



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

www.billingsmethod.com

www.billings.life/en

www.woombinternational.org

Billings Method Instructors

Columbia, SC Bailey Limyansky, PA-C

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
843.881.2451

Joe and Michelle Shahid
mjshahid@gmail.com

Aiken, SC
803.648.0313

Stephen and Kimberly Platte
sjplatte@bellsouth.net

Greenville, SC
864.979.4349

Richard and Maria Gallego
mariawersinger@hotmail.com

Greenville, SC
864.234.7415

Gus and Andrea Suarez
gusandandrea@yahoo.com

Greenville, SC
541.401.8751

Joshua and Stephanie Sanders
sandejosgirl@yahoo.com

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 based on the flexibility of the couple. Each session lasts 2.5 hrs. DONATION only. Website: www.nfpandmore.org

Natural Family Planning International (NFPI) Instructors

Spartanburg, SC
864.582.2162
St. Paul the Apostle Catholic Church

Ted and Angie Grieshop
agrieshop@gmail.com

The Marquette Method

The Marquette Method is a type of natural family planning (NFP). Couples observe and track signs of fertility. Equipped with that information, couples can then change their behaviors to avoid or achieve pregnancy.

The Marquette Method uses two main indicators to determine fertility: cervical mucus observations and urinary hormone measurements. One or both signs are tracked based on user preference, and then combined with a simple protocol to determine the days pregnancy is possible. This method is suitable for women with regular cycles, irregular cycles, women who are breastfeeding, postpartum, or approaching menopause.

How to find a class

To sign up for a class in the Marquette Method in English or Spanish, you can contact an instructor through **Whole Mission: Marquette Method Natural Family Planning Services** at mmnfp.com.

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

Creighton Model FertilityCare Practitioners

Anderson, SC *(available online)*

Lexie Sawonik, FCPI
lexiesawonik@gmail.com

Charleston, SC *(available online)*
843.754.4658

Janelle Florendo, FCP
janelleapro@gmail.com

Charleston, SC (Hanahan)
843.469.3103

Karen Provost, FCP
keprovost@att.net

North Charleston, SC
843.709.5776

Dr. Nancy Stroud, Ob/Gyn, NFPMC, FCP
nanbstroud@gmail.com

Charleston, SC

Hope Acquilano, FCP
hcacquilano@gmail.com

Columbia/Orangeburg, SC
803.814.6225

Sally Zaleski, CFCP
naprogal@gmail.com

Fort Mill/Lake Wylie, SC

Grace Targonski, FCP
targonskifamily@gmail.com

Fort Mill/Rock Hill, SC
803.554.6569

Trisha Brown, FCP
TLCBrownBusiness@gmail.com

Greenville, SC

Caitlin Corneroli, FCPI
cconnel@g.clemson.edu

Greenville, SC
864.270.2567

Beth Joseph, PA, NFPMC, FCP
bethdjoseph44@gmail.com

Greenville, SC

Kristie Killough, RN, FCP
kristie.killough@gmail.com

Greenville, SC *(available online)*
864.292.0475

Nancy McGrath, RN, CFCP, CFCE
npronurse@aol.com

Greenville, SC (Simpsonville)
864.326.6959

Karen Meyer, Ph.D, FCP
karenmeyer.napro@gmail.com

Greenville, SC
864.610.5003

Ruth Robertson, FCP

Myrtle Beach, SC

Susanna Bleyer, MD, FCP
bleyernfp@gmail.com

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 (Telehealth available)

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



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

Dr. Nancy Stroud, Ob/Gyn, NFPMC, FCP (Telehealth available)

Seasons Ob/Gyn
9279 Medical Plaza Drive #A
North Charleston, SC 29406
Phone: 843.569.2900 or 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

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 or contact Janelle Florendo, Diocesan NFP Coordinator, for more information (jflorendo@charlestdiocese.org)

CREIGHTON MODEL FERTILITYCare™ SYSTEM
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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 NaProNurse@aol.com
January 13	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
January 13	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
January 16	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

February

February 10	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
February 10	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
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 NaProNurse@aol.com
February 20	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

March

March 9	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
March 11	7:00 PM	St. Rafka Maronite Catholic Church (Greer, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
March 12	6:30 PM	Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 janelleapro@gmail.com
March 16	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com

