

## ¿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 Planificación Familiar Natural.

¡Vale la pena!

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:

Llame al 402-557-5513

o escriba a [mfloreschavez@archomaha.org](mailto:mfloreschavez@archomaha.org)

### Oficina de Vida familiar

[Family.ArchOmaha.org](http://Family.ArchOmaha.org)

### Familia de las Américas

402-557-5513 (español)

[www.familyplanning.net](http://www.familyplanning.net) > español

### Sistema de Apreciación de la Fertilidad

<http://www.popepaulvi.com/>

[fcco\\_Spanish.php](http://fcco_Spanish.php)

### La Liga de Pareja a Pareja

402-557-5513 (inglés)

[www.planificacionfamiliar.net](http://www.planificacionfamiliar.net)

## More Information:

### Center for Family Life Formation

[Family.ArchOmaha.org](http://Family.ArchOmaha.org)

### Couple-to-Couple League

[www.cclomaha.org](http://www.cclomaha.org), [www.ccli.org](http://www.ccli.org)

402.571.4111, [cclomaha@cox.net](mailto:cclomaha@cox.net)

### FertilityCare Centers of America

[www.fertilitycare.org](http://www.fertilitycare.org), [www.popepaulvi.com](http://www.popepaulvi.com)

402.392.0842, [fcco@popepaulvi.com](mailto:fcco@popepaulvi.com)

### Family of the Americas

[www.familyplanning.net](http://www.familyplanning.net)

1.800.443.3395

402-557-5513

### Natural Family Planning International

[www.facebook.com/nfpandmore](http://www.facebook.com/nfpandmore)

[www.nfpandmore.org](http://www.nfpandmore.org)

[nfpandmore@nfpandmore.org](mailto:nfpandmore@nfpandmore.org)

(740) 457-9663

### Other Resources

[www.nfpoutreach.org](http://www.nfpoutreach.org)

[www.onemoresoul.com](http://www.onemoresoul.com)

[www.livingthesacrament.com](http://www.livingthesacrament.com)

[www.tobinstitute.org](http://www.tobinstitute.org)

[Family.ArchOmaha.org](http://Family.ArchOmaha.org)

[family@archomaha.org](mailto:family@archomaha.org)

Nazareth Hall Phone: 402.551.9003 x1303

3300 N 60th St Toll Free: 888.800.8352

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For the most updated information call the number above.

Para información actualizada llame al 402-557-5513



ONE CHURCH  
ENCOUNTERING JESUS  
EQUIPPING DISCIPLES  
LIVING MERCY

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



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?

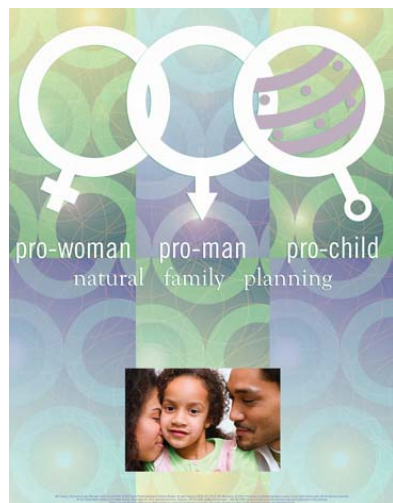
“NFP is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.

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 Oberg .....402.616.5702, lynnetteoberg@cox.net  
FertilityCare, Tracie Youell, CFCP.....402.953.4598, yallyouells@yahoo.com  
Couple-to-Couple-League, Troy and Anne Easterday .....402.593.8846, 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