Primary Features
The Creighton method of NFP helps couples of normal fertility manage their family size. 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.

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)

Cost
Fees range from free to $500 depending on the teacher and scope of service for materials and eight private sessions. (payment plans available)

Indexes Utilized
Cervical mucus, basal body temperature, and (if desired) changes in cervix.

Website(s)
www.creightonmodel.com

Physicians
Jose Fernandez, MD, NFPMC
Kissimmee, FL
(407) 935-9012

John Hartman, MD, NFPMC
Pearl Huang-Ramirez, MD
Kissimmee, FL
(321) 442-1214
Instructors

Ligeia Damaso, ARNP, FCP
Orlando, FL
(904) 718-1277
ldamaso@gmail.com

Kelley Teixeira, ARNP, FCP
Altamonte Springs, FL
(407) 331-5050
www.afunctionalapproach.com

Cleta Hartman, FCP
Kissimmee, FL
(321) 442-1214
happyfive@aol.com

Mirna Schilmoeller, FCPI
Orlando/Winter Garden/Windermere, FL
(561) 449-6951
Kissimmee, FL
(407) 935-9012
mirna.schilmoeller@gmail.com

Elizabeth Tompkins, FCPI
Lakeland, FL
(863) 838-6958
etompkins84@yahoo.com
Primary Features
Based on fifty years of on-going 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.

Type of Instruction
Taught in individual or group settings. (via Skype)

Cost
Fees range from free to $200 depending on teacher and scope of service.

Indexes Utilized
Cervical mucus

Website(s)
www.boma-usa.org

Physicians
John Littell, MD
Kissimmee, FL
(407) 343-1711
Ocala, FL
(352) 414-5990
Instructors

Cintia Deobber
Orlando, FL
(407) 749-9408
cintiadeobber@gmail.com
Spanish & Portuguese

Sierra Kallaher
Port Orange, FL
(901) 378-6828
sierrastamey88@gmail.com

John Littell, MD
Kissimmee, FL
(407) 343-1711
Ocala, FL
(352) 414-5990
**Primary Features**
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**
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.

**Cost**
$99 - 130 depending on the mode of instruction (i.e. self-paced, live class online, live class in person.)

**Indexes Utilized**
Cervical mucus, basal body temperature, and (if desired) changes in cervix.

**Website(s)**
www.ccli.org

**Instructors**
Live online instruction from couples around the nation.
Primary Features
The FEMM method of NFP, like other methods, helps couples manage their family size by avoiding or achieving pregnancy. This is done by primarily understanding and observing cervical mucus throughout the cycle. Alongside cervical mucus observations, FEMM utilizes LH testing to help pinpoint ovulation. FEMM focuses on educating women so they can better understand their bodies and recognize vital signs of health. Similar to Creighton, FEMM has a medical management component that is beneficial for women with abnormal fertility and/or hormonal disorders.

Type of Instruction
There are three introductory sessions spaced 3 weeks apart with follow-ups following as needed. (virtual)

Cost
Varies

Indexes Utilized
Cervical mucus and LH testing.

Website(s)
www.femmhealth.org

Instructors
Aly Barreto
Orlando, FL
(912) 656-0382
alybarretofemm@gmail.com

Teresa Prieto
Orlando/Winter Garden/Windemere, FL
(678) 646-3060
teresaprietojenn@gmail.com
English & Spanish
Primary Features
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.

Type of Instruction
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 online.

Cost
Varies

Indexes Utilized
Cervical mucus plus basal body temperature and / or female hormone levels in urine.

Website(s)
www.marquette.edu

Physicians
Benjamin and Rebecca Peck, MDs
Daytona Beach, FL
(386) 231-3612
rbamer2@yahoo.com

Instructors
Lauren Zamora, BSN, RN, C-EFM
Orlando, FL
naturallyme.nfp@gmail.com
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 online course.

**Primary Features**

Instruction can be received in-person, by correspondence, or online.

**Type of Instruction**

Instruction can be received in-person, by correspondence, or online.

**Cost**

$120 for online course, includes materials and personalized instruction by e-mail or phone.

**Indexes Utilized**

Cervical mucus, basal body temperature, & (if desired) changes in cervix.

**Website(s)**

www.symptopro.org

**Instructors**

Kayla Peterson  
SymptoPro  
kpetersonnfp@gmail.com  
www.lovenaturallynfp.com