

## ¿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.

La Oficina de 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:

Llame al 402-557-5513

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

### Oficina de Vida Familiar

[www.archomaha.org](http://www.archomaha.org) > Family Life

> Ministerio Hispano >

Planificación Familiar Natural

### Familia de las Americas

402-557-5513 (se habla español)

Kristina Maldonado - [kmmaldonado@archomaha.org](mailto:kmmaldonado@archomaha.org)

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

### Sistema de Apreciación de la Fertilidad

402.547.3697

Raymundo Montes - [josraymontes@gmail.com](mailto:josraymontes@gmail.com)

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

### La Liga de Pareja a Pareja

402-557-5513

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

## More Information:

### Family Life Office

[www.archomaha.org](http://www.archomaha.org) > Family Life

> Marriage Ministry > Natural Family Planning

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

### Family of the Americas

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

402-557-5522 (Omaha)

### 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)

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

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

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Brochure printed April 2015

Folleto impreso abril 2015

For the most updated information call the number above.

Para la información más actualizada llame al 402-557-5513



ARCHDIOCESE of OMAHA

Family Life Office

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



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

Welcome to **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.**

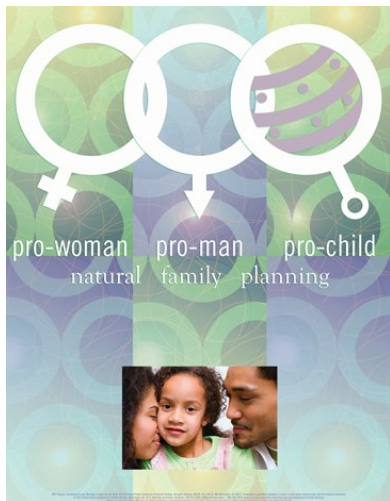
# What is NFP?

“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 Family Life Office 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@aceweb.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  
Couple-to-Couple-League, Mark and Colleen McNamara.....402.331.6926, mark7410@hotmail.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