

## Why learn Fertility Awareness?

- 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
- All-natural
- Incurs no ongoing costs after initial instruction and supplies
- Ecologically Responsible
- No environmental impact
- Health benefits - no artificial hormones or chemicals - therefore NO HARMFUL SIDE EFFECTS
- Accurate, science based and statistically proven

## Who is the class for?

All adults, preferably couples learn together, and young adult with parent.

## How much does it cost?

Contact individual instructors for details.

# Natural Family Planning: Learn about the healthiest choice to achieve or postpone pregnancy

## What is Natural Family Planning (NFP)?

Observing a woman's biological signs of fertility and / or using an objective hormone monitoring device

This information is used to either naturally achieve or postpone pregnancy

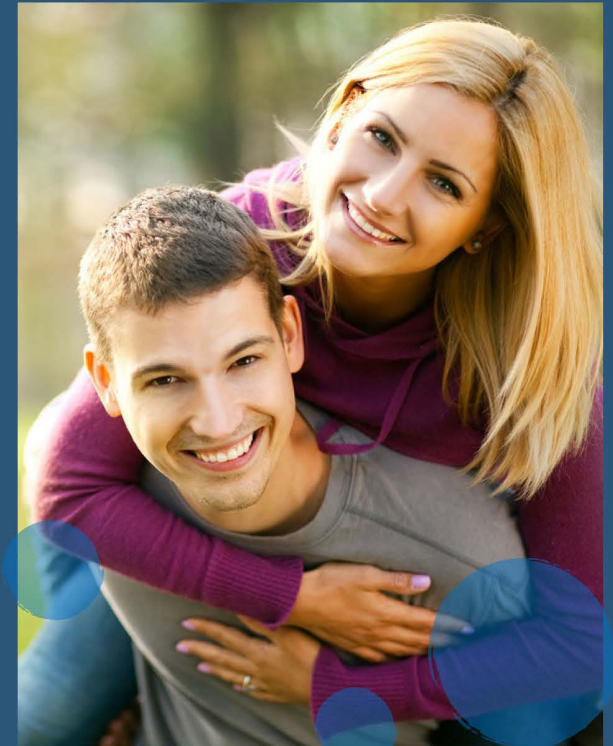
Compatible for use by all women, whether they have regular or irregular cycles, are breast feeding, post-partum, pre-menopausal or are discontinuing artificial contraception.



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# NFP - Fertility Awareness



## Instructor Contacts for Montana

# Sharing the Gospel of Life, One Person, One Marriage, One Family at a Time!

## METHODS

- BBT-Basal Body Temperature Method
- CB-Couple Bead Method
- CCL-Couple to Couple League
- CNM-Certified Nurse-Midwife
- CrMS-Creighton Method
- FCP-Fertility Care Practitioner
- FEMM-Fertility Education & Medical Mgmt.
- FNP-BC – Family Nurse Practitioner Board Certified
- MM-Marquette Model
- MSN-Master of Science in Nursing
- NFPMC-Natural Family Planning Medical Consultant
- OM-Ovulation Method
- STM-Sympto Thermal Method
- \* Indicates Online Instruction Available

## DOCTORS & PRACTITIONERS

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## CONSULTANTS

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## INSTRUCTORS

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## OUTREACH

**Couple Bead Method**  
[www.mlionline.org](http://www.mlionline.org)

**Couple to Couple League International**  
Cincinnati OH 1-513-471-2000  
[ccli@ccli.org](mailto:ccli@ccli.org) [www.ccli.org](http://www.ccli.org)

**Creighton Model**  
[www.creightonmodel.com](http://www.creightonmodel.com)  
[www.fertilitycare.org](http://www.fertilitycare.org)  
[www.naprotechnology.com](http://www.naprotechnology.com)

**Marquette Model**  
<http://nfp.marquette.edu/>

**Maternal Life International**  
[MaternalLifeInfo@gmail.com](mailto:MaternalLifeInfo@gmail.com)  
[www.mlionline.org](http://www.mlionline.org)

**Family of the Americas Foundation – OM**  
1-800-443-3395  
[family@upbeat.com](mailto:family@upbeat.com)  
[www.familyplanning.net](http://www.familyplanning.net)

**Northwest Family Services – STM**  
Portland, OR 1-503-215-6377  
[nfs@nwfs.org](mailto:nfs@nwfs.org) [www.nwfs.org](http://www.nwfs.org)

**Pope Paul VI Institute – CrMS**  
Dr. Thomas Hilgers 1-402-390-6600  
Omaha, NE [www.popepaulvi.com](http://www.popepaulvi.com)

## ADDITIONAL INFORMATION:

[www.woomb.org](http://www.woomb.org) [www.boma-usa.org](http://www.boma-usa.org)  
[www.nfpoutreach.org](http://www.nfpoutreach.org) [www.OMSoul.com](http://www.OMSoul.com)  
[www.fertilitycare.org](http://www.fertilitycare.org) [www.Novuscor.com](http://www.Novuscor.com)

Training in Spanish

[www.aprendepfnnenlinea.com](http://www.aprendepfnnenlinea.com)  
[www.ccli.org](http://www.ccli.org)