



# Natural Family Planning

Session Schedule

2020

SCROLL DOWN FOR DATES



## Billings Ovulation Method

*The Billings Ovulation Method® is a simple, yet scientific, natural method of fertility management that teaches you to recognize the body's natural signs of fertility.*

Pure and simple! Based on over 50 years of ongoing scientific research, the Billings Ovulation Method® is a highly effective, yet simple way to postpone or achieve pregnancy and monitor reproductive health without drugs or devices. The Billings Ovulation Method® can work effectively for women whether they are coming off hormonal contraceptives, breastfeeding, weaning or approaching menopause. Regardless of the particular situation, the four simple rules of the method are the same for everyone.

- Clients are taught to observe external mucus and sensation at the vulva as biomarkers of fertility.
- The introductory session (free) is a general presentation given to a small group in person or online via video chat.
- Introductory session video links are available upon request for “self study” for clients unable to attend pre-scheduled group introductory sessions.
- Private, individualized follow-up sessions provide personal instruction on the use of the method, as well as complete chart review. Scheduled every two weeks for the first two months, with follow up chart reviews at regular intervals throughout the first year.
- Follow up sessions may be scheduled in person or via Skype.
- The practitioner is available for further follow up beyond the first year as needed, and for refresher courses following a change in life situation (i.e. postpartum, breastfeeding, perimenopause, etc.)
- The practitioner is also available for consultation between sessions, as needed.
- Flat fee of \$150 for all instruction and materials.
- Websites: [www.boma-usa.org](http://www.boma-usa.org) [www.billingsmethod.com](http://www.billingsmethod.com) [www.billings.life/en](http://www.billings.life/en)

[www.woombinternational.org](http://www.woombinternational.org)

### Billings Method Instructors

Columbia, SC

Bailey Limyansky, PA-C

[bailey.ernst@gmail.com](mailto:bailey.ernst@gmail.com)

## Couple to Couple League (CCL)

- An international, interfaith, non-profit organization dedicated to teaching NFP to married and engaged couples.
- This class is taught by professionally trained and certified volunteer husband and wife teams.
- Teaches the sympto-thermal method of NFP which includes mucus, temperature and cervical changes. All of these symptoms, when crosschecked, provide a woman with a very accurate interpretation of her individual cycle and a full picture of fertility awareness.
- Classes consist of 3 sessions, usually spaced one month apart. Each class lasts approximately 2 hours, 15 minutes.
- Counseling is provided by any local teaching couple or by contacting CCL central headquarters directly.
- The fee for this course is \$140, which includes:
  - Personal chart review & consulting from Teaching Couple
  - Manual: The Art of Natural Family Planning® Student Guide
  - Digital basal thermometer
  - Chart booklet
  - One-year of CCL's award-winning magazine, Family Foundations
  - Book: Fertility, Cycles & Nutrition by Marilyn M. Shannon
- Couples who have previously been through the course and have an annual membership to CCL may also attend a refresher course and transition classes for postpartum and premenopause.
- If a teacher is not available in your area, web based classes are available. A home-study course is also available.
- Website: <http://ccli.org>

## Couple to Couple League Teaching Couples

Mount Pleasant, SC	Joe and Michelle Shahid	843.881.2451 <a href="mailto:mjshahid@gmail.com">mjshahid@gmail.com</a>
Aiken, SC	Stephen and Kimberly Platte	803.648.0313 <a href="mailto:sjplatte@bellsouth.net">sjplatte@bellsouth.net</a>
Greenville, SC	Richard and Maria Gallego	864.979.4349 <a href="mailto:mariawersinger@hotmail.com">mariawersinger@hotmail.com</a>
Greenville, SC	Gus and Andrea Suarez	864.234.7415 <a href="mailto:gusandandrea@yahoo.com">gusandandrea@yahoo.com</a>
Greenville, SC	Joshua and Stephanie Sanders	541.401.8751 <a href="mailto:sandejosgirl@yahoo.com">sandejosgirl@yahoo.com</a>

## Natural Family Planning International (NFPI)

**Natural Family Planning International**, a sympto-thermal method of NFP, provides high quality and low cost instruction about Natural Family Planning in the context of Christian discipleship and the moral teaching of the Catholic Church. The educational philosophy of this NFP organization is that engaged and married couples have a right to make well informed decisions about two distinct forms of NFP: ecological breastfeeding and systematic NFP. Ecological breastfeeding is a form of child care that normally spaces babies about two years apart on the average. Systematic NFP is a system that uses a woman's signs of fertility to determine the fertile and infertile times of her cycle.

