

| | <u>Creighton Fertility Care System</u> www.creightonmodel.com | <u>Family Life Promotions</u> | <u>Couple to Couple League</u> www.ccli.org |
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| Cost | Fees range from free to \$500 depending on teacher and scope of service for materials and eight private sessions. Payment plans available. | \$50 for supplies and classes. | \$99 - 130 depending on the mode of instruction (i.e. self-paced, live class online, live class in person). |
| Indexes Utilized | Cervical mucus | Cervical mucus, basal body temperature, & changes in cervix | Cervical mucus, basal body temperature, & (if desired) changes in cervix |
| Primary Features | Like the other methods of NFP Creighton's primary goal is to help couples of normal fertility manage their family size. But it also has a unique sub-specialty in helping couples of abnormal fertility. Women suffering from a variety of reproductive problems – including infertility and chronic miscarriage – can receive assistance that is both effective and consistent with Catholic moral teaching through a support network of specially trained medical professionals. | Headquartered in Lake Grove, NY by founders Carman and Jean Fallace. | CCL takes a “grass-roots” approach to NFP instruction – couples teaching couples – and has been taught by and to more couples than any other method. By always involving both the husband and wife, NFP is taught as a way of life, not just as a method to postpone or achieve pregnancy. Classes also include instruction on breast feeding and natural mothering. |
| Type of Instruction | The initial introductory session is provided in a group setting. The eight subsequent follow-ups are on an individual basis (*in-person or via Skype). | A full course is two classes, 5 weeks apart, in a group or private setting. | Instruction is provided in pre-scheduled group classes held once a month for four consecutive months. Individualized instruction can be arranged, and a correspondence course is also available. |
| Location(s) | Orlando, Altamonte Springs, Kissimmee, and Indian Harbour Beach | Altamonte Springs, Ocala, and Indialantic | Orlando |
| Teacher Contacts | <p>Cleta Hartman, FCP 321-442-1214 (Kissimmee) happyfive@aol.com</p> <p>Ligeia Damaso, ARNP, FCP* 904-718-1277 (Orlando) ldamaso@gmail.com</p> <p>Kelley Teixeira, ARNP, FCP 407-331-5050 (Altamonte Springs) 407-935-9012 (Kissimmee) http://www.afunctionalapproach.com/</p> <p>Elizabeth Tompkins, FCPI 863-838-6958 (Lakeland) etompkins84@yahoo.com</p> <p>Teresa Nitti, FCP 321-704-2847 (Indian Harbour Beach) teresajmitti@gmail.com</p> <p>Mirna Schilmoeller, FCPI 407-935-9012 (Kissimmee) 561-449-6951 (Orlando, Winter Garden & Windermere) Mirna.schilmoeller@gmail.com</p> | <p>Nicole and Tony Colamarino 407-701-4280 (Call or text) (Altamonte Springs) nacolamarino@gmail.com</p> <p>Dr. John & Mrs. Rhoda Podlaski 352-867-1015 (Ocala)</p> <p>Patrick & Honor Murphy 321-723-7488 (Indialantic)</p> | <p>Matt and Katie Del Giudice 407- 454-1481 (Orlando) ktdid2000@gmail.com</p> |
| Physician Contacts | <p>John Hartman, MD, NFPMC Pearl Huang-Ramirez, MD Lori White, ARNP 321-442-1214 (Kissimmee)</p> <p>Jose Fernandez, MD, NFPMC 407-935-9012 (Kissimmee)</p> | <p>John Podlaski, DC 352-867-1015 (Ocala)</p> | |

| | <u>Billings Ovulation Method</u> www.boma-usa.org | <u>Marquette Model</u> http://nfp.marquette.edu/ | <u>Northwest Family Services</u> www.symptopro.org |
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| Cost | Fees range from free to \$200 depending on teacher and scope of service. | \$100 (or less based on income) | \$120 for online course, includes materials and personalized instruction by e-mail or phone. |
| Indexes Utilized | Cervical mucus | Cervical mucus plus basal body temperature and / or female hormone levels in urine | Cervical mucus, basal body temperature, & (if desired) changes in cervix |
| Primary Features | Based on fifty years of ongoing research in Australia, Sweden and Spain, it is the “pioneer” method of modern NFP. Most known for its ease of use, Billings is taught and used in more than 120 countries around the world. Couples taught this method by Mother Teresa achieved a 99.4% effectiveness rate in a study by the World Health Organization. | Marquette utilizes the (optional) Clearplan Easy Fertility Monitor (purchased separately), a device used at home to measure female hormone levels in urine to pinpoint ovulation. The information from the monitor is used in conjunction with observations of cervical mucus and basal body temperature to determine the fertile and infertile phases of a woman’s menstrual cycle. | Headquartered in Portland, Oregon Northwest Family Services offers a wide variety of marriage and family enrichment resources, including NFP instruction. Though most Northwest NFP instructors are physically located in that part of the country, instruction is universally available through an on-line course. |
| Type of Instruction | Taught in individual or group settings. (*via Skype). | The full course of instruction is provided in sessions held once a month for three consecutive months in group or private settings in person or on-line. | Instruction can be received in-person, by correspondence or on-line. |
| Location(s) | Kissimmee and Ocala | Daytona Beach | Only on-line instruction is available in the Diocese of Orlando |
| Teacher Contacts | John Littell, MD 407-343-1711 (Kissimmee) 352-414-5990 (Ocala) Cintia Deobber* 407-749-9408 (Orlando; Instruction in Spanish and Portuguese) cintiadeobber@gmail.com | Benjamin and Rebecca Peck, MDs 386-231-3612 (Daytona Beach) rbamer2@yahoo.com | Kayla Peterson SymptoPro LoveNaturallyNFP.com kpetersonnfp@gmail.com To sign up for on-line instruction log on to: www.symptopro.org |
| Physician Contacts | John Littell, MD 407-343-1711 (Kissimmee) 352-414-5990 (Ocala) | Benjamin and Rebecca Peck, MDs 386-231-3612 (Daytona Beach) rbamer2@yahoo.com | |