

Class information – CCL NFP for Marriage Prep:

- To schedule couples must go to learnnfp.org.
 - Live Online: virtual classroom, 3 classes - 1 month between each class
 - Video-based: Flexible schedule, 3 video-based classes available 1 week apart with char reviews
 - Onsite: Traditional learning setting, meet in-person, 3 classes (2-3 hrs each with a break) - 1 month between each class
 - One-to-One: Shortened schedule or special circumstance (most expensive class -\$285)
- Pricing: \$ 180-235 – includes \$10 shipping charge, financial aid available
 - Basic thermometer + Workbook
 - Upgraded thermometer (Big LCD w/ 30 day memory) + Workbook
 - Basic thermometer + Workbook & Student Reference Guide
 - Upgraded thermometer (Big LCD w/ 30 day memory) + Workbook & Student Reference Guide
- Class materials include:
 - Couple's Guide Student Workbook
 - Basic Thermometer (or choose to upgrade!)
 - 5 months free of PeakDay (to new members)
 - One year free Main NFP Membership which includes:
 - Family Foundation Subscription
 - Free consultations with Teaching Couple
 - The Art of Natural Family Planning Student Guide E-book and more!
- What we would need to teach
 - Space to teach for 2-3hrs once a month
 - TV or projector and screen
 - Internet/Wi-fi (if possible)
 - Help with promoting – bulletin, mass, etc
- Contact
 - Stacey Nagle - Director of Teaching Center and Volunteer Coordinator
snagle@fertilityu.com
Office: 5134712000 ext 713
 - Giles Lohmeyer & Gabriela (Gaby) Villegas-Lohmeyer – Teaching Couple
Giles: 2533206108 | Gaby 2064464641
gglohmeier@fertilityu.com

Class 1

- Lesson 1: Introduction
 - Lesson 2: Anatomy and the Female Cycle
 - Lesson 3: Measurable Signs of Hormonal Interactions
 - Lesson 4: Interpreting the Signs of Fertility
 - Lesson 5: Theology of the Body as It Relates to Sexuality
 - Lesson 6: Getting Started
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Class 2

- Lesson 1: Introduction
 - Lesson 2: Review
 - Lesson 3: The Sympto-Thermal Rule: Abnormal/Missed Temperatures
 - Lesson 4: The Transition from Phase I to Phase II
 - Lesson 5: The Effectiveness of NFP
 - Lesson 6: Using NFP to Achieve a Pregnancy
 - Lesson 7: Authentic Love and Responsible Parenthood
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Class 3

- Lesson 1: Introduction
- Lesson 2: Review
- Lesson 3: Other Methods of NFP
- Lesson 4: Applying NFP in Special Situations
- Lesson 5: Behaviors that Attack Human Dignity and Marital Love
- Lesson 6: Contraception
- Lesson 7: Benefits of Breastfeeding and Its Effect on Fertility
- Lesson 8: NFP During Premenopause
- Lesson 9: Benefits of NFP