

# FIVE CHOICES TO PLAN *Your Family*

There are several methods of NFP, each based on a different combination of observable signals, instruction methods and support systems. The following methods are available within the Archdiocese of St. Louis and each have *online learning available*.

Helping you choose the method to best fit your needs.



INSTRUCTION METHOD



PROVIDERS



OBSERVATIONS



SUPPORT



STL LOCATIONS

## BILLINGS OVULATION



Avoid or achieve pregnancy



External mucus discharge patterns with sensation

[boma-usa.org](http://boma-usa.org)



Group or Private Introductory Session



Minimum of three private follow-up sessions recommended; Ongoing follow-ups available



Certified volunteer women



Mercy Hospital South

## CREIGHTON MODEL SERVICES



Avoid or achieve pregnancy

\*Assists in diagnosis & treatment of reproductive disorders through NaPro TECHNOLOGY



External mucus discharge; Patterns of dryness & bleeding

[fertilitycare.org](http://fertilitycare.org)



Group or Private Introductory Session; Eight private follow-up sessions in first year



Ongoing follow-ups available; Physicians and practitioners often collaborate



Certified by the American Academy of FertilityCare™ Professionals



Mercy Hospitals, SSM Health Centers, SLU Campus, some parishes & physician practices

## MARQUETTE MODEL



Avoid or achieve pregnancy



Choice of Electronic fertility monitor and/or external mucus

[marquettefertilityed.com](http://marquettefertilityed.com)



Group Introductory Session; Three monthly group classes



Private consultation available at meetings as well as between meetings



Certified Registered Nurses



Parish based

## COUPLE TO COUPLE LEAGUE



Avoid or achieve pregnancy



External mucus discharge & basal body temperature

[ccli.org](http://ccli.org)



Group Introductory Session; Group follow-up



Private consultation available at meetings as well as between meetings



Certified volunteer husband & wife couples



Parish Based

## SYMPTOPRO FERTILITY EDUCATION



Avoid or achieve pregnancy



Internal/external mucus, cervix, basal body temp, vaginal sensation

[symptopro.org](http://symptopro.org)



3 group sessions - meeting every 2 weeks



Follow-up before or after session; monthly follow-up for 6 months; lifetime support



Certified female instructor



Parish based