

# NFP Providers

## CREIGHTON MODEL FERTILITYCARE PRACTITIONERS

*Anderson* — Lexie Sawonik, FCP | lexiesawonik@gmail.com, *online*

### *Charleston*

Janelle Florendo, CFCP | janellenapro@gmail.com, *online*

Karen Provost, FCP | Keprovost63@gmail.com

Hope Acquilano, FCP | hcacquilano@gmail.com, *online*

*Columbia* — Sally Zaleski, CFCP | naprogal@gmail.com

### *Fort Mill*

Trisha Brown, FCP | TLCBrownBusiness@gmail.com

Bernadette Powell, NFPMC, FCP | bernapowell97@gmail.com, *online*

### *Greenville*

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

Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com, *online*

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

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

*Greer* — Miriam Miles, FCP | milesbmaggie@gmail.com

### *Myrtle Beach / Conway*

Susanna Bleyer, MD, FCP | bleyernfp@gmail.com

Janet Galbo, RN, FCP | janetgrms@gmail.com, *online*

## SPANISH PRACTITIONER

*Spartanburg* — Monica Lara, FCPI | monicalara.fertilitycare@gmail.com, *online*

## COUPLE TO COUPLE LEAGUE

*Mount Pleasant* — Joe & Michelle Shahid | mjshahid@gmail.com

*Aiken* — Stephen & Kimberly Platte | sjplatte@bellsouth.net

### *Greenville*

Richard & Maria Gallego | mariawersinger@hotmail.com

## NFP INTERNATIONAL

*Spartanburg* — Ted & Angie Grieshop | agrieshop@gmail.com

## MARQUETTE METHOD

*Travelers Rest* — Samantha Curtis | curtis.samantha.4115@gmail.com

## SYMPTOPRO FERTILITY EDUCATION

*Charleston* — Emma Goff | info@emmamma.com

## EL MÉTODO BILLINGS

### *Columbia*

Francisca Martinez | 803-707-1494, chिकासररर01230@gmail.com

Jesus Serrano | 803-614-5607, jesuserrano080583@gmail.com

### *Summerville*

Ma. Angelica Saldana-Lizardi | 843-270-9719, malizardi07@gmail.com

Israel Loa-Lujan | 704-200-6339, isloa06@gmail.com



# NFP Doctors

## CREIGHTON MODEL FERTILITYCARE MEDICAL CONSULTANTS

**Dr. July Aguirre, FACOG, NFPMC (bilingual)**

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

**Dr. Faith Daggs, OBGYN, NFPMC (telehealth available)**

Novant Health Triad OBGYN  
2909 Maplewood Ave, Winston-Salem, NC 27103  
336-2777-0340

**Dr. Mark Shaffer, NFPMC**

John A. Martin Primary Health Care Center  
56 N US Hwy 321 Bypass, Winnsboro, 29180  
803-635-6099 | mark.shaffer@umed.edu

**Beth Joseph, PA, NFPMC, FCP**

Riverside Family Medicine, Maxwell Pointe  
3909 S. Hwy 14, Greenville, 29615  
864-522-1320 | bethdjoeph44@gmail.com

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

Greenville Midwifery Care  
35 Medical Ridge Drive, Greenville, 29605  
864-797-7350 | cccorneroli@gmail.com

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

mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c  
314-888-5233, x1125 | bernapowell97@gmail.com

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

Bon Secours Occupational Health, Greenville, SC  
773-220-1578  
scnaprofnp@gmail.com



FOR YOUR MIND,  
BODY & SOUL



ROMAN CATHOLIC  
**DIocese**  
OF CHARLESTON

*Office of Family Life*  
**NFP Ministry & Infertility**

charlestdiocese.org/family-life  
www.facebook.com/NFP

# What Christians need to know about NFP

By the Archdiocese of St. Louis NFP, [archstl.org/natural-family-planning](http://archstl.org/natural-family-planning)

Natural Family Planning (NFP) is the loving choice that respects women, respects marriage, and respects God. Here is what you need to know about why NFP is good for life:

## 1. MIND — NFP is the smart choice

- It allows you and your spouse to plan when and how many children to have, and it is highly effective whether you are trying to avoid or achieve pregnancy.
- NFP fosters strong communication between spouses. Couples develop a profound reverence and understanding of their combined fertility.

