

Natural Family Planning

Today's Natural Family Planning methods provide effective means of postponing and achieving pregnancy that require no drugs, no surgery, and no artificial products or devices. They are safe, reliable, inexpensive, and can be used during all stages of reproductive life. Because they foster increased communication between husband and wife, a stronger relationship usually results along the way.



“To experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life, but rather the minister of the design established by the Creator.”

(Humanae Vitae 13)



DIOCESE OF STOCKTON

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DIOCESE OF STOCKTON

The Respect Life Office of the Diocese of Stockton invites you to learn about...

Natural Family Planning



A program of the Respect Life Office of the Stockton Diocese

Most asked questions about NFP....

Isn't Natural Family Planning (NFP) just another name for Rhythm?

No way! Natural Family Planning is an umbrella term for modern, healthy, scientifically accurate and reliable methods of family planning which have been in use in the US since the early 1970's.

NFP is based on extensive scientific research about women's cycles of fertility. NFP methods are Ovulation Method (OM) and Sympto-Thermal Method (STM)

Can NFP be used by women with irregular cycles?

The natural methods treat each woman and each cycle as unique. They do not depend on having regular cycles. NFP can be used during breastfeeding, just before menopause, and in other special circumstances.

How effective and reliable is NFP?

NFP is up to 99% successful in spacing or limiting births when couple are taught by competent teachers, understand the methods and are motivated to follow them.

How does NFP effect marriage?

Today at least 30% of all marriages end in divorce, compared with only 3% of NFP users.

Diocesan NFP Providers

The best way to learn NFP is from a qualified instructor. We are fortunate to have the following NFP instructors in our Diocese. Please contact them directly for information regarding class time, location and fees. There are two methods of NFP taught in our Diocese, the Ovulation Method and the Sympto-Thermal Method.

Ovulation Method

Recognizes fertility by the sensation and observation of the presence or absence of the cervical mucus discharge.

Mercedes Sophia Mondragón 634-2455
billingsmethod@att.net

Sympto-Thermal Method

Combines various signs of fertility including temperature, mucus and cervix changes.

Tim & Susan Sanders (Ceres), 537-1243
S_sanders4@sbcglobal.net

Tom & Mary-Lynn Ott (Modesto), 572-5136
jmjfarmgirl@clearwire.net

Kim Fuentes (Stockton), 465-5433
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*Helping couples live
Responsible Parenthood*

Planificacion Natural De La Familia

Billings Ovulation Method—
Mercedes Sophia Mondragón
634-2455
billingsmethod@att.net

Couple to Couple Promoter
Jazmin y Ricardo Orozco
937-0560

Liga de Pareja a Pareja
Curso de Estudio en el Hogar
www.planificacionfamiliar.net

National NFP Providers

While the best way to learn NFP is in person from a qualified instructor, sometimes that is not possible. The following national organizations offer home study courses that can be used to learn NFP at home.

Couple to Couple League:

(513-471-2000) www.ccli.org
Available in English & Spanish

Northwest Family Services:

(503-285-6377) www.nwfs.org
Offers both an on-line and home study course.