

Natural Family Planning

Natural Family Planning (NFP) protects new life and promotes intimacy between couples. It is easy to learn, simple to follow, reliable and medically-safe.

World Health Organization studies show NFP is over 98% effective when couples are properly taught and the method is correctly followed.

Men are ordinarily fertile at all times; a woman, during her cycle, normally becomes fertile and then naturally infertile. As this happens, her body provides biomarkers that indicate her fertility or infertility. The couple can use this knowledge to help them achieve or postpone pregnancy and monitor and maintain her health.

Natural Family Planning ONLY Physicians

Nova Vita

NaProTechnology Trained Surgeons:

Dr. Elizabeth Nordin

Dr. Briana Franklin

651-397-0570

novavitaclinic.com

AALFA Family Clinic

Dr. Mary Paquette,

Dr. Kathleen Kobbermann

Dr. Paul Spencer

Dr. Carter Duncan

651-653-0062

aalfafamily.org

Entira Family Clinics

Dr. Brooke Turch

651-788-4444

entirafamilyclinics.com

Alina Health

Dr. Dawn Schreifels

763-689-8700

Fairview

Dr. Justin Quade

952-892-9500

Natural Family Planning Providers

Creighton FertilityCare

Creighton FertilityCare and the medical protocol, NaProTechnology, work together to provide effective women's healthcare and treatment for infertility and recurrent miscarriage. It observes the changes in the mucus observations and other health biomarkers throughout the cycle. Clients will monitor and maintain their health, as well as times of fertility and infertility. It is covered by most insurance plans.

Twin Cities FertilityCare Center

tcnfp.org

612-424-2334

Integrated FertilityCare Center

integratedfertilitycare.com

651-300-2214

Billings Method

Billings Ovulation Method Association (BOMA)

attracts clients because of its simplicity and accuracy. The Billings Method is a mucus only option for tracking times of fertility.

boma-usa.org

Nora Dehmer

noradehmer@hotmail.com

320-248-5892

SymptoPro Method

The SymptoPro observes the mucus pattern and temperature changes to crosscheck the changes in times of fertility. It must include the additional Church's teaching on sexuality to meet marriage prep requirements.

Katie Coughlin

katiecoughlin219@gmail.com

Marquette Method

The Marquette Method is a Sympto-Hormonal method using the ClearBlue Fertility Monitor to track hormone levels and identify fertility combining technology with mucus and temperature observations.

nfp.marquette.edu

Kiley Kieve

kiley.nfp@gmail.com

Couple to Couple League (CCL)

CCL teaches the Sympto-Thermal method of NFP, grounded in Pope John Paul II's *Theology of the Body*. Daily temperature is crosschecked with mucus observations to identify times of fertility and infertility.

ccli.org

Jose & Veronica Condor

651-283-1408

ariasveronica@hotmail.com

St. Odilia, Shoreview

Xavier & Alejandra Martinez,

612-709-8875

juniodel68@hotmail.com

Holy Family Academy, St. Louis Park

General NFP Provider Directory

onemoresoul.com/nfp-directory

Archdiocesan Resources

Current NFP class schedules and information on various NFP methods in greater detail are available online under Natural Family Planning.



For more information,
please call 651-291-4488 or visit the website:
archspm.org/marriage



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