April

April 8	7:00 PM	Blessed Births 23 Mills Ave Greenville, SC	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
April 13	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
April 16	6:30 PM	Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 janelleapro@gmail.com

May (*ONLINE sessions available*)

May 7 and May 21	6:30 PM	<i>ONLINE SESSION AVAILABLE</i> Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 janelleapro@gmail.com
May 11 and May 14	6:30 PM	<i>ONLINE SESSION AVAILABLE</i> St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
May 11	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
May 14	7:00 PM	<i>ONLINE SESSION AVAILABLE</i> St. Rafka Maronite Catholic Church (Greer, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com

May 14	7:00 PM	ONLINE SESSION AVAILABLE (Anderson,SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
June (ONLINE sessions available)			
June 8	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
June 8 and June 11	6:30 PM	ONLINE SESSION AVAILABLE St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
June 11	6:30 PM	ONLINE SESSION AVAILABLE Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
June 11	7:00 PM	ONLINE SESSION AVAILABLE (Anderson,SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
June 11	7:00 PM	ONLINE SESSION AVAILABLE Blessed Births 23 Mills Ave Greenville,SC	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
July (ONLINE sessions available)			
July 6	7:00 PM	ONLINE SESSION AVAILABLE (Anderson,SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
July 9	7:00PM	ONLINE SESSION AVAILABLE	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
July 13	6:30 PM	ONLINE SESSION AVAILABLE St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
July 16	6:30 PM	ONLINE SESSION AVAILABLE Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
July 23	7:00 PM	ONLINE SESSION AVAILABLE	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
July 25	2:00 - 4:00 PM	St Andrew Catholic Church (Myrtle Beach, SC)	Contact: Susanna Bleyer, MD,FCP 843-817-3122 blevernfp@gmail.com
August (ONLINE sessions available)			
August 6	7:00 PM	ONLINE SESSION AVAILABLE (Anderson,SC)	Contact: Lexie Sawonik, FCPI

			lexiesawonik@gmail.com
August 10	6:30 PM	ONLINE SESSION AVAILABLE St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
August 13	7:00 PM	ONLINE SESSION AVAILABLE	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
August 18	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
August 20	6:30 PM	ONLINE SESSION AVAILABLE Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
September (ONLINE sessions available)			
September 8	6:30 PM	ONLINE SESSION AVAILABLE St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
September 10	7:00 PM	ONLINE SESSION AVAILABLE (Anderson,SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
September 10	7:00 PM	ONLINE SESSION AVAILABLE	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
September 17	6:30 PM	ONLINE SESSION AVAILABLE Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
October (ONLINE sessions available)			
October 8	7:00 PM	ONLINE SESSION AVAILABLE (Anderson,SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
October 12	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
October 15	6:30 PM	ONLINE SESSION AVAILABLE Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
October 15	7:00 PM	ONLINE SESSION AVAILABLE	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
October 22	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD

864-326-6959
karenmeyer.napro@gmail.com

November (ONLINE sessions available)

November 9	6:30 PM	St. Joseph Catholic Church (Columbia, SC)	Register at https://www.stjosephcolumbia.org/natural-family-planning or contact: Sally Zaleski, CFCP 803.814.6225 naprogal@gmail.com
November 12	7:00 PM	ONLINE SESSION AVAILABLE (Anderson, SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
November 12	7:00 PM	ONLINE SESSION AVAILABLE	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com
November 19	6:30 PM	ONLINE SESSION AVAILABLE Blessed Sacrament (Charleston, SC) Parish hall	Contact: Janelle Florendo, FCP 843.754.4658 janelleapro@gmail.com

December (ONLINE sessions available)

December 1	7:00 PM	St. Mary Magdalene (Simpsonville, SC)	Contact: Karen Meyer, FCP, PHD 864-326-6959 karenmeyer.napro@gmail.com
December 3	6:30 PM	ONLINE SESSION AVAILABLE Immaculate Conception (Charleston, SC) AMC Room 8	Contact: Janelle Florendo, FCP 843.754.4658 janelleapro@gmail.com
December 3	7:00 PM	ONLINE SESSION AVAILABLE (Anderson, SC)	Contact: Lexie Sawonik, FCPI lexiesawonik@gmail.com
December	7:00 PM	ONLINE SESSION AVAILABLE	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 napronurse@aol.com