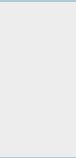


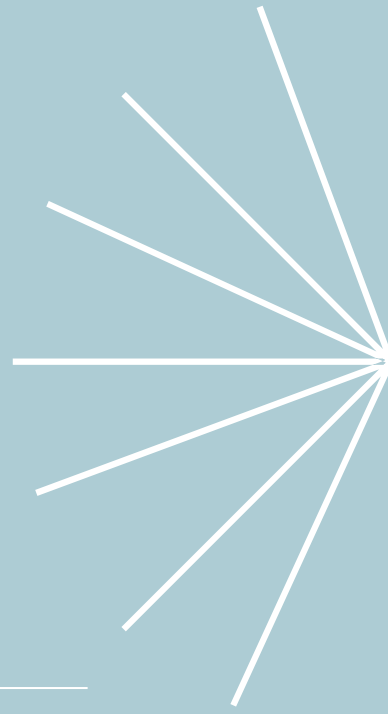


# NATURAL FAMILY PLANNING

SESSIONS SCHEDULE  
2025



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# 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\\_](http://www.boma-usa.org_)
  - [www.billingsmethod.com](http://www.billingsmethod.com)
  - [www.billings.life/en](http://www.billings.life/en)
  - [www.woombinternational.org](http://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](http://www.creightonmodel.com)

## Creighton Model FertilityCare Practitioners

Anderson, SC (*available online*)

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

Anderson, SC  
864.332.9262

Molly Millerbernd, BSN, RN, FCPI  
[molly.fertilitycare@gmail.com](mailto:molly.fertilitycare@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, SC  
803.814.6225

Sally Zaleski, CFCP  
naprogal@gmail.com

Columbia, SC  
760.415.3465

Courtney Webber, FCPI  
courtney.nfp@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

Fort Mill/Rock Hill, SC  
843.610.1770

Ashli Williams, FCPI  
Ashli.williams.sc@gmail.com

Greenville, SC

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

Greenville, SC (*available online*)  
864.292.0475  
864.270.3655

Nancy McGrath, RNBS, 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  
scnaprofnfp@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 and telehealth)*

Novant Health Triad OB/GYN  
2909 Maplewood Ave.,  
Winston-Salem, NC 27103  
336-277-0340

**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@uscmcd.sc.edu

**Dr. Jordan O'Steen, NFPMC**

Palmetto Proactive (Greenville, M,W,Th,Fr)  
1120 N Pleasantburg Dr Suite 301, Greenville,  
SC 29607  
Phone: (864)252-4808  
Palmetto Proactive (Spartanburg, Tues)  
3225 Reidville Rd, Spartanburg, SC 29301  
(864) 641-7229 |  
jordan.osteen@palmettoproactive.com

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

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

**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 Holly Tree Family Practice  
1338 Highway 14  
Simpsonville, SC 29681  
864-297-7091  
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](http://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](mailto: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](http://mmnfp.com).

## **Local Marquette Instructor**

Travelers Rest, SC

Samantha Curtis

[curtis.samantha.4115@gmail.com](mailto: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

[//emmamma.com/foundations](http://emmamma.com/foundations)

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](http://charlestdiocese.org/marriage/natural-family-planning) or contact Janelle Florendo, Diocesan NFP Coordinator, for more information ([jflorendo@charlestdiocese.org](mailto:jflorendo@charlestdiocese.org))

| January                |         |                                                                                      |                                                                                                                                 |
|------------------------|---------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Date                   | Time    | Location                                                                             | Contact to Register                                                                                                             |
| Thursday<br>January 2  | 8:00 PM | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                   |
| Thursday<br>January 9  | 7:00 PM | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br><a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>                                        |
| Thursday<br>January 9  | 7:00 PM | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                            | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br><a href="mailto:NaProNurse@aol.com">NaProNurse@aol.com</a>   |
| Tuesday<br>January 14  | 6:00 PM | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br><a href="mailto:monicalara.fertilitycare@gmail.com">monicalara.fertilitycare@gmail.com</a> |
| Thursday<br>January 16 | 6:00 PM | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br><a href="mailto:monicalara.fertilitycare@gmail.com">monicalara.fertilitycare@gmail.com</a> |

