

# Love's Perfect Design

Local and National Resources for Planning a Family Naturally

## Billings Method

**Jennifer Acuna**, MS (English and Spanish) offers both private or small-group instruction with follow-up in the Waltham and Norton areas. 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) of MetroWest. For more information contact Lucia at 508-272-4717 or Lelpidio271@gmail.com.

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

**Jocelyn Ramirez** (Spanish and English). For more information contact Jocelyn at 857-413-1916 or jramirez21212@gmail.com.

**Eileen Wood** offers both private and small-group instruction with follow-up 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 offers distance/video conference instruction. For more information contact Mikayla at 857-237-0504 or hello@figleaffertility.com.

**Claudia Droste** (Spanish) offers small-group and private 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** offers private instruction and follow-up by video conference. For more information contact Mary at 480-687-8208 or james8660@comcast.net.

**Priscilla Keough**, M.Ed. 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) offers private and small-group instruction with follow-up in the Brighton, East Boston, and Everett areas. For more information contact Claudia at 617-930-4957 or clievanog63@hotmail.com.

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

**Mrs. Christina Valenzuela**, OP offers private instruction with follow-up in the Metro West area and provides remote instruction by video conference. For more information contact Christina at christina@pearlandthistle.com.

## Couple to Couple League

**Maureen & Mark Trettel** offer both private and small-group instruction with follow-up in the Bellingham area. For more information contact Maureen at 508-634-3865 or maurentrettel@gmail.com.

### Creighton Model Fertility Care Method

**Monica Bergeron**, CFCP offers small-group introductory sessions and private follow-up instruction for greater Providence, RI and beyond. Telephone and online instruction are also available. For more information visit, [iconfamilylife.com](http://iconfamilylife.com), call 401-871-3410 or [iconfertility@gmail.com](mailto:iconfertility@gmail.com).

**Christen Fitts** offers individual and small-group introductions with individual follow-up instruction both online and in-person in Dedham. For more information contact Christen at [FittsFertilityCare@gmail.com](mailto:FittsFertilityCare@gmail.com).

**Marianna Josephs** offers private instruction and resides in south, central Mass. For more information contact Marianna at [Marianna.rose7@gmail.com](mailto:Marianna.rose7@gmail.com).

### Marquette Method

**Meghan Bride**, CNP, WHNP-BC offers individual instruction and follow-up for patients and their partners by appointment in an OBGYN office setting in Burlington or from anywhere in MA by video or telephone-based telehealth. Many insurances accepted. For more information contact Meghan at 781-221-2940.

### **National Websites by Method**

#### Ovulation Method (OM): biomarker – cervical mucus

Billings Ovulation Method Association | [boma-usa.org](http://boma-usa.org) | Available in Spanish

Creighton Model | [creightonmodel.com](http://creightonmodel.com) | [fertilitycare.org](http://fertilitycare.org) | Available in Spanish

FEMM (with optional sympto-hormonal) | [femmhealth.org](http://femmhealth.org) | Available in Spanish

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

Couple to Couple League | [ccli.org](http://ccli.org) | Available in Spanish

SymptoPro | [symptopro.org](http://symptopro.org) | Available in Spanish

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

Marquette University College of Nursing Institute for NFP | [marquettetmethod.com](http://marquettetmethod.com) | Available in Spanish

Boston Cross Check uses a combination of STM with SHM option | [bostoncrosscheck.com](http://bostoncrosscheck.com) | Available in Spanish

### **NaPro Certified Doctors and Programs to Assist with Reproductive Conditions + Infertility**

Women's Wellness & Fertility Center | Manchester, NH | [catholicmedicalcenter.org](http://catholicmedicalcenter.org) | 800-437-9666

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

Visit [MyCatholicDoctor.com](http://MyCatholicDoctor.com) for other pro-life, healthcare professionals.

NaPro trained and 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@mycatholicdoctor.com](mailto:Kerry.pound@mycatholicdoctor.com)

Organic Conceptions – Your fertility journey, reimagined. For a wholistic and restorative approach to those struggling with their fertility including a free fertility mindset assessment, visit [organic-conceptions.com](http://organic-conceptions.com)

For help understanding the ethical dilemma of IVF, visit The Nat'l Catholic Bioethics Center at [ncbcenter.org](http://ncbcenter.org)

For help with the loss of a child through miscarriage or otherwise, visit [redbird.love](http://redbird.love)

### **Fertility Awareness Apps (FAA)**

Please note that FAA are tools and should never replace initial instruction by a qualified NFP teacher. Some apps help you to interpret your fertile days and others just help you track biomarkers For more information on charting, visit [factsaboutfertility.org/what-is-charting](http://factsaboutfertility.org/what-is-charting) or [Managingyourfertility.com](http://Managingyourfertility.com). Popular apps suggested by some of our instructors - FEMM and [readyourbody.info/](http://readyourbody.info/).

### **NFP Facebook Support 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 | <https://www.bostoncatholic.org/nfp>

Disclaimer: Archdiocese of Boston does not endorse any specific instructor, method, doctor, medical facility, application, or support group.

