



OUR natural FAMILY

*Office of Marriage,
Family Life & Pro-Life*



Diocese of
Green Bay

*A holistic approach to managing your
fertility and living a healthy life!*

What's Natural Family Planning?

Natural Family Planning (NFP) is a term for various methods that track a couple's signs of fertility in order to achieve or avoid pregnancy and identify and treat various health issues.

NFP is an invaluable resource that improves spousal communication, empowers women to better understand their bodies, and is a healthy alternative to many popular contraceptive methods of family planning in use today.



www.ournaturalfamily.com



Why Multiple Methods?

Just as there are a variety of healthy ways to eat, there are multiple methods of NFP. This allows couples to choose one that fits their lifestyle, personalities, and budget, and many couples find that different methods fit better at different times in their lives.

Methods Offered

Learn about the different methods and discuss your options to maximize method effectiveness. Many instructors offer an intro to their method while you're deciding which is best for you.

NFP methods offered in our area:

- Boston Cross Check
- Couple to Couple League Sympto-Thermal Method
- Creighton Model FertilityCare System
- Family of the Americas Method
- The Marquette Method
- SymptoPro Fertility Education of Northwest Family Services

More to Explore

Check out different NFP methods, dig deeper into the health and spiritual benefits of fertility awareness, find an instructor near you, and access additional resources on our website!