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

| February                 |          |                                                                                      |                                                                                                                                                                                              |
|--------------------------|----------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                     | Time     | Location                                                                             | Contact to Register                                                                                                                                                                          |
| Saturday<br>February 1   | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofn@gmail.com                                                                                                       |
| Thursday<br>February 6   | 7:00 PM  | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                 |
| Thursday<br>February 6   | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                            | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                        |
| Thursday<br>February 6   | 8:00 PM  | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                |
| Monday<br>February 10    | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Monday<br>February 17    | 6:00 PM  | Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Wednesday<br>February 19 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                      | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogal@gmail.com |
| Thursday<br>February 20  | 6:30 PM  | Online Session<br>(Summerville, SC)                                                  | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                              |
| Monday<br>February 24    | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |

| March                 |          |                                                                                      |                                                                                                                                                                                               |
|-----------------------|----------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                  | Time     | Location                                                                             | Contact to Register                                                                                                                                                                           |
| Saturday<br>March 1   | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofnp@gmail.com                                                                                                       |
| Monday<br>March 7     | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Thursday<br>March 6   | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                            | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                         |
| Thursday<br>March 6   | 8:00 PM  | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                 |
| Monday<br>March 10    | 6:00 PM  | Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Thursday<br>March 13  | 7:00 PM  | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                  |
| Monday<br>March 17    | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Wednesday<br>March 19 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                      | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogale@gmail.com |
| Thursday<br>March 21  | 6:30 PM  | Online Session<br>(Charleston, SC)                                                   | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                               |

| April                |         |                                                           |                                                                                                                                                                                               |
|----------------------|---------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                 | Time    | Location                                                  | Contact to Register                                                                                                                                                                           |
| Wednesday<br>April 3 | 8:00 PM | Online Session<br>(Summerville, SC)                       | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                 |
| Wednesday<br>April 9 | 6:00 PM | St. Joseph Catholic<br>Church<br>(Columbia, SC)           | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogale@gmail.com |
| Thursday<br>April 10 | 6:30 PM | Online Session<br>(Charleston, SC)                        | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                               |
| Thursday<br>April 10 | 7:00 PM | Online Session<br>(Anderson, SC)                          | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                  |
| Thursday<br>April 10 | 7:00 PM | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC) | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                         |

| May                 |          |                                                                  |                                                                                                                                                                                               |
|---------------------|----------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                | Time     | Location                                                         | Contact to Register                                                                                                                                                                           |
| Thursday<br>May 1   | 8:00 PM  | Online Session<br>(Summerville, SC)                              | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                 |
| Saturday<br>May 3   | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC) | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofn@gmail.com                                                                                                        |
| Thursday<br>May 8   | 7:00 PM  | Online Session<br>(Anderson, SC)                                 | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                  |
| Thursday<br>May 15  | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)        | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                         |
| Wednesday<br>May 21 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                  | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogale@gmail.com |

| June                 |          |                                                                                      |                                                                                                                                                                                               |
|----------------------|----------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                 | Time     | Location                                                                             | Contact to Register                                                                                                                                                                           |
| Thursday<br>June 5   | 8:00 PM  | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                 |
| Saturday<br>June 7   | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofnp@gmail.com                                                                                                       |
| Monday<br>June 9     | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Monday<br>June 16    | 6:00 PM  | Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Wednesday<br>June 18 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                      | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogale@gmail.com |
| Thursday<br>June 19  | 6:30 PM  | Online Session<br>(Charleston, SC)                                                   | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                               |
| Thursday<br>June 19  | 7:00 PM  | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                  |
| Thursday<br>June 19  | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                            | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                         |
| Monday<br>June 23    | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |

