

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, chिकासerrano1230@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

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

2025 NFP INTRO SESSIONS WINTER/SPRING

FEBRUARY

- **February 1** — 10:15 AM — *In-person*
Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **February 6** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **February 6** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **February 6** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **February 10** — 6:00 PM — *In-person (SPANISH)*
- **February 17** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **February 19** — 6:00 PM — *In-person*
Sally Zaleski, CFCE | naprogal@gmail.com
St. Joseph Church, Columbia
- **February 20** — 6:30 PM — *Online*
Janelle Florendo, CFCE | janelleapro@gmail.com
- **February 24** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com

MARCH

- **March 1** — 10:15 AM — *In-person*
Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **March 3** — 6:00 PM — *In-person (SPANISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **March 6** — 7:00 PM — *In-person* Nancy McGrath, RN, CFCE, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **March 6** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations

- **March 10** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **March 13** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **March 17** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
- **March 19** — 6:00 PM — *In-person*
Sally Zaleski, CFCE | naprogal@gmail.com
St. Joseph Church, Columbia
- **March 21** — 6:30 PM — *Online*
Janelle Florendo, CFCE | janelleapro@gmail.com

APRIL

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

MAY

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

Questions? ¿Preguntas?
Janelle Florendo

jflorendo@charlestdiocese.org