**NFPI Instruction** is available in face-to-face courses taught by trained NFP teachers. Courses consist of 3 sessions, meeting on the 4th Sunday of each month in the series. Each session lasts 2.5 hrs. Cost is \$70 for 3 sessions. Website: [www.nfpandmore.org](http://www.nfpandmore.org)

## Natural Family Planning International (NFPI) Instructors

Spartanburg, SC	Ted and Angie Grieshop	864.582.2162 <a href="mailto:agrieshop@gmail.com">agrieshop@gmail.com</a>
St. Paul the Apostle Catholic Church		

## Creighton Model FertilityCare™ System

- Taught by practitioners who received their education and training through a program whose professional curriculum was developed at the Creighton University School of Medicine and the Pope Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska.
- Clients are taught to observe external mucus and patterns of dryness and bleeding.
- Focuses on individual reproductive situations with medical and health emphasis.
- Assists in the diagnosis and treatment of reproductive disorders (e.g. PMS, infertility, endometriosis, repetitive miscarriage, etc.)
- The introductory session is a general presentation given to a small group and introduces single women and couples to the use of the system.
- Private, individualized follow-up sessions provide personal instruction on the use of the method, as well as complete chart review. Scheduled every 2 weeks for the first two months, and then at regular intervals throughout the first year.
- Subsequent follow-ups recommended every six to twelve months as needed.
- The practitioner is also available for consultation between sessions, as needed
- Websites: [www.creightonmodel.com](http://www.creightonmodel.com)  
[www.naprotechnology.com](http://www.naprotechnology.com)

## Creighton Model FertilityCare Practitioners

Charleston, SC (Goose Creek)	Janelle Florendo, FCP	843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
Charleston, SC (Hanahan)	Karen Provost, FCP	843.469.3103 <a href="mailto:keprovost@att.net">keprovost@att.net</a>
Charleston, SC (North Charleston)	Dr. Nancy Stroud, Ob/Gyn, NFPMC, FCP	843.709.5776 <a href="mailto:nanbstroud@gmail.com">nanbstroud@gmail.com</a>
Charleston, SC	Hope Acquilano, FCP	<a href="mailto:hcacquilano@gmail.com">hcacquilano@gmail.com</a>
Columbia/Orangeburg, SC	Sally Zaleski, CFCP	803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
Fort Mill/Lake Wylie, SC	Grace Targonski, FCP	<a href="mailto:targonskifamily@gmail.com">targonskifamily@gmail.com</a>
Fort Mill/Rock Hill, SC	Trisha Brown, FCP	803.554.6569 <a href="mailto:TLCBrownBusiness@gmail.com">TLCBrownBusiness@gmail.com</a>
Greenville, SC	Caitlin Corneroli, FCPI	<a href="mailto:cconnel@g.clemson.edu">cconnel@g.clemson.edu</a>
Greenville, SC	Beth Joseph, PA NFPMC, FCP	864.270.2567 <a href="mailto:bethdjoseph44@gmail.com">bethdjoseph44@gmail.com</a>
Greenville, SC	Kristie Killough, RN, FCP	<a href="mailto:kristie.killough@gmail.com">kristie.killough@gmail.com</a>
Greenville, SC	Nancy McGrath, RN, CFCP, CFCE	864.675.4333 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
Greenville, SC (Simpsonville)	Karen Meyer, Ph.D, FCP	864.326.6959 <a href="mailto:karenmeyer.napro@gmail.com">karenmeyer.napro@gmail.com</a>
Greenville, SC	Ruth Robertson, FCP	864.610.5003 <a href="mailto:ruthaldertonrobertson@gmail.com">ruthaldertonrobertson@gmail.com</a>
Myrtle Beach, SC	Susanna Bleyer, MD, FCP	843.817.3122 <a href="mailto:bleyernfp@gmail.com">bleyernfp@gmail.com</a>

## Creighton Model FertilityCare Medical Consultants

Medical Consultants (MC) are medical doctors, nurse practitioners, and physician assistants who have received training at the Pope Paul VI Institute for Study of Human Reproduction to incorporate into their medical practices the newly emerging science of Natural Procreative Technology (NaProTechnology). NaProTechnology refers to natural, procreative technology that works cooperatively with the procreative and gynecologic systems. It *identifies the problems* when procreative and gynecologic systems function abnormally *and cooperates* with the menstrual and fertility cycles to correct the condition and sustain the procreative potential.

