

NATURAL Family PLANNING CLASS DESCRIPTIONS



Diocesan NFP Class Series, familylife.colsdioc.org

The Marriage & Family Life Office offers small-group class series taught by diocesan trained and certified teachers. Series are available in either ovulation method (OM) or sympto-thermal method (STM). A complete class series includes classroom sessions, NFP workbook, chart booklet, thermometer (STM only), personal chart review and follow-up. Series cost is \$85 per couple.



Couple to Couple League NFP Class Series, www.ccli.org

Couple to Couple League Sympto-Thermal Method (STM) is taught in a series of three small-group classes spaced about a month apart. Series includes *The Art of Natural Family Planning Student Guide*; digital basal thermometer; chart booklet; six issues of *Family Foundations* magazine; *Fertility, Cycles & Nutrition*, personal chart review, and a free 90-day trial of CycleProGo. Series cost is \$140 per couple.

What's the Difference?

Ovulation Method (OM)

teaches observation of one primary fertility sign: sensation and physical aspects of cervical discharge.

Sympto-Thermal Method (STM)

tracks multiple fertility signs: typically cervical discharge, basal body temperature, and cervical position.

FertilityCare™ System

CREIGHTON MODEL

Creighton Model FertilityCare, www.fertilitycare.org

FertilityCare is a standardized program of ovulation method (OM) charting taught by trained allied health professionals. This method is often chosen by women with known gynecological or infertility issues. Classes consist of a group introductory session, followed by individual and personalized teaching sessions. Class fees vary by practitioner; costs may qualify as a MSA medical expense and may be covered under medical insurance.



Family of the Americas Foundation, www.familyplanning.net

Family of the Americas presents a simplified Ovulation Method (OM) that uses color stamps and mucus stickers to record fertility signs. Fees vary for materials and class sessions. Instruction, textbooks and chart booklets are available in English and Spanish.



Fertility Education & Medical Management, femmhealth.org

FEMM is an educational and preventative approach to healthcare for women. Women learn to identify their hormonal biomarkers as signs of health and fertility. This model of NFP is not faith-based but is consistent with Catholic teaching. For information about classes, contact FEMM Health Clinic, (614)360-9995 or columbus@femmhealth.org.

Class fees and materials are subject to change. Financial Assistance or sliding scale fees are available.

For home study and online class options contact the Marriage & Family Life Office at

614-241-2560 or familylife@colsdioc.org.