

## Couple to Couple League NFP



The **Couple to Couple League** provides Natural Family Planning (NFP) instruction that is both thorough and engaging. Our Mission: To inspire, educate and support couples in family planning that is natural, effective, healthy and consistent with God's plan for life, love and marriage.

- CCL is the largest NFP provider in the U.S.
- Founded in 1971
- Offers classes 3 ways: live onsite, live online, and self-paced online
- 98% of students say the class was beneficial to them.
- 92% of students would recommend the class to a friend.

Live the love...discover Natural Family Planning!

### What is the Sympto-Thermal Method

The Sympto-Thermal Method (STM) taught by CCL is based on key signs of fertility: cervical mucus, basal body temperature, and changes in the cervix (an optional sign). By observing, recording, and interpreting these signs, couples are able to determine the woman's fertile and infertile times of her cycle.

These signs are easily noticed by any woman who has learned to watch for them. It takes only a minute or two each day to record them in CCL's mobile app, PeakDay, or on a paper chart. Couples then have a complete picture of their fertility.

In the Diocese of Great Falls-Billings

Ben and Rita Pehl were married in 2013 and live near Terry, MT. They are blessed to be raising their three children on the family farm. They began teaching the Sympto-Thermal Method with the Couple to Couple League in 2019. They took NFP classes from CCL when they were engaged, and it has been a huge blessing in their marriage, helping to deepen their love and trust for each other and for God. They hope that the NFP classes they teach will bless other couples in the same way!

Register for classes here: <https://ccli.powerappsportals.com/en-US/> or contact Ben and Rita for more information at [benritapehl@gmail.com](mailto:benritapehl@gmail.com) or 402-640-9494.

### Method Matcher

Need help choosing an NFP method that works best for you? Check out the Method Matcher! Answer some simple questions, and be matched with an NFP method that fits you!

<https://fertilityscienceinstitute.org/method-matcher/>