

# NATURAL FAMILY PLANNING OPTIONS

For marriage prep at St. Dominic Church, all couples are required to attend an introductory course on Natural Family Planning (NFP). Both spouses-to-be need to intend: fertility and its stewardship is an important gift both spouses need to understand and support each other in. Below are options for methods, instruction, and locations. You are strongly encouraged to sign up for follow-up sessions to fully learn the method you choose, and to practice that method. In order to find classes offered in the area, visit <http://adw.org/nfp/> . On this webpage you will find a link to a listing of upcoming classes in various methods offered at different times and locations. If interested in particular method and instructor, you can simply contact the instructor directly in order to find a time to attend an introductory course, which often involves more than one meeting. Costs vary for introductory sessions and follow-up sessions. A number of these instructors offer classes online or via Skype. Attending the class in person is always preferable.

## CREIGHTON METHOD

*Women observe the external mucus that is produced when estrogen alerts them to approaching ovulation. When progesterone is high, cervical crypts produce a thick mucus that is very difficult for sperm to penetrate and usually is not visible externally. The standardization of this model has expanded its use to assist in the diagnosis and treatment of many gynecologic conditions, including PMS, endometriosis, infertility, polycystic ovary disease, etc. Learning takes place, primarily in hospitals, through a series of private follow-ups by a Fertility Care Practitioner after a group Introductory Session is attended. For more information, visit <http://www.creightonmodel.com>*

<p><b>Gaithersburg FertilityCare</b> Therese Rodriguez, RN, CFPC</p>	<ul style="list-style-type: none"> <li>• DC Metro area</li> <li>• 3 Meetings (\$130)</li> <li>• 1<sup>st</sup> Meeting usually at Holy Cross Hospital at either Silver Spring or Germantown, MD, or live online</li> <li>• 2 remaining meetings: live online with instructor, on in person at your location for traveling costs, or at other mutually agreeable location for no extra cost</li> <li>• Website: <a href="http://www.metroDCfertilitycareRN.com">www.metroDCfertilitycareRN.com</a></li> <li>• Contact Therese Rodriguez, RN at <a href="mailto:metrodcfertilitycarern@gmail.com">metrodcfertilitycarern@gmail.com</a> or 301-512-7451</li> </ul>
<p><b>Caritas FertilityCare</b> (Local Instructors: Beth Berard, Alison Contreras, Joseph Lanzilotti)</p>	<ul style="list-style-type: none"> <li>• Intro Class (\$50): 1 evening, 2 hours</li> <li>• Website: <a href="https://dcfertilitycare.com">https://dcfertilitycare.com</a></li> <li>• Beth Berard (Laurel, MD / 734-649-3061 / <a href="mailto:bethberard.cfc@gmail.com">bethberard.cfc@gmail.com</a>)</li> <li>• Alison Contreras (Hyattsville, MD / will teach in DC / Maryland area / 713-702-7232 / <a href="mailto:Alison.crms@gmail.com">Alison.crms@gmail.com</a>)</li> <li>• Joseph Lanzilotti ( Hyattsville, MD / willing to travel / 973-534-4625 / <a href="mailto:JosephLanzilotti@gmail.com">JosephLanzilotti@gmail.com</a> )</li> </ul>
<p><b>Dr. Vivian Lugo-Eschenwald</b> (Family Practice) Family Medicine Associates of Alexandria</p>	<ul style="list-style-type: none"> <li>• Address: 2000 N Beauregard St, Suite 330, Alexandria, VA 22311</li> <li>• Website: <a href="http://www.fmaa.com">http://www.fmaa.com</a></li> <li>• Phone: 703-370-2400 / 571-260-0070</li> </ul>

## OVULATION METHOD

*Observing cervical mucus patterns allows women to recognize their times of fertility and infertility and is key to recognizing any ovulatory dysfunction which would require professional evaluation and care. Women are taught to observe the sensation at the vulva (the vaginal opening) as they go about their normal daily activities and to notice whether or not cervical mucus is visible when they use the bathroom. Through these observations and by keeping a written record describing what they experience, women are able to identify their own particular patterns of fertility and infertility. For more information: [www.boma-usa.org](http://www.boma-usa.org) or [www.woomb.org](http://www.woomb.org)*

<p><b>Family of the Americas</b> KC Schnitker</p> <p>OR</p> <p>Natalie Calvino</p> <p>OR</p> <p>Wayne &amp; Kelly Van Ryswick</p>	<ul style="list-style-type: none"> <li>• 7 instructors in southern MD</li> <li>• Intro Class: 2 evenings, 2.5 hours each (Tuesdays)</li> <li>• KC Schnitker <a href="mailto:crstoreyfarm@yahoo.com">crstoreyfarm@yahoo.com</a></li> <li>• Natalie Calvino (<a href="mailto:nataliecalvino@gmail.com">nataliecalvino@gmail.com</a>) teaches Friday evening classes 4 times a year; private classes also available for \$40 more</li> <li>• Wayne and Kelly Van Ryswick (<a href="mailto:wkvanryswick@md.metrocast.net">wkvanryswick@md.metrocast.net</a>) teach 2 classroom sessions for \$100, offered 4 times a year at Our Lady's Church at Medley's Neck in Leonardtown, MD; also available as needed</li> </ul>
<p><b>Alicia and Pedro Esteban</b> (Spanish)</p>	<ul style="list-style-type: none"> <li>• Intro Class: 2 mornings, 2.5 hour each (Saturdays)</li> <li>• Email <a href="mailto:aliolesteban@hotmail.com">aliolesteban@hotmail.com</a></li> </ul>
<p><b>Natural Family Planning Center of Washington, DC</b> (Billings Ovulation Method with Sr. Hanna Klaus, M.D.)</p>	<ul style="list-style-type: none"> <li>• 1 hour and a half evening introduction starting at 8pm, plus individual follow up appointments as long as needed</li> <li>• No fee, but \$25 donation recommended</li> <li>• Email: <a href="mailto:hannaklaus@gmail.com">hannaklaus@gmail.com</a></li> <li>• Or call: 301-897-9323</li> </ul>

## SYMPTO-THERMAL METHOD

*The STM is highly accurate with a 99% effective rate for postponing pregnancy and can help pinpoint ovulation to help them achieve pregnancy faster. It teaches couples how to apply three major signs of fertility: cervical fluid, basal body temperature, and cervical position. (The cervical position is an optional sign to use.) For more information, visit <https://ccli.org> . For the different lesson options, visit <https://ccli.org/learn-nfp-from-ccl/main-course-descriptions/class-comparison-chart/>*

<p><b>Couple to Couple League</b> Andy &amp; Kim Cardwell</p> <p>OR</p> <p>Santiago &amp; Melissa Solares</p>	<ul style="list-style-type: none"> <li>• Three options for courses:             <ol style="list-style-type: none"> <li>(1) three live onsite classes, one month apart - \$130</li> <li>(2) three virtual live online classes, one month apart - \$130</li> <li>(3) self-paced online with interactive video lessons - \$110</li> </ol> </li> <li>• Cost above + shipping includes lessons and materials</li> <li>• Andy and Kim Cardwell teach in their home in Southern, MD (in Southern Prince George's County). Email <a href="mailto:kimberly.cardwell@gmail.com">kimberly.cardwell@gmail.com</a> or call 301-481-8463.</li> <li>• Santiago and Melissa teach in Bowie, MD. Email <a href="mailto:mbalcer7337@hotmail.com">mbalcer7337@hotmail.com</a> or call 301-262-8426.</li> </ul>
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