite or Online classes. Although, you will not have a teaching couple physically or virtually present, you will be connected with a teaching couple who will be available for any questions or help you may need. They will contact you via e-mail after you register for the class.

The Self-paced Online class might be the best option for you if:

- You or your fiancé/spouse has a varied work schedule and it would be difficult to attend classes in the evenings or on weekends
- There are no Live Onsite classes scheduled in your area
- All the Live Online classes happen to be full
- You prefer the flexibility to learn at your own pace
- The thought of learning about marital sexuality with other people—be it in person or online—is a little out of your comfort zone

**Register at: <https://ccli.org/learn-nfp-from-ccl/main-course-descriptions/#self-paced-online-class>**

## NFP METHODS AND LEARNING OPTIONS

### **Family of the Americas Foundation (FAM)**

P.O. Box 1170

Dunkirk, MD 20754

Website: <http://www.familyplanning.net> . . .

(301) 627-3346 (301) 627-0847 FAX

Email: [familyplanning@yahoo.com](mailto:familyplanning@yahoo.com)

- FAM provides client education in the cervical mucus method. This approach to NFP is founded on the work of the Drs. Billings.
- FAM offers a client correspondence course via the US Postal system. An interactive CD program is an added feature of this curriculum. The Spanish language and multi-languages are available.

### **Marquette University College of Nursing Institute for NFP (MINFP)**

P.O. Box 1881

Milwaukee, WI 53201-1881

(414) 288-3838

(414) 288-1939 FAX

Website: <http://www.marquette.edu/nursing/natural-family-planning-classes.php>

Email: [richard.fehring@marquette.edu](mailto:richard.fehring@marquette.edu)

- MINFP provides client education in the Marquette Model, a Sympto-Hormonal method of NFP. This method is similar to STM with the added feature of teaching electronic hormonal monitoring.
- MINFP offers on-line client education (English and Spanish). To learn the method see <http://nfp.marquette.edu>.

### **NFP International (NFPI)**

Website: <http://www.nfpandmore.org>.

- NFPI provides client education in Dr. K. Prem's Cross-Check Method (also called "STM") at: [http://www.nfpandmore.org/NFPI\\_Home\\_Study\\_Course.pdf](http://www.nfpandmore.org/NFPI_Home_Study_Course.pdf)
- The NFPI approach is grounded in a philosophy of marital generosity and chastity. The principles of Ecological Breastfeeding for natural child spacing are also taught. This economical and easy to follow program makes use of a question and answer format as seen in their text, *Natural Family Planning: The Complete Approach*.
- Access to an NFP master teacher is via e-mail.
- Completion certificate is sent to requesting priests and deacons.

### **Northwest Family Services – SymptoPro Online Learning (Sympto-Thermal Method)**

Website: <https://symptopro.org/learn/learning-to-use-nfp.html>

- Modeled after our in-person class, the course consists of three self-paced sessions taken two weeks apart. You can begin at any time and complete the series within 4 months, though a typical time frame is 4-12 weeks.
- Communication with your assigned instructor is integrated throughout the course and occurs mostly via email, though phone calls can be made upon request. On-going chart reviews continue for the first 4-6 cycles.
- Cost is \$120 plus materials. Required materials include a digital thermometer as well as a copy of our textbook, *A Couple's Guide to Fertility*.

## NFP METHODS AND LEARNING OPTIONS

### Learn NFP Online – The Marriage Group

Website: <https://learnnfponline.com/>

- \$25 AND \$49 OPTIONS: Our new (May 2017) Introduction to NFP costs just \$25. For couples interested in learning the Billings Ovulation Method, that course costs \$49.
- EFFECTIVE FERTILITY MANAGEMENT: 99% effective method for postponing or achieving pregnancy while appreciating God's gift of fertility with no side effects or environmental impact.
- ACCEPTED CATHOLIC METHOD: Teaches the beauty and science of Natural Family Planning, a morally-acceptable way of creating and spacing a family.
- ANYWHERE, ANYTIME ACCESSIBILITY: Our courses are delivered online, accessible anytime from any internet-connected computer to be taken at your leisure.

## 2018 NFP Class Schedule – Diocese of Metuchen

<u>Location/Time</u>	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>	<u>Class 4</u>	<u>Instructors &amp; Contact Info</u>
St. Magdalen de Pazzi Church Flemington/1-3:00 PM	8/19	9/23	10/28	11/18	Dan & Megan Carducci; 908-996-0891

<https://diometuchen.org/offices-and-ministries/family-and-pastoral-life/family-life/natural-family-planning/>