



NATURAL FAMILY PLANNING

- Up to 99% effectiveness rate, if properly learned and used according to instructions, for avoiding or delaying pregnancy.
- 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 & no harmful side effects.
- Enhances couple communication, building healthy marriages (less than 4% divorce rate).
- Incurs no ongoing costs after initial instruction and supplies.
- Ecologically Responsible. No environmental impact.

Sometimes called “periodic abstinence,” NFP is a way to achieve or avoid pregnancy by monitoring signs of fertility and infertility present in women. Couples who wish to avoid pregnancy abstain from all sexual relations during the fertile phase of the cycle.

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

Daily observations of one or more of the observable biomarkers: cervical mucus, vaginal sensations, basal body temperatures, and cervical changes, are charted. Clients are taught to cross-check and interpret these signs to determine fertile and infertile phases in a cycle, and to follow rules for postponing or achieving pregnancy.

*"Man cannot fully find himself
except through a sincere gift of himself."*

Gaudium et Spes

METHODS AVAILABLE

The Office of NFP offers classes, all learning materials and support from certified instructors in the following methods:

Sympto-Thermal Method – (S-T)

Biomarkers charted: cervical mucus, vaginal sensations, basal body temperature, and optional cervical changes. Small group classes with client-centered learning activities, and individual consultation is provided for at least four sessions and additional consultations are available as needed. Sympto-thermal classes are also available as an online course.

Ovulation Methods:

- 1. Family of Americas (FAF)**
- 2. Billings Ovulation Method Assoc. (BOMA)**
For both of these ovulation methods the biomarkers charted include cervical mucus and vaginal sensations. Offered as group instruction with individual follow-ups that are scheduled for three or more sessions, or until clients are autonomous in their use of the method.
- 3. Creighton Model (CrMs)**
Standardized daily observations of the biological marker of cervical mucus, which is essential to a woman's health and fertility, are charted. These biomarkers also telegraph abnormalities in a woman's health. CrMs is integrated with medical consultants who are trained in NaproTechnology, a system especially helpful for couples suffering from infertility and other gynecological abnormalities.

"Openness to life fosters openness to love."

CLASS OFFERINGS

To register: www.phxnfp.org

NFP Class Series (Marriage preparation requirement)

Tuition: \$130: per couple/person

\$145-\$170: online classes

\$175: CrMs (Intro + 5 follow ups)

\$30: per additional CrMs follow up

Includes: 4 -6 classes &/or private consultations

- Class materials
- Completion Certificate

Pre-Requisite:

For engaged couples - God's Plan for a Joy filled Marriage Seminar

Register at: www.ourcovenantoflovephx.org

Special Free Refresher Classes Available

We are here to support married couples in their use of NFP for their *entire reproductive life*. As family planning intentions & reproductive categories change, we support couples whenever they need a refresher class or chart review, at no charge. Also, at no charge, we offer *Special Circumstance* classes, for couples experiencing cycle irregularity either due to extended **breastfeeding** or due to **premenopausal** changes.

If you cannot attend one of these free refreshers, look on our Downloads section of our website to click through the presentation at your own convenience.

*Confidential, Compassionate, and Competent:
We are here for You!*



NFP-Only Doctors & Affiliates

Dr. Lori Carillo, M.D. FACOG Mesa 480-835-1716
<http://azobgyn.net/>

Dr. William Chavira, OB/Gyn. Phoenix 602-234-9611
<http://drchavira.com/>

Dr. Clint Leonard, OB/Gyn. Gilbert 480-355-8525
Lisa Clouse McDaniel, PA-C Morningstar OB/GYN
Sarah Adamo, PA-C www.morningstarobgyn.com
Mariel McDonald, PA-C

Dr. Deidre Wilson, D.O. CFCMC Phoenix 877-219-5782
azfertilitycare@gmail.com

“Contraceptives were never designed to improve a woman’s health.”

Dr. Deidre Wilson



C.A.L.L.

Register your teens in our new 3 year chastity program for high school teens!!
www.catholicacademyforlifeleadership.org

“ To experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life, but rather the minister of the design established by the Creator.” (Humanae Vitae 13) Pope Paul VI



Office of NFP

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**Spreading the Gospel
Of Life,
One Marriage,
One Family, at a Time**



**Diocese of Phoenix
Office of
Natural Family Planning**

