Why learn Fertility Awareness?

- Assists couples trying to achieve or to postpone a pregnancy
- Nurtures cooperation between husband and wife
- Empowers women as they understand their bodies
- Is morally acceptable
- All-natural
- Incurs no ongoing costs after initial instruction and supplies
- Ecologically Responsible
- No environmental impact
- Health benefits - no artificial hormones or chemicals - therefore NO HARMFUL SIDE EFFECTS
- Accurate, science based and statistically proven

Who is the class for?

All adults, preferably couples learn together, and young adult with parent.

How much does it cost?

Contact individual instructors for details.

Natural Family Planning: Learn about the healthiest choice to achieve or postpone pregnancy

What is Natural Family Planning (NFP)?

Observing a woman’s biological signs of fertility and / or using an objective hormone monitoring device

This information is used to either naturally achieve or postpone pregnancy

Compatible for use by all women, whether they have regular or irregular cycles, are breast feeding, post-partum, pre-menopausal or are discontinuing artificial contraception.

This brochure is sponsored by the Montana Knights Of Columbus
January 2021
Sharing the Gospel of Life, One Person, One Marriage, One Family at a Time!

**METHODS**

- BBT-Basal Body Temperature Method
- CB-Couple Bead Method
- CCL-Couple to Couple League
- CNM-Certified Nurse-Midwife
- CrMS-Creighton Method
- FCP-FertilityCare Practitioner
- FEMM-Fertility Education & Medical Mgmt.
- FNP-BC - Family Nurse Practitioner Board Certified
- MM-Marquette Model
- MSN-Master of Science in Nursing
- NFPMC-Natural Family Planning Medical Consultant
- OM-Ovulation Method
- STM-Sympto Thermal Method
- * Indicates Online Instruction Available

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**OUTREACH**

**Couple Bead Method**

- [www.milionline.org](http://www.milionline.org)

**Couple to Couple League International**

- Cincinnati OH 1-513-471-2000
  ccli@ccli.org www.ccli.org

**Creighton Model**

- [www.creightonmodel.com](http://www.creightonmodel.com)
  [www.fertilitycare.org](http://www.fertilitycare.org)
  [www.naprotechnology.com](http://www.naprotechnology.com)

**Marquette Model**

- [http://nfp.marquette.edu/](http://nfp.marquette.edu/)

**Maternal Life International**

- MaternalLifeInfo@gmail.com
  www.mlionline.org

**Family of the Americas Foundation – OM**

- 1-800-443-3395
  family@upbeat.com
  www.familyplanning.net

**Northwest Family Services – STM**

- Portland, OR 1-503-215-6377
  nfs@nwfs.org www.nwfs.org

**Pope Paul VI Institute – CrMS**

- Dr. Thomas Hilgers 1-402-390-6600
  Omaha, NE www.popepaulvi.com

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**ADDITIONAL INFORMATION:**

- [www.woomb.org](http://www.woomb.org) www.boma-usa.org
- [www.nfpoutreach.org](http://www.nfpoutreach.org) www.OMSoul.com

  Training in Spanish
  [www.aprendepfnenlinea.com](http://www.aprendepfnenlinea.com)
  [www.ccli.org](http://www.ccli.org)