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.

**BILLINGS OVULATION**
- Group or Private Introductory Session
- Minimum of three private follow-up sessions recommended; Ongoing follow-ups available
- Certified volunteer women
- Mercy Hospital South
- Avoid or achieve pregnancy
- External mucus discharge patterns with sensation
- boma-usa.org

**CREIGHTON MODEL SERVICES**
- 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
- Avoid or achieve pregnancy
- External mucus discharge; Patterns of dryness & bleeding
- fertilitycare.org

**COUPLE TO COUPLE LEAGUE**
- Group Introductory Session; Group follow-up
- Private consultation available at meetings as well as between meetings
- Certified volunteer husband & wife couples
- Parish Based
- Avoid or achieve pregnancy
- External mucus discharge & basal body temperature
- ccli.org

**MARQUETTE MODEL**
- Group Introductory Session
- Private consultation available at meetings as well as between meetings
- Certified Registered Nurses
- Parish based
- Avoid or achieve pregnancy
- Choice of Electronic fertility monitor and/or external mucus
- marquettefertilityed.com

**SYMPTOPRO FERTILITY EDUCATION**
- 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
- Avoid or achieve pregnancy
- Internal/external mucus, cervix, basal body temp, vaginal sensation
- symptopro.org