

# Fertility Awareness/NFP Resources

## Benefits

- 100% Natural
- Can be used to achieve or postpone pregnancy
- 99% effective at postponing pregnancy without harmful chemicals
- Couples report an increased respect for femininity and their mutual fertility

## Classes

- Couple-to-Couple League Sympto-Thermal Classes
  - [ccli.org](http://ccli.org) or [cclomaha.org](http://cclomaha.org)
  - In-person and online classes available
  - Includes an app to help track your observations, a thermometer and a certificate of completion
- FertilityCare Centers of America
  - [fertilitycare.org](http://fertilitycare.org)
  - In-person and long-distance classes available in connection with PPVI
  - Couples are able to identify and work with doctors to treat underlying health issues (endometriosis, PCOS, irregular cycles, infertility etc.)
- Marquette Model
  - [nfp.marquette.edu](http://nfp.marquette.edu)
  - In-person (Lincoln instructor) and online instruction available
  - Uses current technology (monitor, online charting and fertility apps) along with observations

## Keep Learning and Discussing Together

- Center for Family Life Formation (CFLF), Archdiocese of Omaha
  - Contact CFLF for current information on upcoming classes and fun couple's events
  - [Family.ArchOmaha.org](http://Family.ArchOmaha.org) > Respecting Life > Natural Family Planning
- Get connected with other couples through various Facebook groups
  - [Couple to Couple League](#)
  - [Fertility Care Creighton & NaPro User Support Group](#)
- One More Soul: [onemoresoul.com](http://onemoresoul.com) -Online searchable directory of pro-life doctors who support the use of NFP. Includes: NFP, pro-life, and medical resources
- NFP Outreach: [nfpoutreach.org](http://nfpoutreach.org) -Treasure trove for those looking for good information on natural family planning and the many issues related to NFP
- [LivingTheSacrament.com](http://LivingTheSacrament.com) -Online NFP community for women to discuss their questions about NFP and marriage with other women



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