

Love's Perfect Design

HUSBAND AND WIFE . . . DEVELOP THAT UNION OF TWO PERSONS IN WHICH THEY PERFECT ONE ANOTHER, COOPERATING WITH GOD IN THE GENERATION AND REARING OF NEW LIVES.

POPE ST. PAUL VI, HUMANAE VITAE, 8



Local Instructors of Fertility Awareness Methods (NFP)

Billings Method

Jennifer Acuna, MS (English and Spanish): Jennifer offers both private and small group instruction with follow-up in the Waltham area. Remote instruction is also available by phone, email or video conference. For more information contact Jennifer at 401-996-9028 or jenneyla@gmail.com (preferred method).

Lucia Da Cruz (Portuguese): Located in MetroWest. Contact Lucia at 508-272-4717 or lhdcruzz@hotmail.com.

Alicia Javier (Spanish): Alicia provides instruction in the Lynn region and can be contacted through www.boma-usa.org or directly at aaliciajavier@hotmail.com or 781-629-0361.

Eileen Wood: Eileen offers both private and small group instruction with follow-up in the Tewksbury & Waltham areas. She is willing to travel to provide instruction and offers remote instruction by phone, email or video conference. For more information contact Eileen at 978-500-1771 (cell/text) or nfp@firelinkllc.com.

Boston Cross Check Method

Mikayla Dalton, OP: Mikayla offers distance/video conference instruction. For more information contact Mikayla at 857-237-0504 or mikayla.mernone@gmail.com.

Claudia Droste (Spanish): Claudia offers small group and private couples' instruction in Swampscott and the surrounding area. Private follow-up instruction is also available. For more information contact Claudia at 781-598-7005 or claudiaximenam@yahoo.com.

Mary Finnigan: Mary offers private instruction and follow up by phone or video conference. For more information contact Mary at 480-687-8208 or james8660@comcast.net.

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

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

Josh & Meredith Phelps: Josh and Meredith offer private and small group instruction with follow-up in the Sudbury area. For more information contact Meredith at 802-734-7105 or meredith.phelps@gmail.com. www.fertilitylifestyle.com

Mrs. Christina Valenzuela, OP: Christina offers both private and small group instruction with follow-up in the Metro West area and provides remote instruction by video conference. For more information contact Christina at 617-899-6507 or valenzuela.cj@gmail.com. www.summamomma.com.

Couple to Couple League

Maureen & Mark Trettel: Maureen and Mark offer both private and small group instruction with follow-up in the Bellingham area. For more information contact Maureen at 508-634-3865 or mtrettel@verizon.net.

Creighton Model Fertility Care Method

Diana Bell: Diana offers both private and small group instruction and follow-up in the Littleton area: remote instruction by phone or video conference is also available. For more information contact Diana at 978-846-5665 or NashobaFertilityCare@gmail.com.

Monica Bergeron, CFPC: Monica offers small group introductory sessions and private follow-up instruction for the greater Providence, RI area and beyond. Long-distance telephone and online instruction are also available. For more information you can go to www.iconfamilylife.com or contact her directly at 401-871-3410 or iconfertility@gmail.com.

Christen Fitts: Christen offers both private and small group instruction with follow-up in the Dedham area. For more information contact Christen at FittsFertilityCare@gmail.com.

Websites by Method

Ovulation Method (OM): biomarker - cervical mucus

Billings Ovulation Method Association | www.boma-usa.org | 651-699-8139

Creighton Model | www.creightonmodel.com | www.fertilitycare.org

Sympto-Thermal Method (STM): biomarkers - basal body temperature (BBT) + cervical mucus

Couple to Couple League | www.ccli.org | 800-745-8252

SymptoPro | www.symptopro.org | 971-280-9676

Sympto-Hormonal Method (SHM): biomarkers - hormonal monitoring with cervical mucus + BBT option

Marquette University College of Nursing Institute for NFP | www.marquette.edu/nursing/natural-family-planning.php | 414-288-3854

Boston Cross Check uses a combination of STM with SHM option | www.bostoncrosscheck.com | 480-687-8208

NaPro Certified OB/GYNs available for General Care, Reproductive Conditions + Infertility

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

Dr. Patricia Jay | Brookline, MA | 617-232-0440

NaPro trained, pediatrician, Dr. Kerry Pound, offers an alternative approach to issues such as PCOS for teenage girls. Dr. Pound is on the North Shore and can be reached at kerry_pound@gmail.com

Fertility Awareness Apps

Please note that FAA are tools 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 information on charting visit www.factsaboutfertility.org/whatischarting/.

NFP Facebook Groups

Official NFP Catholic-Style! | Fertility Care for Creighton and NaPro User Support Group | Clearblue Monitor Methods (MM) NFP

For more information contact
Family Life Ministry | 617-746-5801 | www.bostoncatholic.org/nfp/



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