

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.



**Knights of
Columbus®**

*This brochure is sponsored by the Montana
Knights Of Columbus
January 2021*

NFP - Fertility Awareness



Instructor Contacts for Montana

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

DOCTORS & PRACTITIONERS

Dr. George Mulcaire Jones, MD, CB
SCL Health Medical Group
Butte, MT 406-496-3600

Dr. Mark Zilkoski, MD
Family Practice/OB
Wolf Point, MT
406-653-2150

Carol Kolar, CNM, CCL
Women's Health Care Center
Helena, MT
406-457-4366

Meredith Krutar, MSN, FNP-BC, FCP, NFPMC
Offering Naprotechnology
meredith.krutar@mycatholicdoctor.com
www.mycatholicdoctor.com

Dr. Andy Gilbert, MD
Saint Peter's Health – Family Practice
Helena, MT 406-457-4180

CONSULTANTS

Sheila LeBrun, RN
406-208-5788
fullhouseof8@juno.com

INSTRUCTORS

***Meg Bradshaw, RN, MM, CB**
Butte, MT 406-490-6344
maternallifeinfo@gmail.com

***Beth Gallagher, FCP, CrMS**
Helena, MT 406-594-1572
bbbgallagher@msn.com

***Sara Grotbo, MS, FCP, CrMS**
Helena, MT 406-489-1378
sgrotbo.fcp@gmail.com

***Meredith Krutar, MSN, FNP-BC, FCP, NFPMC**
Offering Naprotechnology
meredith.krutar@mycatholicdoctor.com
www.mycatholicdoctor.com

***Joel and Katie LaLiberty, CCL, STM**
Belgrade, MT 970-231-5660
katie.laliberty@gmail.com

***Sarah Leslie, FCP, CrMS**
Helena, MT 406-461-4776
sarahheidlebaugh@gmail.com

Karen Miller, BBT, OM, STM
Great Falls, MT 406-868-3622
kkmiller86@hotmail.com

***Marissa Morford, FEMM**
Miles City, MT 406-233-3098
ed@outreachclinicmc.org

***Ben & Rita Pehl, CCL, STM**
Terry, MT 402-640-9494
benritapehl@gmail.com

Theresa Quebedeaux, RN, STM
Helena, MT 406-449-6489
quebduck@msn.com

***Adina Timmerman, PT, FCP, CrMS**
Helena, MT 701-226-5682
adina.timmerman@gmail.com

Angela Weisbrich, CrMS
Missoula, MT 605-201-7039
bigskyfertilitycare@gmail.com

OUTREACH

Couple Bead Method
www.mlionline.org

Couple to Couple League International
Cincinnati OH 1-513-471-2000
ccli@ccli.org www.ccli.org

Creighton Model
www.creightonmodel.com
www.fertilitycare.org
www.naprotechnology.com

Marquette Model
<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

ADDITIONAL INFORMATION:

www.woomb.org www.boma-usa.org
www.nfpoutreach.org www.OMSoul.com
www.fertilitycare.org www.Novuscor.com

Training in Spanish

www.aprendepfnenlinea.com
www.ccli.org