



NATURAL FAMILY PLANNING

SESSIONS SCHEDULE
2026



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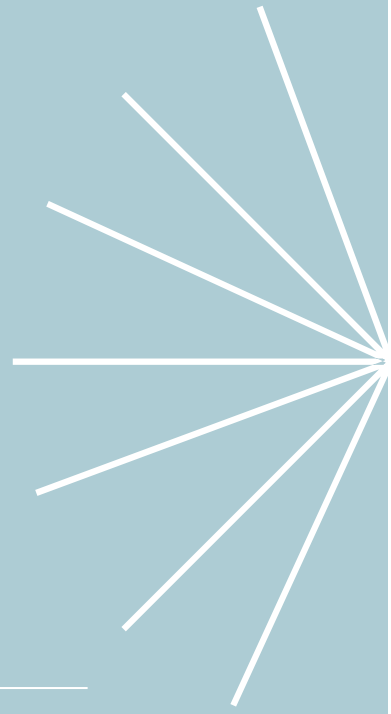
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MÉTODO DE OVULACIÓN BILLINGS

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_
 - 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

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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

Anderson, SC
864.332.9262

Molly Millerbernd, BSN, RN, FCPI
molly.fertilitycare@gmail.com

Charleston, SC (*available online*)
843.754.4658

Janelle Florendo, CFCP
janellenapro@gmail.com

Charleston, SC (Hanahan)
843.469.3103

Karen Provost, FCP
Keprovost63@gmail.com

Charleston, SC (*available online*)

Hope Acquilano, FCP
hcacquilano@gmail.com

Columbia, SC
803.814.6225

Sally Zaleski, CFCP
naprogal@gmail.com

Columbia, SC
760.415.3465

Courtney Webber, FCPI
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Fort Mill/Rock Hill, SC
803.554.6569

Trisha Brown, FCP
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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
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
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Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP
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Greer, SC
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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, FCP
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
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Winnsboro, South Carolina 29180
Phone: 803.635.6099
Mark.Shaffer@uscmed.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)
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(864) 641-7229 |
jordan.osteen@palmettoproactive.com

Caitlin Connelly Corneroli, CNM, NFPMC, FCP

Greenville Midwifery Care
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Beth Joseph, PA, NFPMC, FCP

Riverside Family Medicine, Maxwell Pointe
3909 S. Hwy 14, Greenville, SC 29615
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Bernadette Powell, PA, NFPMC, FCP

(Telehealth available)

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

Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP

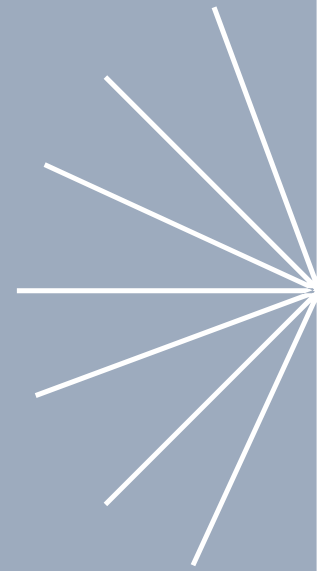
Phone: 773-220-1578
scnaprofnp@gmail.com

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.





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/intro

802-557-8202

2026 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 8	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday January 8	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday January 8	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday January 10	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCPI 773-220-1578 scnaprofnfp@gmail.com
Monday January 12	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Wednesday January 14	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, FCP 843.754.4658 janelleapro@gmail.com
Monday January 19	6:00 PM	SPANISH Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com

Wednesday January 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
Thursday January 22	6:00 PM	Online Session (Simpsonville, SC)	Karen Meyer, Ph.D, FCP 864.326.6959 karenmeyer.napro@gmail.com
Thursday January 22	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com



February			
Date	Time	Location	Contact to Register
Monday February 2	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Thursday February 5	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday February 5	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday February 7	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
Monday February 9	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Thursday February 12	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday February 12	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Wednesday February 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
Wednesday February 18	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com

Monday February 23	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
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March			
Date	Time	Location	Contact to Register
Monday March 2	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Thursday March 5	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday March 5	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday March 7	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
Monday March 9	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Thursday March 12	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday March 12	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Monday March 16	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Wednesday March 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
Wednesday March 18	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 1	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday April 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 April 9	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday April 9	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFPC, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Thursday April 9	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Monday April 13	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Wednesday April 15	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFPC 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogal@gmail.com
Wednesday April 15	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, FCP 843.754.4658 janellenapro@gmail.com
Monday April 20	6:00 PM	SPANISH Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Monday April 20	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com

