

Natural Family Planning

Natural family planning (NFP) is a term that describes natural methods used by couples to achieve or avoid pregnancy that align with Church teaching on married love. In contrast to contraception, NFP works cooperatively with a woman's menstrual cycle to identify days of fertility and infertility. With this knowledge, couples seeking to achieve pregnancy can utilize days of fertility for intercourse, while couples seeking to avoid pregnancy can abstain from intercourse during the window of fertility. This system is consistent with the Church's teaching on marriage and sexuality. It is also natural, safe, cost-effective, research-based and free from side effects!

There are a variety of NFP methods that exist. If you need help getting started, please see the information below about a few different systems.

Creighton Model FertilityCare System

Learn more at <https://creightonmodel.com/>

Kara Gotshall, RN, FCP – *Wisdom FertilityCare Center* (English instruction only)

- Schedule a FREE Introductory Session with Kara on her website (<https://www.wisdomfertilitycare.com/scheduling>)
- Email: wisdomfertilitycare@protonmail.com

Therese Rodriguez, FCP – *MyCatholicDoctor* (English and Spanish instruction)

- Schedule a Meet and Greet or Introductory Session with Therese through MyCatholicDoctor (<https://mycatholicdoctor.com/resources/doctors/therese-rodriguez/>)
- Call: 314-888-5233 ext. 1153

Katie Parris, CFCP – *St. Catherine FertilityCare Center* (English instruction only)

- Schedule an Introductory Session with Katie (<https://stcatherinefertilitycare.com/sign-up>)
- Email: katie@stcatherinefertilitycare.com

Jamie Hobor, BS, CFCP – *MyCatholicDoctor* (English instruction only)

- Schedule an Introductory Session with Jamie through MyCatholicDoctor (<https://mycatholicdoctor.com/resources/doctors/jamie-hobor-bs-cfcp/>)
- Call: 314-888-5233 ext. 1123

Arianna Banuelos, FCP (English and Spanish instruction)

- Call Arianna: (562) 458-8782
- Email Arianna: ariannabcrms@gmail.com

Billings Ovulation Method

Learn more about Billings at <https://billings.life/en/>

List of MyCatholicDoctor Providers - <https://mycatholicdoctor.com/providers/fertility-educator/sl-billings/>

SymptoThermal Method

SymptoPro Fertility Education - <https://symptopro.org/>

List of MyCatholicDoctor Providers - <https://mycatholicdoctor.com/providers/fertility-educator/sl-symptothermal/>

Marquette Method

Learn more about Marquette at <https://www.marquette.edu/nursing/institute-natural-family-planning/model.php>

Feminine Genius Ministries - <https://www.femininegeniusministries.com/>

Vitae Fertility Education - <https://www.vitae fertility.com/>

List of MyCatholicDoctor Providers - <https://mycatholicdoctor.com/providers/fertility-educator/sl-marquette/>