



# Natural Family Planning

Session Schedule

**2022**

**SCROLL DOWN FOR DATES**



## **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](mailto:mjshahid@gmail.com)

Aiken, SC  
803.648.0313

Stephen and Kimberly Platte  
[sjplatte@bellsouth.net](mailto:sjplatte@bellsouth.net)

Greenville, SC  
864.979.4349

Richard and Maria Gallego (Spanish speaking)  
[mariawersinger@hotmail.com](mailto:mariawersinger@hotmail.com)

Greenville, SC  
864.234.7415

Gus and Andrea Suarez  
[gusandandrea@yahoo.com](mailto:gusandandrea@yahoo.com)

Greenville, SC  
541.401.8751

Joshua and Stephanie Sanders  
[sandejosgirl@yahoo.com](mailto: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](http://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](mailto:agrieshop@gmail.com)

## The Marquette Method

The Marquette Method is form of natural family planning that uses Clearblue fertility monitors to measure estrogen and LH levels directly. Daily fertility monitor readings are used to identify the fertile window.

Marquette tracks the hormone levels directly (through urine tests), rather than tracking the symptoms of hormone fluctuations (cervical mucus and basal body temperature) throughout the cycle, though mucus and temperature observations can be used as well.

This method was designed for those in regular cycles, irregular cycles, and postpartum cycles.

### How to find a class

To sign up for an online 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](http://mmnfp.com).

### Local Marquette Instructor

Travelers Rest, SC

Samantha Curtis

[curtis.samantha.4115@gmail.com](mailto:curtis.samantha.4115@gmail.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](http://www.creightonmodel.com)

## Creighton Model FertilityCare Practitioners

Anderson, SC (*available online*)

Lexie Sawonik, FCP  
[lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)

Charleston, SC (*available online*)  
843.754.4658

Janelle Florendo, CFCP  
[janelleapro@gmail.com](mailto:janelleapro@gmail.com)

Charleston, SC (Hanahan)  
843.469.3103

Karen Provost, FCP  
[Kprovost63@gmail.com](mailto:Kprovost63@gmail.com)

Charleston, SC (*available online*)

Hope Acquilano, FCP  
[hcacquilano@gmail.com](mailto:hcacquilano@gmail.com)

Columbia/Orangeburg, SC  
803.814.6225

Sally Zaleski, CFCP  
[naprogal@gmail.com](mailto:naprogal@gmail.com)

Fort Mill/Lake Wylie, SC  
717.817.1417

Grace Targonski, FCP  
[gdtargonski.cpc@gmail.com](mailto:gdtargonski.cpc@gmail.com)

Fort Mill/Rock Hill, SC  
803.554.6569

Trisha Brown, FCP  
[TLCBrownBusiness@gmail.com](mailto:TLCBrownBusiness@gmail.com)

Fort Mill/Rock Hill, SC (*available online*)  
864.404.8424

Bernadette Powell, FCPI  
[bernapowell97@gmail.com](mailto:bernapowell97@gmail.com)

Greenville, SC

Caitlin Corneroli, CNM, NFPMC, FCP  
[cconnel@g.clemson.edu](mailto:cconnel@g.clemson.edu)

Greenville, SC  
864.270.2567

Beth Joseph, PA, NFPMC, FCP  
[bethjoseph44@gmail.com](mailto:bethjoseph44@gmail.com)

Greenville, SC

Kristie Killough, RN, FCP  
[Advocate.RN.Killough@gmail.com](mailto:Advocate.RN.Killough@gmail.com)

Greenville, SC *(available online)*  
864.292.0475

Nancy McGrath, RN, CFCP, CFCE  
[napronurse@aol.com](mailto:napronurse@aol.com)

Greenville, SC *(available online)*  
864.326.6959

Karen Meyer, Ph.D, FCP  
[karenmeyer.napro@gmail.com](mailto:karenmeyer.napro@gmail.com)

Greenville, SC  
864.610.5003

Ruth Robertson, FCP  
[ruthaldertonrobertson@gmail.com](mailto:ruthaldertonrobertson@gmail.com)

Greer, SC  
704.516.9983

Miriam Miles, FCPI  
[milesbmaggie@gmail.com](mailto:milesbmaggie@gmail.com)

Myrtle Beach, SC

Susanna Bleyer, MD, FCP  
[bleyernfp@gmail.com](mailto:bleyernfp@gmail.com)

Myrtle Beach/Conway, SC  
845.325.7063

Janet Galbo, RN, FCP  
[janetgcrms@gmail.com](mailto:janetgcrms@gmail.com)

## **Spanish Speaking FertilityCare Practitioners**

### **Pilar Ochoa, CFCE, CFCP**

[pilarochoa.fcp@gmail.com](mailto:pilarochoa.fcp@gmail.com)

+52 2224025116

Central Time Zone

### **Diana Ocampo CFCS CFCP**

[dianaocampo.pffcc@gmail.com](mailto:dianaocampo.pffcc@gmail.com)

Protecto Familia FertilityCare Center

5544471582

### **Mtra Claudia León CFCP, CFCE**

[clauleon2001@hotmail.com](mailto:clauleon2001@hotmail.com)

San José FertilityCare Center

León , Gto. México

52 4772581314



## 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, OBGYN, 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. Christine Louise Cimo Hemphill, OBGYN, CFCMC (Telehealth available)**

