



Local Instructors of NFP also known as Fertility Awareness Methods (FAM)

Sympto-Thermal Method

Maureen & Mark Trettel (English): Maureen and Mark Trettel offer both private and small group instruction and follow-up in the Bellingham area. To register or for more information: Maureen Trettel: 508-634-3865 or mtrettel@verizon.net

Billings Ovulation Method/Cervical Fluid Method

Jennifer Acuna, MS (English and **Spanish**): Jennifer offers both private and small group instruction and follow-up in the Waltham area. Jennifer is also willing to travel to provide instruction and offers remote instruction is available by phone, email & videoconference. To register or for more information contact Jennifer Acuna at 401-996-9028 or [Email: jenneyla@gmail.com](mailto:jenneyla@gmail.com) (preferred method)

Eileen Wood (English): Eileen offers both private and small group instruction and follow-up in the Tewksbury & Waltham areas. Eileen is also willing to travel to provide instruction and offers remote instruction available by phone, email & videoconference. To register or for more information contact Eileen Wood at 978-640-4916 & 978-500-1771 (cell/text) or nfp_01@firelinkllc.com

Alicia Javier (Spanish): Lynn. Alicia can be contacted thru www.boma-usa.org or directly at aaliciajavier@hotmail.com or 781-629-0361

Creighton Model Fertility Care Method

Diana Bell (English): Diana offers both private and small group instruction and follow-up in the Littleton area. Diana also offers remote instruction by phone & video conference. To register or for more information contact Diana Bell at 978-846-5665 or NashobaFertilityCare@gmail.com

Cross-Check Method

Note: The Archdiocesan Cross-Check Method is also a Sympto-Hormonal Method

Claudia Droste (Spanish): Claudia offers small group and private couples instruction in the East Boston area. Private follow-up instruction is also available. To register or for more information contact Claudia Droste: 781-598-7005 or claudiaximenam@yahoo.com

Mary Finnigan (English): Mary offers both private and small group instruction with follow-up for couples in the Brighton and Walpole areas. She is also willing to travel. Mary also offers remote instruction by phone & videoconference. To register or for more information contact Mary Finnigan: 508-660-2013 or james8660@comcast.net

Priscilla Keough, M.Ed. (English): Priscilla offers both private and small group instruction and follow-up in English the South Shore area. She also offers remote instruction by videoconference. To register or for more information contact Priscilla Keough: 781-749-1218, 617-605-9435 (cell) or priscillakeough@comcast.net

Claudia Lievano (Spanish): Claudia offers both private and small group instruction and follow-up in the Brighton, East Boston, Everett areas. She is also willing to travel to provide instruction. To register or for more information contact Claudia Lievano: 617-930-4957 or clievano963@hotmail.com

Josh & Meredith Phelps (English): Josh and Meredith offer both private and small group instruction and follow-up in the Sudbury area. To register or for more information contact Meredith Phelps: 802-734-7105 or meredith.phelps@gmail.com

Mrs. Christina Valenzuela, OP (English): Christina offers both private and small group instruction with follow-up in the Metro-West area. She is also willing to travel to provide instruction within the Metro-West area. Christina offers remote instruction by videoconference. To register or for more information contact Mrs. Christina Valenzuela: 617-899-6507 or valenzuela.cj@gmail.com

Online NFP/FAM Instruction

Cervical Fluid Method

Billings Ovulation Method Association
Website: www.boma-usa.org
Phone: 651-699-8139

Creighton Model
<http://www.creightonmodel.com>

Sympto-Thermal Methods

Couple to Couple League
Website: www.ccli.org
Phone: 800-745-8252

Northwest Family Services
Website: www.nwfs.org/natural-family-planning.html
Phone: 503-546-6377

Sympto-Hormonal Method

Marquette University College of Nursing Institute for NFP
Use the Clearblue Fertility Monitor
Website: www.nfp.marquette.edu
Phone: 414-288-3854

Onsite Family-Centered and Holistic OBGYN and Fertility Care

Women's Wellness & Fertility Center | Manchester, NH | 800.437.9666 | www.catholicmedicalcenter.org

Fertility Awareness Apps*

*Please note that FAA are tools to help understand and track a woman's fertility and should never replace initial instruction by a qualified NFP teacher. When considering a FAA, keep in mind that some help you to interpret your fertile days and others just help you track biomarkers such as cervical fluid, basal body temperature, various hormones, etc. For more on a recent scientific study regarding the effectiveness of applications made to track fertility awareness see the online article based on the study reported in The Journal of the American Board of Family Medicine.
<http://www.factsaboutfertility.org/rating-of-fertility-apps-avoiding/>

The Archdiocese does not endorse any specific FAA.



SECRETARIAT FOR
EVANGELIZATION
AND DISCIPLESHIP
Archdiocese of Boston