

**Diocese of Phoenix
Office of Natural Family Planning
400 East Monroe Street
Phoenix, AZ 85004**

**Office hours: M—F 8:00 a.m.—4:00 p.m.
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Email: nfp@diocesephoenix.org
Website www.phxnfp.org**

Cindy Leonard—Coordinator
Josefina Camou—Spanish Coordinator 623-466-0341
Maria Diaz—Administrative Assistant(bilingual)

Welcome to Natural Family Planning through the Diocese of Phoenix. Below is a summary of the four methods of NFP classes that we offer. Please go online to view the class schedules, register and pay for the classes in the method of NFP that you select. Any of the methods of NFP fulfill the requirements for Marriage Prep as long as the class series is completed prior to the wedding date. And remember, the pre-requisite for all of the NFP class series is completion of the God's Plan for Joy filled Marriage Seminar.

All Methods certified instructors will provide classes and private follow ups in a professional, strictly confidential manner. They provide all materials necessary for the couples to learn their selected method and will offer feedback during the learning phase, helping the couple learn to interpret the charts of the observations of their bio-markers of fertility and infertility. Though each method highlights specific biomarkers, clients are taught to crosscheck and interpret these signs to determine fertile and infertile phases in a cycle and the rules for postponing or achieving pregnancy.

Sympto-Thermal Method (ST) Observations are made daily of the biomarkers of cervical mucus, vaginal sensation, basal body temperature and cervical changes and recorded with symbols on a chart. The Diocese of Phoenix offers three options for instruction in the Sympto-Thermal Method of NFP.

1. Group instruction with Northwest Family Services: PowerPoint class presentations with client-centered learning activities and individual consultation for at least 4 sessions. After formal classes are complete, follow up meetings are scheduled to help provide client autonomy. Additional consultations are available as needed. (\$100)
2. Group instruction with an affiliate Couple to Couple League International, by contacting www.ccli.org. (\$135)
3. Northwest Family Services online course completed entirely on the Internet. (\$120)

Family of the Americas Foundation Ovulation Method (FAF)

Observations are made daily of the biomarkers of cervical mucus and vaginal sensations. Group instruction is offered for the first class. Individual follow-ups are then scheduled for at least three more sessions or until the clients are autonomous in their use of the method.

Billings Ovulation Method Association (BOMA)

Observations are made daily of the biomarkers of cervical mucus and vaginal sensations. . Group instruction is offered for the first two classes. Individual follow-ups are then scheduled for at least two more sessions or until the clients are autonomous in their use of the method.

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.

Group instruction is offered for the first session. One hour long follow- up sessions are scheduled individually with the instructor at 2, 4, 6, 8, and 12 weeks. (\$150)

Affiliates Also Offering NFP Classes and / or NFP-only Healthcare

Couple to Couple League: www.ccli.org (offers **Sympto-Thermal classes** at St. Timothy's and at Our Lady of Mt. Carmel parishes.

Dr. Clint Leonard, Ob/Gyn Morning Star Clinic
3011 S. Lindsay Rd., Ste #113, Gilbert AZ 85295
480-355-8525, **FAF/BOMA Instruction**

Dr. William Chavira, Ob/Gyn
600 W. Thomas Rd., Phoenix AZ 85013
602-234-9611 **Support/ Not Instruction**

Dr. Deidre Wilson, DO-
NaproTechnology Medical Consultant
Life Choices Women's Clinic
9309 N. 7th St., Phoenix AZ 85020
3516 W. McDowell Rd., Phoenix, AZ 85009
602-870-3586
www.womenlifechoiceclinic.com

Aid to Women Clinic
2039 S. Mill Ave., Suite A Tempe, AZ 85282
Dr. James Statt, Ob/Gyn 480-966-1902
www.aidtowomen.org
Support/ Not Instruction

1st Way Pregnancy Resource Ctr.
333 E. McDowell Rd., Phoenix, AZ 85004
602-261-7522 **Support/ Not Instruction**
www.1stway.net

Dr. Teresa Orth, Ob/Gyn
Maricopa Integrated Health System
2601 E. Roosevelt St., Phoenix, AZ 85008
602-344-5407 **Support/ Not Instruction**

No one is refused if unable to pay full tuition. If there are financial concerns, please ask us about a payment plan or a partial scholarship.

If mailing fee, make check payable to:

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