

UNDERSTAND YOUR FERTILITY. LIVE YOUR MARRIAGE FULLY.

Natural Family Planning helps couples understand the natural signs of fertility and make informed decisions about achieving pregnancy or avoiding pregnancy while respecting the gift of fertility and the dignity of marriage.

EXPLORE THE METHODS



FEMM

FEMM teaches women to recognize and chart hormonal and fertility biomarkers throughout the cycle.

TRACKS

- Cervical mucus
- Bleeding patterns
- Hormonal signs & symptoms
- LH Test

A good fit for couples who:
Want to understand fertility alongside women's overall hormonal health.



MARQUETTE

Marquette combines fertility observations with technology, including urinary hormone monitoring.

TRACKS

- Urinary hormone levels
- Cervical Mucus
- LH Test
- Basal body temperature
- Other fertility signs

A good fit for couples who:
Prefer objective hormone measurements and a technology-based approach.



CREIGHTON

Creighton uses standardized observations to help couples identify the fertile and infertile phases of the cycle.

TRACKS

- Cervical mucus
- Bleeding patterns
- Standardized observations

A good fit for couples who:
Prefer a structured, observation-based charting system.

Email **Sarah Covington** at
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Free intro session

Email **Annie Norton** at
annie@simplynfp.com or
visit her website at
<http://www.simplynfp.com/>
Free intro session

Call **Sue Deakos**
at 618-973-7842
The meeting is in person.
\$35 for the intro session.

