

Natural Family Planning

Natural Family Planning (NFP) is a safe, effective way to help a couple achieve pregnancy, space out pregnancies, or avoid pregnancy. It is not contraception. Modern methods of NFP are safe and clinically proven to be highly effective at avoiding pregnancy, when used properly. These methods are not the old "rhythm method". Modern methods of NFP are based on the readily observable signs of fertility and infertility present in each menstrual cycle. So any woman, regardless of the regularity or irregularity of her cycles, can use NFP effectively.

NFP has no harmful physical side effects. It fosters authentic marital love, respect, honesty, and couple communication. It also fosters trust in God and an authentic marital spirituality that deepens the couple's relationship with Christ and his Church. NFP, when used properly, is "marriage insurance." Surveys indicate couples who practice NFP have a practically non-existent divorce rate. This is because practicing NFP fosters those very same virtues that are necessary for a healthy marriage. It allows intercourse to be a true expression, renewal, and deepening of the couple's commitment to their marriage vows.

CATHOLIC CHARITIES

1800 East McFadden Avenue – Santa Ana, California 92705
Telephone (714) 347-9646 – email afrausto@ccoc.org

Catholic Charities of Orange County offers, in English and Spanish, the Billings Ovulation Method and the Creighton Model of FertilityCare (NaProTechnology). Free monthly introductory sessions are offered for couples to learn about the Billings Model and the Creighton Model of NFP. Then, if couples wish to take instruction, individual follow-up sessions are scheduled to learn the method and to practice it effectively. The fee per session is \$35.

To make an appointment or for further information, contact Angie Frausto, the Teacher/Practitioner by calling (714) 347-9646 or email at AFrausto@ccoc.org

Dates

English Only

August 2, 2008 (11 AM)
October 4, 2008 (11AM)
December 6 2008 (11 AM)
February 7, 2009 (11 AM)
April 4, 2009 (11AM)
June 6, 2009 (11 AM)

Spanish Only

September 6, 2008 (11AM)
November 1, 2008 (11 AM)
January 3, 2009 (11AM)
March 7, 2009 (11AM)
May 2, 2009 (11AM)
July 2009 (No Informational Session)

For additional information you may also contact
Mary Offenheiser @ (714) 347-9661 or moffenheiser@ccoc.org

THE COUPLE TO COUPLE LEAGUE OF ORANGE COUNTY

1924 Whittier Avenue · Costa Mesa, California 92627-4158
Telephone/FAX: (949) 722-8464 · email: redoutey@sbcglobal.net - Web site www.ccli.org

- Effective use involves learning the Sympto-Thermal Method from a certified NFP Provider.
- Classes being scheduled on ongoing bases. Schedule with Marc & Michelle Redoutey.
- A home-study course is also available.