SAVANNAH AREA
Sally Kennedy - Creighton Method
912-354-3065 $75
Betsy DeBry - Sympto-Thermal Method at 912-756-2949 or betsydebry@comcast.net $75

AUGUSTA AREA
Joanna Watwood – Creighton Method $75
joannawatwood@gmail.com

COLUMBUS AREA
Michelle and Jeff Chardos Couple to Couple League $140
706-569-8512 or threeplycord@knology.net

MACON AREA
Mary Stroupe – Northwest Family Services $90
478-394-3196 or mcstroupe@bellsouth.net

DOUGLAS and VALDOSTA AREAS
Paula Harrigan and Jimmy Biggerstaff
Northwest Family Services $75
229-794-3473 or paulaandjimmy@windstream.net

The Diocese of Savannah promotes the use of NFP at the Pre-Cana workshops and through classes scheduled directly with trained instructors.

On-line classes are also available at www.learnfponline.com. This is especially helpful in areas underserved by our teachers.

DIOCESE OF SAVANNAH
601 East Liberty Street
Savannah, Georgia 31401

www.diosav.org/familylife

Phone: 912-201-4100

Family Life Office

DIOCESE OF SAVANNAH
NATURAL FAMILY PLANNING PROGRAM

Safe, Healthy Effective Fertility Awareness Instruction
What is Natural Family Planning?

Natural Family Planning (NFP) refers to natural methods used for avoiding or achieving pregnancy which are based on a couple’s awareness of the woman’s naturally occurring times of fertility and infertility.

NFP reflects the dignity of the human person within the context of marriage and family life, promotes openness to life, and recognizes the value of the child. By respecting the love-giving nature of marriage, NFP can enrich the bond between husband and wife. When couples are taught by competent teachers, understand the methods, and are motivated to follow them, NFP is up to 99% successful in spacing or limiting births.

Some of the natural methods are:

The **Ovulation Method**: a technique of natural fertility control which is based on the understanding of regular changes in the woman’s cervical mucus. Couples then use this knowledge to reliably identify the times when they are fertile and infertile. The Ovulation Method was developed by Dr. Billings (www.billings-centre.ab.ca) and is used around the world as an effective and scientifically tested way to avoid or achieve pregnancy. Northwest Family Services teachers promote this method.

The **Sympto-Thermal Method**: the oldest effective natural method still in use in the United States. It involves the observation of regular changes in a woman’s cervical mucus and body temperature as well as other physical signs. Teachers are trained here in Savannah.

CREIGHTON (FertilityCare™ System), relies upon the standardized observation and charting of biological markers that are essential to a woman’s health and fertility. These 'biomarkers" tell the couple when they are naturally fertile and infertile, allowing the couple to use the system either to achieve or to avoid pregnancy. The Creighton Model FertilityCare™ System is a standardized modification of the Billings Ovulation Method.

The “**Couple to Couple League**” (CCL) Method: teaches the symptom-thermal method of NFP which entails the understanding and interpretation of temperature, mucus and cervical changes. All of these symptoms, when crosschecked, provide a woman with a very accurate interpretation of her individual cycle and a full picture of fertility awareness.

To become a nfp teacher contact www.familylife@diosav.org