



OUR natural FAMILY

*Wherever you're at,
there's something on the site for you!*



I'm ready for NFP! Can you help me sign up for a class? We're glad you're on board!



Isn't NFP that rhythm method or whatever? Many still think of our parents' generation but NFP is actually much more than that.



We want to conceive, but can't. How can NFP help us? NFP is based on over 100 years of scientific research, and its method can be effective to diagnose and treat infertility.



Keep your religion out of my bedroom. It is totally normal to be skeptical about NFP. Your fertility is a gift, and NFP is the all-natural way to embrace it.



Organic? Green? All-natural? That's pretty much my life. Those who are proponents of sustainable farming, often translate these values into their parenting.



We've been using NFP for years, but we need some help again. This is very common and a NFP training refresher course has been known to help many couples.

ournaturalfamily.org



What is Natural Family Planning?

What is Natural Family Planning? Why bother learning about it? What is the point in learning a “method” to avoid and achieve pregnancy? Besides, why should the Church have any say in how we plan our family?

Natural Family Planning (NFP) is an umbrella term for various methods which track a couple’s signs of fertility. Couples are then able to read this data and use it to achieve or avoid pregnancy and to identify and treat various health issues. We encourage you to learn more about why NFP is the best choice for your marriage.

Learn About NFP

The mission of OurNaturalFamily.org is to improve the lives of families living within the Diocese of Green Bay by educating them about the benefits of Natural Family Planning and readily connecting them with dynamic teachers who will help mentor them in its successful practice.

This site was created as a response to the real need to have one central location for certified instructors in the Diocese of Green to offer registration for their classes online and help couples to understand how NFP could strengthen their marriage.

If you want to learn more, have any questions about NFP, or would like to speak with any one of our instructors, visit us at OurNaturalFamily.org. We’re here for you.