

¿Qué es la PFN?

La PFN (Planificación familiar natural) es un término general que incluye varios métodos que se usan para lograr o posponer los embarazos. Estos métodos están basados en la observación de las señales naturales que suceden en la fase fértil del ciclo de fertilidad de la mujer.

La PFN refleja la dignidad de la persona humana y respeta el plan de Dios para el matrimonio.

El Centro de Formación para la Vida Familiar y la Arquidiócesis de Omaha invita a todas las parejas casadas y comprometidas a aprender más sobre la PFN. Aunque se puede aprender en cualquier momento de la vida, es mejor aprenderlo de 4 a 6 meses antes de casarse.

Para más información o clases:

Centro de Formación para la Vida Familiar
Family.ArchOmaha.org

Familia de las Américas

Llame al 402-557-5513

(se habla español) o escriba a

mfloreschavez@archomaha.org

<https://familyplanning.net/es/familia-de-las-am%C3%A9ricas>

Sistema de Apreciación de la Fertilidad

402.547.3697 (mandar texto opcional)

Raymundo Montes - josraymontes@gmail.com

http://www.popepaulvi.com/fcco_Spanish.php

La Liga de Pareja a Pareja

402-557-5513 (inglés)

www.planificacionfamiliar.net

More Information:

Center for Family Life Formation

Family.ArchOmaha.org

Couple-to-Couple League

www.cclomaha.org, www.ccli.org

402.571.4111, cclomaha@cox.net

FertilityCare Centers of America

www.fertilitycare.org, www.popepaulvi.com

402.392.0842, fcco@popepaulvi.com

Family of the Americas

www.familyplanning.net

402-557-5522

Natural Family Planning International

www.facebook.com/nfpandmore

www.nfpandmore.org

nfpandmore@nfpandmore.org

(740) 457-9663

Other Resources

www.nfpoutreach.org

www.onemoresoul.com

www.livingthesacrament.com

www.tobinstitute.org

Family.ArchOmaha.org

family@archomaha.org

Phone: 402.551.9003 x1312

Toll Free: 888.800.8352

Fax: 402.551.3050

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ARCHDIOCESE of OMAHA

CENTER for
FAMILY LIFE
FORMATION

Planificación Familiar Natural Natural Family Planning Arquidiócesis de Omaha Archdiocese of Omaha



Imagínense un matrimonio abierto a la voluntad de Dios.

Una vida libre de los efectos dañinos de los anticonceptivos. Bienvenidos a la **Planificación Familiar Natural.**

Imagine a marriage open to God's will. A life free from the harmful side effects of contraception. Welcome to **Natural Family Planning.**

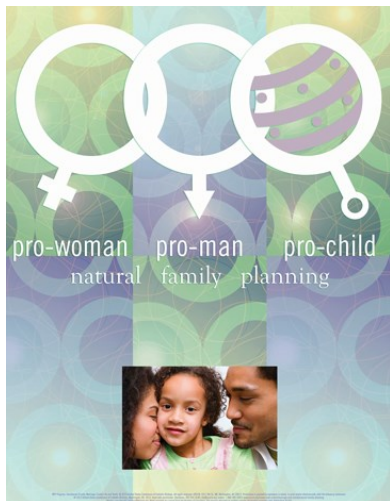
What is NFP?

“NFP is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.

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 and life-giving natures of marriage, NFP can enrich the bond between husband and wife.”

-USCCB *Standards for Diocesan Natural Family Planning Ministry*

The Center for Family Life Formation promotes NFP education in the Archdiocese of Omaha and invites all married and engaged couples to take a full course. Although NFP can be learned at any point in one's life, we recommend you begin classes at least 4-6 months before your wedding.



NFP Teachers in the Archdiocese of Omaha

Contact a teacher to sign up for classes or ask for more information. Websites listed on back of brochure.

Urban

Central Omaha

Couple-to-Couple-League, Jim and Linda Daskiewicz.....402.734.0637, landjdask@acweb.com
Couple-to-Couple-League, Dave and Jynell Brockhaus.....402.697.1245, jynellbrockhaus@gmail.com
FertilityCare Center, multiple teachers available.....402.392.0842, fcco@popepaulvi.com

Northwest Omaha

Couple-to-Couple-League, Joe and Agatha Poteat.....402.505.6195, jgpoteat@yahoo.com
FertilityCare, Ann Thoms, CFCP.....402.965.9511, dathoms@cox.net

Southwest Omaha and Gretna

Couple-to-Couple-League, Jason and Lynnette Oberg402.616.5702, lynnetteoberg@cox.net
FertilityCare, Tracie Youell, CFCP.....402.953.4598, yallyouells@yahoo.com
Couple-to-Couple-League, Troy and Anne Easterday402.593.8846, annee@datamojo.com

East Omaha

Couple-to-Couple League, Mike and Denise Terneus.....402-502-1347, terneus@aol.com

Rural

Fordyce

FertilityCare, Donna Kramer, CFCP.....402.357.3596, donna.kramer74@gmail.com

Fremont

FertilityCare, Shelly Meyer, CFCP.....402.720.1862, smmeyer77@gmail.com

Columbus/David City

FertilityCare, Kristin Schelle, FCPI.....402.429.1218, kscheele28@gmail.com

Madison

FertilityCare, Theresa Pfeifer, FCPI.....402.920.2642, theresapfeifer79@yahoo.com

Norfolk

Couple-to-Couple League, Mark & Johnna Miller.....402.844.3550, millerfamily@cableone.net

Spaulding

FertilityCare, Jodi Bunting Glaser, FCPI.....402.689.7520, jodibunting@hotmail.com

West Point

FertilityCare, Linda Cihacek, FCPI.....402.372.2734, lcihacek@fcswp.org

Wynot

FertilityCare, Minette Paltz, FCP.....402.357.2669, paltz4@gpcom.net

Anywhere

Couple-to-Couple League Online Classes.....www.ccli.org, click “Search/Register,” at bottom of new window click “View virtual class listings”

Couple-to-Couple League Home Study Course.....www.ccli.org, click “CCL Home Study Course”

FertilityCare Center of Omaha, phone/Skype classes.....402.392.0842

Natural Family Planning International Home Study.....Click on “Home Study Course” at www.nfpandmore.org