MUSC Women's Health of Kershaw  
1165 Highway 1 S, Suite 500  
Lugoff, SC 29078  
Phone: 803.438.0825 Fax: 803.438.0817 or [hempnich@musc.edu](mailto:hempnich@musc.edu)

### **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 or [Mark.Shaffer@uscmed.sc.edu](mailto:Mark.Shaffer@uscmed.sc.edu)

### **Dr. Nancy Stroud, OBGYN, NFPMC, FCP (Telehealth available)**

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)

### **Caitlin Connelly Corneroli, CNM, NFPMC, FCP**

Greenville Midwifery Care  
35 Medical Ridge Drive, Greenville, SC 29605  
Phone: (864) 797-7350 or [cconnel@g.clemson.edu](mailto:cconnel@g.clemson.edu)

## 2022 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 Janelle Florendo, Diocesan NFP Coordinator, for more information ([jflorendo@charlestdiocese.org](mailto:jflorendo@charlestdiocese.org))*

<b>CREIGHTON MODEL FERTILITY Care™ SYSTEM</b>
---

### January

<b>January 6</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>January 19</b>	6:30 PM (Wednesday)	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>
<b>January 20</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Greenville, SC)	Contact: Nancy McGrath, CFCP 864.292.0475 <a href="mailto:NaProNurse@aol.com">NaProNurse@aol.com</a>
<b>January 20</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Summerville, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>

### February

<b>February 3</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson, SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>February 10</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>February 16</b>	6:30 PM (Wednesday)	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>

<b>February 17</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>February 19</b>	10:00 AM (Saturday)	Community Life Center St. Andrew Catholic Church (Myrtle Beach, SC)	Contact: Susanna Bleyer MD, FCP 843.817.3122
<b>March</b>			
<b>March 3</b>	7:00 PM (Tuesday)	<b>ONLINE SESSION</b> (Anderson, SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>March 10</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>March 16</b>	6:30 PM (Wednesday)	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>
<b>March 17</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>April</b>			
<b>April 7</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson, SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>April 20</b>	6:30 PM (Wednesday)	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>
<b>April 21</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>April 21</b>	7 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>

## May

<b>May 12</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson, SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>May 17</b>	6:30 PM (Tuesday)	Community Life Center St. Andrew Catholic Church (Myrtle Beach, SC)	Contact: Janet Galbo, RN, FCP <a href="mailto:janetgcrms@gmail.com">janetgcrms@gmail.com</a>
<b>May 18</b>	6:30 PM (Wednesday)	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>
<b>May 19</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>May 19</b>	7 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>May 28</b>	10 AM (Saturday)	<b>ONLINE SESSION</b> (Fort Mill, SC)	Contact: Bernadette Powell, FCPI 864.404.8424 <a href="mailto:bernapowell97@gmail.com">bernapowell97@gmail.com</a>

## June

<b>June 2</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson, SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>June 9</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>June 15</b>	6:30 PM (Monday)	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>
<b>June 16</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>

## July

<b>July 7</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson, SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>July 13</b>	6:30 PM (Wednesday)	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>
<b>July 14</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>July 28</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>August</b>			
<b>August 4</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson,SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>August 11</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>August 17</b>	6:30 PM (Wednesday)	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>
<b>August 18</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>September</b>			
<b>September 1</b>	7:00 PM (Thursday)	<b>ONLINE SESSION</b> (Anderson,SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>September 8</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>September 13</b>	6:30 PM (Tuesday))	Community Life Center St. Andrew Catholic Church (Myrtle Beach, SC)	Contact: Janet Galbo, RN, FCP <a href="mailto:janetgcrms@gmail.com">janetgcrms@gmail.com</a>
<b>September 21</b>	6:30 PM (Wednesday)	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>
<b>September 22</b>	6:30 PM (Thursday)	<b>ONLINE SESSION</b> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janelleapro@gmail.com">janelleapro@gmail.com</a>
<b>October</b>			

<b>October 6</b>	7:00 PM (Thursday)	<i>ONLINE SESSION</i> (Anderson,SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>October 13</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>October 20</b>	6:30 PM (Thursday)	<i>ONLINE SESSION</i> (Charleston, SC)	Contact: Janelle Florendo, CFCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>October 26</b>	6:30 PM (Wednesday)	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>
<b>November</b>			
<b>November 3</b>	7:00 PM (Thursday)	<i>ONLINE SESSION</i> (Anderson,SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>
<b>November 10</b>	6:30 PM (Thursday)	St. Francis Eastside (Bon Secours) (Greenville, SC)	Contact: Nancy McGrath, RN ,CFCP ,CFCE 864.292.0475 <a href="mailto:napronurse@aol.com">napronurse@aol.com</a>
<b>November 16</b>	6:30 PM (Wednesday)	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>
<b>November 17</b>	6:30 PM (Thursday)	<i>ONLINE SESSION</i> (Charleston, SC)	Contact: Janelle Florendo, FCP 843.754.4658 <a href="mailto:janellenapro@gmail.com">janellenapro@gmail.com</a>
<b>December</b>			
<b>December 1</b>	7:00 PM (Thursday)	<i>ONLINE SESSION</i> (Anderson,SC)	Contact: Lexie Sawonik, FCPI <a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>