

Convalidation

Bringing YOUR Marriage
into THE Church

NFP (NATURAL FAMILY PLANNING) DISTANCE LEARNING

Learn how to use a method of NFP in your marriage in your own home from one of the following schools:

Billings Ovulation Method Association – USA (BOMA-USA)

P.O. Box 2135

St. Cloud, MN 56302

Website: www.boma-usa.org

(651) 699-8139

(320) 654-6486 FAX

Email: boma-usa@msn.com

- BOMA provides client education in the Billings Ovulation Method™ (BOM™). BOM™ is a cervical mucus method created by the Drs. John and Evelyn Billings of Melbourne, Australia.
- BOMA-USA is the only authorized representative of the BOM™ in the United States.
- Distance learning for client education is provided through WOOMB-International at <http://www.thebillingsovulationmethod.org> or www.fertilitypinpoint.com. Multi-languages are available.

Couple to Couple League (CCL)

P.O. Box 111184

Cincinnati, Ohio 45211-1184

or:

4290 Delhi Pike

Cincinnati, OH 45238

Website: <http://www.ccli.org>

1-800-745-8252

Email: info@ccli.org

- CCL provides client education in the Sympto-Thermal Method (STM). STM is a multi-indexed method. It teaches detection of cervical mucus, the Basal Body Temperature and cervical changes besides other secondary fertility symptoms.
- Client education (English and Spanish) is provided by professionally certified teaching couples in their local areas or via live on-line classes. A Self-Paced Online Class is also an option; this is a video-based version of the live class, with support available through phone and e-mail contact.

Family of the Americas Foundation (FAM)

P.O. Box 1170

Dunkirk, MD 20754

Website: <http://www.familyplanning.net>

(301) 627-3346 (301) 627-0847 FAX

Email: familyplanning@yahoo.com

- FAM provides client education in the cervical mucus method. This approach to NFP is founded on the work of the Drs. Billings.
- FAM offers a client correspondence course via the US Postal system. An interactive CD program is an added feature of this curriculum. The Spanish language and multi-languages are available.

Marquette University College of Nursing Institute for NFP (MINFP)

P.O. Box 1881

Milwaukee, WI 53201-1881

(414) 288-3838

(414) 288-1939 FAX

Website: <http://www.marquette.edu/nursing/natural-family-planning/index.shtml>

Email: richard.fehring@marquette.edu

- MINFP provides client education in the Marquette Model, a Sympto-Hormonal method of NFP. This method is similar to STM with the added feature of teaching electronic hormonal monitoring.
- MINFP offers on-line client education (English and Spanish). To learn the method see <http://nfp.marquette.edu>.

NFP International (NFPI)

Distributed by the Natural Family Planning Program,
Secretariat for Laity, Marriage, Family Life & Youth, USCCB

Website: <http://www.nfpandmore.org>

NFPI provides client education in Dr. K. Prem's Cross-Check Method (also called "STM") at: <http://www.nfpmandmore.org/nfphowto.shtml> The NFPI approach is grounded in a philosophy of marital generosity and chastity. The principles of Ecological Breastfeeding for natural child spacing are also taught.

- This economical and easy to follow program makes use of a question and answer format as seen in their text, *Natural Family Planning: The Complete Approach*.
- Access to an NFP master teacher is via e-mail.
- Completion certificate is sent to requesting priests and deacons.

Northwest Family Services (NWFS) - SymptoPro Fertility Education

6200 SE King Road
Portland, OR 97222

Website: <http://www.nwfs.org/>

(503) 546-6377

(503) 546-9397 FAX

Email: service@nwfs.org

- NWFS provides client education in the SymptoPro method ("STM"), a multi-indexed method of NFP that teaches the detection and interpretation of cervical mucus, basal-body temperature (BBT) and changes in the cervix. It also teaches how to interpret secondary signs of fertility.
- NWFS offers a client correspondence course via the US Postal system, a client Internet course and also a combination of correspondence and on-line education for clients who request both.
- Spanish language education is available.
- A chart app. is available at no extra cost for Internet clients. All others will pay a one-time fee at time of purchase.