

NFP Providers

CREIGHTON MODEL FERTILITYCARE PRACTITIONERS

Anderson

Lexie Sawonik, FCP | lexiesawonik@gmail.com, *online*
Molly Millerbernd, FCPI | molly.fertilitycare@gmail.com

Charleston

Janelle Florendo, CFCP | janellenapro@gmail.com, *online*
Karen Provost, FCP | Kprovost63@gmail.com
Hope Acquilano, FCP | hcacquilano@gmail.com, *online*

Columbia

Sally Zaleski, CFCP | naprogal@gmail.com
Courtney Webber, FCPI | courtney.nfp@gmail.com

Fort Mill

Trisha Brown, FCP | TLCBrownBusiness@gmail.com
Bernadette Powell, NFPMC, FCP | bernadepowell97@gmail.com, *online*
Ashli Williams, FCPI | ashli.williams.sc@gmail.com

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 | scnaprofnfp@gmail.com

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

Myrtle Beach / Conway

Susanna Bleyer, MD, FCP | bleyernfp@gmail.com
Janet Galbo, RN, FCP | janetgrcms@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 | emmamma.com/foundations

EL MÉTODO BILLINGS

Columbia

Francisca Martinez | 803-707-1494, chicaserrano1230@gmail.com
Jesus Serrano | 803-614-5607, jesusserrano080583@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. Jully Aguirre, FACOG, NFPMC (bilingual - telehealth)

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

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

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 | bethdjoseph44@gmail.com

Caitlin Connelly Corneroli, CNM, NFPMC, FCP

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

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

mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c
314-888-5233, x1125 | bernadepowell97@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
scnaprofnfp@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 FALL

SEPTEMBER

- **Sept 4** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **Sept 4** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **Sept 6** — 10:15 AM — *In-person*
Meghan Pillow, FNP-C, NFP MC, FCPI | scnaprofnp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **Sept 8** — 6:00 PM — *In-person (SPANISH)*
- **Sept 15** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **Sept 11** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **Sept 18** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janellenapro@gmail.com
- **Sept 22** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
- **Sept 24** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia

OCTOBER

- **Oct 2** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **Oct 2** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **Oct 4** — 10:15 AM — *In-person*
Meghan Pillow, FNP-C, NFP MC, FCPI | scnaprofnp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **Oct 6** — 6:00 PM — *In-person (SPANISH)*
- **Oct 13** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **Oct 16** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janellenapro@gmail.com

- **Oct 20** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com

- **Oct 22** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia

- **Oct 23** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville

NOVEMBER

- **Nov 6** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **Nov 6** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **Nov 13** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **Nov 19** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **Nov 18** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janellenapro@gmail.com

DECEMBER

- **Dec 3** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **Dec 4** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **Dec 6** — 10:15 AM — *In-person*
Meghan Pillow, FNP-C, NFP MC, FCPI | scnaprofnp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **Dec 9** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janellenapro@gmail.com
- **Dec 18** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville

Questions? ¿Preguntas?
Janelle Florendo

jflorendo@charlestdiocese.org



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:

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3. SOUL — NFP is the moral choice

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2025 NFP INTRO SESSIONS SUMMER

JUNE

- **June 5** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **June 7** — 10:15 AM — *In-person*
Meghan Pillow, FNP-C, NFPMC, FCPI | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **June 9** — 6:00 PM — *In-person (SPANISH)*
- **June 16** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **June 18** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **June 19** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janellefnapro@gmail.com
- **June 19** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **June 19** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **June 23** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com

JULY

- **July 3** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **July 7** — 6:00 PM — *In-person (SPANISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **July 10** — 6:00 PM — *In-person*
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC
- **July 10** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **July 12** — 10:15 AM — *In-person*
Meghan Pillow, FNP-C, NFPMC, FCPI | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC



- **July 14** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **July 15** — 6:30 PM — *In-person*
Ashli Williams, FCPI | ashli.williams.sc@gmail.com
St. Philip Neri, Fort Mill, SC
- **July 16** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **July 21** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
- **July 23** — 6:00 PM — *In-person*
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC

AUGUST

- **August 2** — 10:15 AM — *In-person*
Meghan Pillow, FNP-C, NFPMC, FCPI | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **August 4** — 6:00 PM — *In-person (SPANISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **August 7** — 7:00 PM — *Online*
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **August 7** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **August 11** — 6:00 PM — *In-person (ENGLISH)*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
Jesus Our Risen Savior Church, Spartanburg
- **August 12** — 6:00 PM — *In-person*
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC
- **August 12** — 6:30 PM — *In-person*
Ashli Williams, FCPI | ashli.williams.sc@gmail.com
St. Philip Neri, Fort Mill, SC
- **August 14** — 7:00 PM — *In-person*
Nancy McGrath, RN, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **August 18** — 6:00 PM — *Online*
Monica Lara, FCPI | monicalara.fertilitycare@gmail.com
- **August 20** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **August 21** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janellefnapro@gmail.com
- **August 28** — 6:00 PM — *In-person*
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC

Questions? ¿Preguntas?

Janelle Florendo

jflorendo@charlestdiocese.org

What Christians need to know about NFP

By the Archdiocese of St. Louis NFP, archstl.org/natural-family-planning

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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, 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, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **February 20** — 6:30 PM — *Online*
Janelle Florendo, CFCP | 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, CFCP, 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, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **March 21** — 6:30 PM — *Online*
Janelle Florendo, CFCP | janelleapro@gmail.com

APRIL

- **April 3** — 8:00 PM — *Online*
Emma Goff | emmamma.com/foundations
- **April 9** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia
- **April 10** — 6:30 PM — *Online*
Janelle Florendo, CFCP | 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, CFCP, 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, CFCP, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **May 21** — 6:00 PM — *In-person*
Sally Zaleski, CFCP | naprogal@gmail.com
St. Joseph Church, Columbia

Questions? ¿Preguntas?
Janelle Florendo

jflorendo@charlestdiocese.org

