Natural Family Planning Classes Available in the Diocese of Columbus

Diocesan NFP Class Series, [www.familylife.org](http://www.familylife.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 or sympto-thermal method (see sidebar). Classes include private chart review and follow-up, print materials, CD-ROM of presentations, chart booklet and thermometer (for STM). Series cost is $85 per couple. [Schedule](#).

Couple to Couple League NFP Class Series, [www.ccli.org](http://www.ccli.org)
Couple to Couple League Sympto-Thermal Method 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* by Marilyn Shannon; personal chart review and accessibility to a CCL Teaching Couple, and a free 90-day CycleProGo Trial Subscription. Series cost is $140 per couple. [Schedule](#).

Creighton Model FertilityCare Classes, [www.fertilitycare.org](http://www.fertilitycare.org)
FertilityCare is a standardized program of ovulation method 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. To register, contact a local practitioner directly: [Teacher list](#).

Fertility Education & Medical Management, [http://femmhealth.org](http://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 or early indicators of abnormalities. By understanding this information, women are better able to make healthcare and family planning choices and cooperate with medical providers to improve health and fertility outcomes. For information about classes, contact FEMM Health Clinic, (614)360-9995 or [columbusclinic@femmhealth.org](mailto:columbusclinic@femmhealth.org).

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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.