### Dr. Ingeborg Collins, Ob/Gyn, CFCMC

Shelby Women's Care  
110 W. Grover St., Shelby, NC  
Phone: 980.487.2800

Kings Mountain Women's Care  
821 East Kings St., Kings Mountain, NC  
Phone: 980.487.2850

### Dr. Jennifer Risinger, Ob/Gyn

Parkridge Ob/Gyn  
300 Palmetto Health Pkwy  
Columbia, SC  
[jennifer.risinger@palmettohealth.org](mailto:jennifer.risinger@palmettohealth.org)

### Dr. Mark Shaffer, NFPMC

John A. Martin Primary Health Care Center  
56 N US Hwy 321 Bypass  
Winnsboro, South Carolina 29180  
Phone: 803.635.6099  
[Mark.Shaffer@uscmed.sc.edu](mailto:Mark.Shaffer@uscmed.sc.edu)



### Dr. Nancy Stroud, Ob/Gyn, NFPMC, FCP

Seasons Ob/Gyn  
9279 Medical Plaza Drive #A  
North Charleston, SC 29406  
Phone: 843.569.2900 or [nanbstroud@gmail.com](mailto:nanbstroud@gmail.com)

### Beth Joseph, PA, NFPMC, FCP

Riverside Family Medicine, Maxwell Pointe  
3909 S. Hwy 14, Greenville, SC 29615  
Phone: (864) 522-1320 or [bethdjoseph44@gmail.com](mailto:bethdjoseph44@gmail.com)

## 2020 Natural Family Planning Introductory Sessions

*Please note this is not a comprehensive list of all natural family planning sessions. New dates will continue to be added throughout the year. This also does not include information for all methods, but only includes those dates that were reported. Natural family planning instruction is available throughout all areas of the Diocese. Spanish and Long distance instruction are also available. Please visit [charlestdiocese.org/marriage/natural-family-planning](https://www.charlestdiocese.org/marriage/natural-family-planning) or contact Kelli Ball, Diocesan NFP Coordinator, for more information ([janellenapro@gmail.com](mailto:janellenapro@gmail.com))*

### CREIGHTON MODEL FERTILITY *Care*<sup>™</sup> SYSTEM

#### January

January 9	7:00 PM	Blessed Births Family Wellness and Water Birth Center 23 Mills Avenue (Greenville, SC)	Contact: Nancy McGrath, CFCP 864.292.0475 <a href="mailto:NaProNurse@aol.com">NaProNurse@aol.com</a>
January 13	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
January 13	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 <a href="mailto:karenmeyer.napro@gmail.com">karenmeyer.napro@gmail.com</a>
January 16	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>

#### February

February 10	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
February 10	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 <a href="mailto:karenmeyer.napro@gmail.com">karenmeyer.napro@gmail.com</a>
February 13	7:00 PM	Blessed Births Family Wellness and Water Birth Center 23 Mills Avenue (Greenville, SC)	Contact: Nancy McGrath, CFCP 864.292.0475 <a href="mailto:NaProNurse@aol.com">NaProNurse@aol.com</a>
February 20	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>

#### March

March 9	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
March 13	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>



March 16	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 <a href="mailto:karenmeyer.napro@gmail.com">karenmeyer.napro@gmail.com</a>
<b>April</b>			
April 13	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
April 16	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>May</b>			
May 11	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
May 11	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 <a href="mailto:karenmeyer.napro@gmail.com">karenmeyer.napro@gmail.com</a>
May 21	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>June</b>			
June 11	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
June 8	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
June 8	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 <a href="mailto:karenmeyer.napro@gmail.com">karenmeyer.napro@gmail.com</a>
<b>July</b>			
July 13	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
July 16	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>August</b>			
August 10	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>

August 20	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>September</b>			
September 9	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
September 17	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>October</b>			
October 12	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
October 15	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>November</b>			
November 9	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at <a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a> or contact: Sally Zaleski, CFCP 803.814.6225 <a href="mailto:naprogal@gmail.com">naprogal@gmail.com</a>
November 19	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>December</b>			
December 3	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>