| July                 |          |                                                                                      |                                                                                                                                                                                                                                        |
|----------------------|----------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                 | Time     | Location                                                                             | Contact to Register                                                                                                                                                                                                                    |
| Thursday<br>July 3   | 8:00 PM  | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                                                          |
| Monday<br>July 7     | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br><a href="mailto:monicalara.fertilitycare@gmail.com">monicalara.fertilitycare@gmail.com</a>                                                                                                        |
| Thursday<br>July 10  | 6:00 PM  | Our Lady of the Lake<br>Catholic Church<br>(Chapin, SC)                              | Courtney Webber, FCPI<br>760.415.3465<br><a href="mailto:courtney.nfp@gmail.com">courtney.nfp@gmail.com</a>                                                                                                                            |
| Thursday<br>July 10  | 7:00 PM  | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br><a href="mailto:lexiesawonik@gmail.com">lexiesawonik@gmail.com</a>                                                                                                                                               |
| Saturday<br>July 12  | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPNC, FCPI<br>773-220-1578<br><a href="mailto:scnaprofnfp@gmail.com">scnaprofnfp@gmail.com</a>                                                                                                    |
| Monday<br>July 14    | 6:00 PM  | Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br><a href="mailto:monicalara.fertilitycare@gmail.com">monicalara.fertilitycare@gmail.com</a>                                                                                                        |
| Tuesday<br>July 15   | 6:30 PM  | Saint Philip Neri<br>Catholic Church<br>(Fort Mill, SC)                              | Ashli Williams, FCPI<br>843.610.1770<br><a href="mailto:Ashli.williams.sc@gmail.com">Ashli.williams.sc@gmail.com</a>                                                                                                                   |
| Wednesday<br>July 16 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                      | Sally Zaleski, CFPC<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br><a href="mailto:naprogale@gmail.com">naprogale@gmail.com</a> |
| Monday<br>July 21    | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br><a href="mailto:monicalara.fertilitycare@gmail.com">monicalara.fertilitycare@gmail.com</a>                                                                                                        |
| Wednesday<br>July 23 | 6:00 PM  | Our Lady of the Lake<br>Catholic Church<br>(Chapin, SC)                              | Courtney Webber, FCPI<br>760.415.3465<br><a href="mailto:courtney.nfp@gmail.com">courtney.nfp@gmail.com</a>                                                                                                                            |

| August                 |          |                                                                                   |                                                                                                                                                                                              |
|------------------------|----------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                   | Time     | Location                                                                          | Contact to Register                                                                                                                                                                          |
| Saturday<br>August 2   | 10:15 AM | Our Lady of the Rosary<br>Catholic Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C, NFPMC,<br>FCPI<br>773-220-1578<br>scnaprofnpe@gmail.com                                                                                                     |
| Monday<br>August 4     | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen Savior<br>Catholic Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Thursday<br>August 7   | 7:00 PM  | Online Session<br>(Anderson, SC)                                                  | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                 |
| Thursday<br>August 7   | 8:00 PM  | Online Session<br>(Summerville, SC)                                               | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                |
| Monday<br>August 11    | 6:00 PM  | Jesus Our Risen Savior<br>Catholic Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Tuesday<br>August 12   | 6:00 PM  | Our Lady of the Lake<br>Catholic Church<br>(Chapin, SC)                           | Courtney Webber, FCPI<br>760.415.3465<br>courtney.nfp@gmail.com                                                                                                                              |
| Tuesday<br>August 12   | 6:30 PM  | Saint Philip Neri<br>Catholic Church<br>(Fort Mill, SC)                           | Ashli Williams, FCPI<br>843.610.1770<br>Ashli.williams.sc@gmail.com                                                                                                                          |
| Thursday<br>August 14  | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                         | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                        |
| Monday<br>August 18    | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                               | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Wednesday<br>August 20 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                   | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogal@gmail.com |
| Thursday<br>August 21  | 6:30 PM  | Online Session<br>(Summerville, SC)                                               | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                              |
| Thursday<br>August 28  | 6:00 PM  | Our Lady of the Lake<br>Catholic Church<br>(Chapin, SC)                           | Courtney Webber, FCPI<br>760.415.3465<br>courtney.nfp@gmail.com                                                                                                                              |

