



NATURAL FAMILY PLANNING

SESSIONS SCHEDULE
2025



TABLE OF CONTENTS



01

Método de Ovulación
Billings

03

Creighton Model
FertilityCare System

06

Natural Family Planning
International (NFPI)

08

SymptoPro Fertility
Education

02

Couple to Couple Leage

05

Creighton Model FertilityCare
Medical Consultants

07

The Marquette Method

09

2024 Natural Family
Planning Intro Sessions

MÉTODO DE OVULACIÓN BILLINGS

El Método de la Ovulación Billings® es un método simple, pero científico y natural para el manejo de la fertilidad que te enseña a reconocer los signos naturales de fertilidad del cuerpo.

¡Puro y simple! Basado en más de 50 años de investigación científica en curso, el Método de la Ovulación Billings® es una forma muy eficaz y sencilla de posponer o lograr el embarazo y controlar la salud reproductiva sin medicamentos ni dispositivos. El Método de la Ovulación Billings® puede funcionar de manera efectiva para las mujeres, ya sea que estén saliendo de los anticonceptivos hormonales, amamantando, destetando o acercándose a la menopausia. Independientemente de la situación particular, las cuatro reglas simples del método son las mismas para todos.

- A los clientes se les enseña a observar la mucosidad externa y la sensación en la vulva como biomarcadores de fertilidad.
- La sesión introductoria es una presentación general dada a un pequeño grupo en persona.
- Las sesiones de seguimiento privadas e individualizadas brindan instrucción personal sobre el uso del método, así como también una revisión completa del historial. Programado cada dos semanas durante los primeros dos meses, con revisiones de seguimiento a intervalos regulares durante el primer año.
- El profesional está disponible para un seguimiento posterior más allá del primer año, según sea necesario, y para cursos de actualización luego de un cambio en la situación de la vida (es decir, posparto, lactancia, perimenopausia, etc.)
- El profesional también está disponible para consultas entre sesiones, según sea necesario.
- Sitios web:
 - www.boma-usa.org
 - www.billingsmethod.com
 - www.billings.life/en
 - www.woombinternational.org

Instructores del Método Billings:

Summerville, SC

Israel Loa-Lujan and Ma. Angelica Saldana-Lizardi

malizardi07@gmail.com - 843.270.9719

isloa06@gmail.com - 704.200.6339

Columbia, SC

Jesus Serrano and Francisca Martinez

chicaserrano1230@gmail.com - 803.707.1494

jesusserrano080583@gmail.com - 803.614.5607

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 (Spanish speaking)
mariawersinger@hotmail.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, FCP
lexiesawonik@gmail.com

Charleston, SC (*available online*)
843.754.4658

Janelle Florendo, CFCP
janellenapro@gmail.com

Charleston, SC (Hanahan)
843.469.3103

Karen Provost, FCP
Kprovost63@gmail.com

Charleston, SC (*available online*)

Hope Acquilano, FCP
hcacquilano@gmail.com

Columbia/Orangeburg, SC
803.814.6225

Sally Zaleski, CFCP
naprogal@gmail.com

Fort Mill/Rock Hill, SC
803.554.6569

Trisha Brown, FCP
TLCBrownBusiness@gmail.com

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

Bernadette Powell, FCP
bernapowell97@gmail.com

Greenville, SC

Kristie Killough, RN, FCP
Advocate.RN.Killough@gmail.com

Greenville, SC (*available online*)
864.292.0475

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

Greenville, SC (*available online*)
864.326.6959

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

Greenville, SC
773-220-1578

Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI
scnaprofnp@gmail.com

Greer, SC
704.516.9983

Miriam Miles, FCP
milesbmaggie@gmail.com

Myrtle Beach, SC

Susanna Bleyer, MD, FCP
bleyernfp@gmail.com

Myrtle Beach/Conway, SC (*available online*)
845.325.7063

Janet Galbo, RN, FCP
janetgcrms@gmail.com

Spartanburg, SC (*English and Spanish*)
864.310.1497 (*available online*)

Monica Lara, FCPI
monicalara.fertilitycare@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. Jully Aguirre, FACOG, NFPMC (bilingual)

Lexington Women's Care Sandhills
3016 Longtown Commons Drive, Suite 400
Columbia, SC 29229
803-788-0268

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.Shafferauscmed.sc.edu

**Dr. Faith Daggs, OBGYN,, CFCMC
(Telehealth available)**

Novant Health Triad OBGYN, 2909
Maplewood Ave, Winston-Salem, NC 27103
Phone: 336.277.0340

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

Caitlin Connelly Corneroli, CNM, NFPMC, FCP

Greenville Midwifery Care
35 Medical Ridge Drive, Greenville, SC 29605
Phone: 864.797.7350
cccorneroli@gmail.com

**Bernadette Powell, PA, NFPMC, FCP
(Telehealth available)**

<https://mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c/>
Phone: 864.404.8424 or
bernapowell97@gmail.com