## 2. BODY — NFP is the healthy choice

- It cooperates with the natural cycle that God has given a woman without exposing her to harmful chemicals or toxins as with some methods of birth control.
- Because it doesn't mask symptoms, it can help reveal common issues including PMS (premenstrual syndrome); PCOS (polycystic ovarian syndrome); endometriosis; irregular bleeding; recurrent miscarriage; post-contraception side effects.
- It can help overcome infertility, naturally, morally, and less expensively than treatments like IVF, IUI or other reproductive technologies.
- It is useful in every phase of a woman's life: teen, single (religious or unmarried), married, pre-/post- conception, while breastfeeding, and pre-menopausal.

## 3. SOUL — NFP is the moral choice

- Just as it has no dangerous side effects, it has no dangerous soul effects, when used correctly. Couples can be responsible in family planning without being ensnared in the moral complications of contraception



More NFP and Family Life events and celebrations are listed online at [charlestdiocese.org/events](http://charlestdiocese.org/events)

# 2025 NFP INTRO SESSIONS WINTER/SPRING

## JANUARY

- **January 2** — 8:00 PM — *Online*  
Emma Goff | [bit.ly/introwithemma](http://bit.ly/introwithemma)
- **January 9** — 7:00 PM — *Online*  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **January 9** — 7:00 PM — *In-person*  
Nancy McGrath, RN, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville
- **January 14** — 6:00 PM — *In-person (SPANISH)*
- **January 16** — 6:00 PM — *Online*  
Monica Lara, FCPI | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com)  
Jesus Our Risen Savior Church, Spartanburg
- **January 16** — 6:30 PM — *Online*  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)
- **January 21** — 6:00 PM — *In-person*  
Monica Lara, FCPI | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com)  
Jesus Our Risen Savior Church, Spartanburg
- **January 22** — 6:00 PM — *In-person*  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia

## FEBRUARY

- **February 1** — 10:15 AM — *In-person*  
Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI | [scnaprofnfp@gmail.com](mailto:scnaprofnfp@gmail.com)  
Our Lady of the Rosary Church, Greenville, SC
- **February 6** — 7:00 PM — *Online*  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **February 6** — 7:00 PM — *In-person*  
Nancy McGrath, RN, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville
- **February 6** — 8:00 PM — *Online*  
Emma Goff | [bit.ly/introwithemma](http://bit.ly/introwithemma)
- **February 19** — 6:00 PM — *In-person*  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia
- **February 20** — 6:30 PM — *Online*  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)

## MARCH

- **March 1** — 10:15 AM — *In-person*  
Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI | [scnaprofnfp@gmail.com](mailto:scnaprofnfp@gmail.com)  
Our Lady of the Rosary Church, Greenville, SC
- **March 6** — 7:00 PM — *In-person*  
Nancy McGrath, RN, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville
- **March 6** — 8:00 PM — *Online*  
Emma Goff | [bit.ly/introwithemma](http://bit.ly/introwithemma)
- **March 13** — 7:00 PM — *Online*  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **March 19** — 6:00 PM — *In-person*  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia
- **March 21** — 6:30 PM — *Online*  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)

## APRIL

- **April 3** — 8:00 PM — *Online*  
Emma Goff | [bit.ly/introwithemma](http://bit.ly/introwithemma)
- **April 9** — 6:00 PM — *In-person*  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia
- **April 10** — 6:30 PM — *Online*  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)
- **April 10** — 7:00 PM — *Online*  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **April 10** — 7:00 PM — *In-person*  
Nancy McGrath, RN, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville

## MAY

- **May 1** — 8:00 PM — *Online*  
Emma Goff | [bit.ly/introwithemma](http://bit.ly/introwithemma)
- **May 3** — 10:15 AM — *In-person*  
Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI | [scnaprofnfp@gmail.com](mailto:scnaprofnfp@gmail.com)  
Our Lady of the Rosary Church, Greenville, SC
- **May 8** — 7:00 PM — *Online*  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **May 15** — 7:00 PM — *In-person*  
Nancy McGrath, RN, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville
- **May 21** — 6:00 PM — *In-person*  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia

Questions? ¿Preguntas?

Janelle Florendo

[jflorendo@charlestdiocese.org](mailto:jflorendo@charlestdiocese.org)