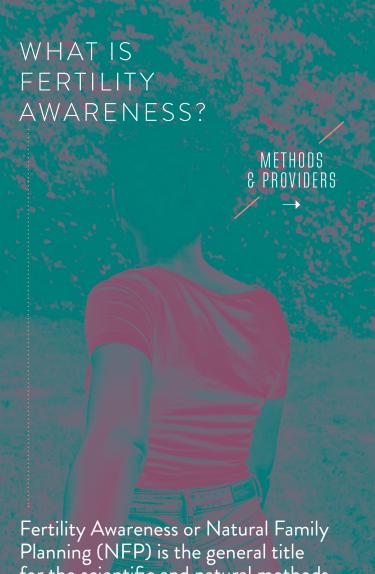


BENEFITS OF FERTILITY AWARENESS

100% NATURAL WITH NO SIDE EFFECTS 97-99% EFFECTIVE IN AVOIDING PREGNANCY ENHANCES COMMUNICATION WITH PARTNER INEXPENSIVE CAN HELP DIAGNOSE REPRODUCTIVE HEALTH ISSUES: INFERTILITY, MENSTRUAL CRAMPS, ENDOMETRIOSIS, ETC.





for the scientific and natural methods of family planning. These methods empower women to be more aware of their fertility and overall health and can help married couples either achieve or postpone pregnancies.

Fertility Awareness methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.



CERVICAL MUCUS METHODS / OM

Methods that observe cervical mucus are commonly called the "Ovulation Method" or "OM."

In NFP education, a woman learns how to identify the normal, healthy, cervical mucus which indicates the days that sexual intercourse is most likely to result in pregnancy.

BILLINGS OVULATION METHOD ASSOCIATION

Online courses: learnnfponline.com

CREIGHTON MODEL FERTILITY CARE™

Olga Ballengee olga@anchorfertilitycare.com 443-945-9473 (English and Polish) Anne Arundel or Skype

Cathy Reilly, RN

Therese Rodriguez, RN gaithersburgfertilitycare.org

Julie Tomko itomkoNFP@aol.com Northern Baltimore County

annapolisareafertilitycare.com

FAMILY OF THE AMERICAS

Marilyn Camden marilyn.camden@gmail.com 410-838-6514 Hickory, MD



SYMPTO-THERMAL METHOD / STM

Methods that observe several signs of fertility and cross-check two or more of the signs to pinpoint ovulation are commonly called the "Sympto-Thermal Method" or "STM."

STM typically combines charting of the Basal Body Temperature (BBT) and cervical mucus with other optional indicators, such as changes in the cervix and secondary fertility signs.

COUPLE-TO-COUPLE LEAGUE

Mark and Kathy Schmidt mak.schmidt@gmail.com 410-747-5611 Catonsville, MD

Melissa and Santiago Solares mbalcer7337@hotmail.com 301-262-8426 Bowie, MD

Online courses: ccli.org

DIOCESAN CERTIFIED

Trevor and Becky Needham needhamsnfp@gmail.com 215-206-8679 Catonsville, MD

Sheila Short 410-368-2810 Saint Agnes Hospital Catonsville, MD

NORTHWEST FAMILY SERVICES

Online courses: nwfs.org



SYMPTO-HORMONAL METHOD / SHM

The method that observes several signs of fertility and adds the use of an ovulation predictor kit (OPK) or fertility monitor is called the "Sympto-Hormonal Method" or "SHM."

Similar to the STM, this approach adds the self-detection of reproductive hormones in the urine with the assistance of an OPK or fertility monitor.

MAROUETTE MODEL

Online courses: nfp.marquette.edu

DESCRIPTION OF METHODS ARE USED WITH PERMISSION FROM THE