



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.

FERTILITY
AWARENESS:
NO HORMONES
NO SIDE EFFECTS

Fertility Awareness

NATURE'S PATH TO
HEALTH, WHOLENESS,
AND FAMILY PLANNING

ARCHDIOCESE OF BALTIMORE
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WHAT IS FERTILITY AWARENESS?

METHODS
& PROVIDERS



Fertility Awareness or Natural Family Planning (NFP) is the general title 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 FERTILITYCARE™

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

—
Cathy Reilly, RN
annapolisarea fertilitycare.com

Therese Rodriguez, RN
gaithersburgfertilitycare.org

—
Julie Tomko
jtomkoNFP@aol.com
Northern Baltimore County

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.

MARQUETTE MODEL

Online courses: nfp.marquette.edu

DESCRIPTION OF METHODS ARE USED WITH PERMISSION FROM THE UNITED STATES CONFERENCE OF CATHOLIC BISHOPS.