**Meghan Pillow, MSN, APRN, FNP-C, NFPMC,
FCPI**

Bon Secours Occupational Health
Greenville, SC
773-220-1578
scnaprofnp@gmail.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 - St. Paul the Apostle Catholic Church

Ted and Angie Grieshop

864.582.2162

agrieshop@gmail.com

THE MARQUETTE METHOD

The Marquette Method is a 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

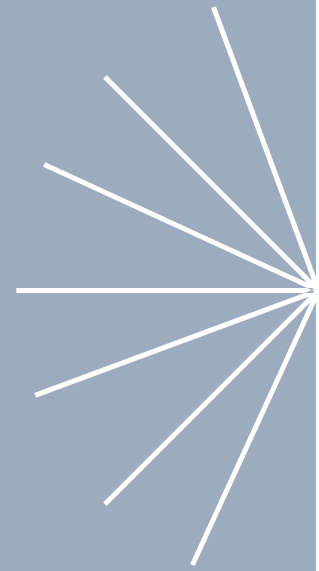
To sign up for an online class in the Marquette Method in English or Spanish, you can contact an instructor through Whole Mission: Marquette Method Natural Family Planning Services at mmnfp.com.

Local Marquette Instructor

Travelers Rest, SC

Samantha Curtis

curtis.samantha.4115@gmail.com





SYMPTOPRO FERTILITY EDUCATION

SymptoPro™ Fertility Education is an effective, scientifically based method of Natural Family Planning that treats fertility as a normal, healthy process. With over 30 years of experience, our Sympto-Thermal Method of Fertility Education is based on changes in a woman's cervical mucus, waking or resting temperature, and cervix. These observable signs change in response to the hormones of the menstrual cycle. It only takes seconds a day for a woman to track her fertility; then the couple interprets the chart and makes a decision based on their family planning intention. SymptoPro™ can be used effectively throughout a woman's entire reproductive life. Regular cycles are NOT required. Each class series consists of three two-hour sessions that meet over the course of one month with personalized follow-up. A fourth private follow up is also scheduled one month after the final session, followed by on-going chart review for the first 4-6 cycles.

Certified SymptoPro Instructor

Emma Goff

info@emmamma.com

802-557-8202

2025 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)

January			
Date	Time	Location	Contact to Register
Thursday January 2	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Thursday January 9	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday January 9	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Tuesday January 14	6:00 PM	SPANISH SESSION Jesus Our Risen Savior Catholic Church (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Thursday January 16	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com

Thursday January 16	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Tuesday January 21	6:00 PM	Jesus Our Risen Savior Catholic Church (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Wednesday January 22	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com



February			
Date	Time	Location	Contact to Register
Saturday February 1	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofn@gmail.com
Thursday February 6	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday February 6	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Thursday February 6	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Wednesday February 19	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogal@gmail.com
Thursday February 20	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

March			
Date	Time	Location	Contact to Register
Saturday March 1	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofnp@gmail.com
Thursday March 6	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Thursday March 6	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Thursday March 13	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Wednesday March 19	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com
Thursday March 21	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

April			
Date	Time	Location	Contact to Register
Wednesday April 3	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Wednesday April 9	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com
Thursday April 10	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Thursday April 10	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday April 10	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com

May			
Date	Time	Location	Contact to Register
Thursday May 1	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Saturday May 3	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofnpegmail.com
Thursday May 8	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday May 15	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Wednesday May 21	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com

June			
Date	Time	Location	Contact to Register
Thursday June 5	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Saturday June 7	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofnpe@gmail.com
Thursday June 12	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Wednesday June 18	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com
Thursday June 19	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Thursday June 19	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com

July			
Date	Time	Location	Contact to Register
Thursday July 3	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Saturday July 5	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofn@gmail.com
Thursday July 10	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday July 11	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Wednesday July 16	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogal@gmail.com
Thursday July 17	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

August			
Date	Time	Location	Contact to Register
Saturday August 2	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofn@gmail.com
Thursday August 7	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday August 7	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Thursday August 14	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Wednesday August 20	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com
Thursday August 21	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

September			
Date	Time	Location	Contact to Register
Thursday September 4	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday September 4	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Saturday September 6	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofnp@gmail.com
Thursday September 11	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Thursday September 18	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Wednesday September 24	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com

October			
Date	Time	Location	Contact to Register
Thursday October 2	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday October 2	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Saturday October 4	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofn@gmail.com
Thursday October 16	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Wednesday October 22	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com
Thursday October 23	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com

November			
Date	Time	Location	Contact to Register
Thursday November 6	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday November 6	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Thursday November 13	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com
Wednesday November 19	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogal@gmail.com
Thursday November 20	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com



December			
Date	Time	Location	Contact to Register
Wednesday December 3	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at bit.ly/introwithemma
Thursday December 4	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Saturday December 6	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofnpe@gmail.com
Thursday December 11	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Thursday December 11	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, CFCP 864.292.0475 NaProNurse@aol.com