Natural methods tend to be divided into two categories: Ovulation method (OM) and Sympto-Thermal method (STM). Ovulation methods rely on the presence of cervical mucus (observed by paying attention to the sensation and the visual aspects) in order to identify fertility and infertility while sympto-thermal methods add temperature. What works well for one individual may not work well for another. Visit the websites below to find out which method best fits your lifestyle as husband and wife. Call our office for a current list of NFP instructors in our area.

**Ovulation Method (OM)**

**Billings Ovulation Method**
This website gives contact information for trained Billings Method teachers in the U.S. along with method-related resources, teacher trainings and conferences. BOMA-USA is the U.S.—delegate office of WOOMB which is the world headquarters based in Australia.
www.boma-usa.org or www.woomb.org

**Creighton Model FertilityCare™ System**
The Pope Paul VI Institute encourages participants to attend trainings to learn more about the Creighton Model FertilityCare™ System. This model is also offered through the FertilityCare Center of America’s website.
www.creightonmodel.com or www.fertilitycare.org

**Family of the Americas**
*Nature’s Method* interactive CD-ROM and the *Love and Fertility* book. This book is a beautifully illustrated full color book that introduces the Ovulation Method of Natural Family Planning in an easy to understand format. Provides practical information along with the latest scientific research and statistical evaluations from around the world. Includes the six month charting kit. Also available in Spanish and many other languages.
www.familyplanning.net

**Marquette Model (Marquette University)**
This very informative site includes an instruction manual, online tracking chart, downloadable forms, forums and answers to many questions about NFP. This method is a hybrid protocol which involves a monitor and strips.
http://nfp.marquette.edu/

**The Ovulation Method**
A free online video is available for viewing. It teaches the ovulation method and is also for sale on DVD for $1. Free downloadable tracking charts are available.
www.ovulationmethod.org

**Sympto-Thermal Method (STM)**

**Couple to Couple League**
Learn NFP through CCL classes or the CCL Home Study Course. CCL sells fertility charting software, CyclePRO®. With membership, couples receive the Family Foundations magazine. This site also offers trainings for couples interested in becoming a CCL Teaching couple or Promoter.
www.ccli.org

**Northwest Family Services**
Offers an online NFP course for $100. This includes regular follow-ups with certified NFP instructors from Northwest Family Services.
www.nwfs.org/nfp.htm

**NFP and more**
This site offers an in depth manual by John & Sheila Kippley, *Natural Family Planning: The Complete Approach*. Many interesting articles, resources and downloadable forms are also available.
www.nfpandmore.org

**General NFP**

**One More Soul**
This site focuses on fostering God’s plan for love, marriage, and procreation. Audio clips and interesting information about NFP is available. Informative topics are available to engaged, newly married and married for years couples.
www.omsoul.com

**Diocesan Development Program for NFP, USCCB**
The USCCB has many articles, documents, links and resources available about NFP. Excerpts from Church documents include chastity, children as gifts, conjugal love, contraception/sterilization & abortion, family, human sexuality, life as a gift from God, marriage as a sacrament and many other articles.
www.usccb.org/prolife/issues/nfp

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The only approved method of spacing children in the eyes of the Catholic Church