| September                    |          |                                                                                      |                                                                                                                                                                                               |
|------------------------------|----------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                         | Time     | Location                                                                             | Contact to Register                                                                                                                                                                           |
| Thursday<br>September 4      | 7:00 PM  | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                  |
| Thursday<br>September 4      | 8:00 PM  | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                 |
| Saturday<br>September 6      | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofnp@gmail.com                                                                                                       |
| Monday<br>September 8        | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Thursday<br>September 11     | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                            | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                         |
| Monday<br>September 15       | 6:00 PM  | Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Thursday<br>September 18     | 6:30 PM  | Online Session<br>(Charleston, SC)                                                   | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                               |
| Monday<br>September<br>22    | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                       |
| Wednesday<br>September<br>24 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                      | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogale@gmail.com |

| October                    |          |                                                                                      |                                                                                                                                                                                              |
|----------------------------|----------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                       | Time     | Location                                                                             | Contact to Register                                                                                                                                                                          |
| Thursday<br>October 2      | 7:00 PM  | Online Session<br>(Anderson, SC)                                                     | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                 |
| Thursday<br>October 2      | 8:00 PM  | Online Session<br>(Summerville, SC)                                                  | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                |
| Saturday<br>October 4      | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC)                     | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofnp@gmail.com                                                                                                      |
| Monday<br>October 6        | 6:00 PM  | SPANISH SESSION<br>Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC) | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Monday<br>October 13       | 6:00 PM  | Jesus Our Risen<br>Savior Catholic<br>Church<br>(Spartanburg, SC)                    | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Thursday<br>October 16     | 6:30 PM  | Online Session<br>(Charleston, SC)                                                   | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                              |
| Monday<br>October 20       | 6:00 PM  | Online Session<br>(Spartanburg, SC)                                                  | Monica Lara, FCPI<br>864.310.1497<br>monicalara.fertilitycare@gmail.com                                                                                                                      |
| Wednesday<br>October<br>22 | 6:00 PM  | St. Joseph Catholic<br>Church<br>(Columbia, SC)                                      | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogal@gmail.com |
| Thursday<br>October 23     | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)                            | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                        |

| November                    |         |                                                           |                                                                                                                                                                                               |
|-----------------------------|---------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date                        | Time    | Location                                                  | Contact to Register                                                                                                                                                                           |
| Thursday<br>November<br>6   | 7:00 PM | Online Session<br>(Anderson, SC)                          | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                                                                                                                  |
| Thursday<br>November<br>6   | 8:00 PM | Online Session<br>(Summerville, SC)                       | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a>                                                                                                 |
| Thursday<br>November<br>13  | 7:00 PM | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC) | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com                                                                                                         |
| Wednesday<br>November<br>19 | 6:00 PM | St. Joseph Catholic<br>Church<br>(Columbia, SC)           | Sally Zaleski, CFCP<br>803.814.6225<br><a href="https://www.stjosephcolumbia.org/natural-family-planning">https://www.stjosephcolumbia.org/natural-family-planning</a><br>naprogale@gmail.com |
| Thursday<br>November<br>18  | 6:30 PM | Online Session<br>(Summerville, SC)                       | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                                                                                                                               |

| December                |          |                                                                  |                                                                                               |
|-------------------------|----------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Date                    | Time     | Location                                                         | Contact to Register                                                                           |
| Wednesday<br>December 3 | 8:00 PM  | Online Session<br>(Summerville, SC)                              | Emma Goff<br>Register at <a href="http://emmamma.com/foundations">emmamma.com/foundations</a> |
| Thursday<br>December 4  | 7:00 PM  | Online Session<br>(Anderson, SC)                                 | Lexie Sawonik, FCP<br>lexiesawonik@gmail.com                                                  |
| Saturday<br>December 6  | 10:15 AM | Our Lady of the<br>Rosary Catholic<br>Church<br>(Greenville, SC) | Meghan Pillow, MSN, APRN, FNP-C,<br>NFPMC, FCPI<br>773-220-1578<br>scnaprofnpe@gmail.com      |
| Tuesday<br>December 9   | 6:30 PM  | Online Session<br>(Charleston, SC)                               | Janelle Florendo, FCP<br>843.754.4658<br>janellenapro@gmail.com                               |
| Thursday<br>December 18 | 7:00 PM  | St. Francis Eastside<br>(Bon Secours)<br>(Greenville, SC)        | Nancy McGrath, RNBS, CFCP, CFCE<br>864.292.0475<br>864-270-3655<br>NaProNurse@aol.com         |