May			
Date	Time	Location	Contact to Register
Saturday May 2	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofn@gmail.com
Monday May 4	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Tuesday May 5	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday May 7	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Monday May 11	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Monday May 11	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Thursday May 14	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday May 14	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Monday May 18	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com

<p>Wednesday May 20</p>	<p>6:00 PM</p>	<p>St. Joseph Catholic Church (Columbia, SC)</p>	<p>Sally Zaleski, CFCP 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogale@gmail.com</p>
<p>Wednesday May 20</p>	<p>6:30 PM</p>	<p>Online Session (Charleston, SC)</p>	<p>Janelle Florendo, CFCP 843.754.4658 janellenapro@gmail.com</p>



June			
Date	Time	Location	Contact to Register
Monday June 1	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Wednesday June 3	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Thursday June 4	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Saturday June 6	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofnp@gmail.com
Monday June 8	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Thursday June 11	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday June 11	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Monday June 15	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Wednesday June 17	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

Wednesday June 17	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, CFCP 843.754.4658 janelleapro@gmail.com
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July			
Date	Time	Location	Contact to Register
Thursday July 2	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday July 4	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofn@gmail.com
Monday July 6	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Tuesday July 7	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday July 9	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Monday July 13	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Monday July 13	7:00 PM	St. Elizabeth Ann Seton Catholic Church (Greenville, SC)	Kristie Killough, RN, FCP Advocate.RN.Killough@gmail.com
Wednesday July 15	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
Wednesday July 15	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, CFCP 843.754.4658 janellenapro@gmail.com
Monday July 20	6:00 PM	SPANISH Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com

August			
Date	Time	Location	Contact to Register
Saturday August 1	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofnpegmail.com
Thursday August 6	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday August 6	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Monday August 10	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Thursday August 13	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday August 13	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFPC, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Monday August 18	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Wednesday August 19	6:00 PM	St. Joseph Catholic Church (Columbia, SC)	Sally Zaleski, CFPC 803.814.6225 https://www.stjosephcolumbia.org/natural-family-planning naprogal@gmail.com
Wednesday August 19	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, CFPC 843.754.4658 janelleapro@gmail.com
Thursday August 28	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com

September			
Date	Time	Location	Contact to Register
Thursday September 3	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday September 3	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday September 5	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofn@gmail.com
Wednesday September 9	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 September 10	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfpe@gmail.com
Thursday September 10	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Monday September 14	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Wednesday September 16	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, CFCP 843.754.4658 janellenapro@gmail.com

October			
Date	Time	Location	Contact to Register
Thursday October 1	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday October 1	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday October 3	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofnpegmail.com
Thursday October 8	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday October 8	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Monday October 12	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Monday October 19	6:00 PM	SPANISH Online Session (Spartanburg, SC)	Monica Lara, FCPI 864.310.1497 monicalara.fertilitycare@gmail.com
Wednesday October 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
Wednesday October 21	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, CFCP 843.754.4658 janelleapro@gmail.com

November			
Date	Time	Location	Contact to Register
Thursday November 5	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday November 5	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/intro
Saturday November 7	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofnp@gmail.com
Monday November 9	6:00 PM	Online Session (Spartanburg, SC)	Monica Lara, FCP 864.310.1497 monicalara.fertilitycare@gmail.com
Thursday November 12	6:00 PM	Our Lady of the Lake Catholic Church (Chapin, SC)	Courtney Webber, FCPI 760.415.3465 courtney.nfp@gmail.com
Thursday November 12	6:30 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com
Wednesday November 18	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
Wednesday November 18	6:30 PM	Online Session (Summerville, SC)	Janelle Florendo, CFCP 843.754.4658 janelleapro@gmail.com

December			
Date	Time	Location	Contact to Register
Thursday December 3	7:00 PM	Online Session (Anderson, SC)	Lexie Sawonik, FCP lexiesawonik@gmail.com
Thursday December 3	8:00 PM	Online Session (Summerville, SC)	Emma Goff Register at emmamma.com/foundations
Saturday December 5	10:15 AM	Our Lady of the Rosary Catholic Church (Greenville, SC)	Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP 773-220-1578 scnaprofnp@gmail.com
Wednesday December 9	6:30 PM	Online Session (Charleston, SC)	Janelle Florendo, CFCP 843.754.4658 janellenapro@gmail.com
Thursday December 18	7:00 PM	St. Francis Eastside (Bon Secours) (Greenville, SC)	Nancy McGrath, RNBS, CFCP, CFCE 864.292.0475 864-270-3655 NaProNurse@aol.com