

# 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 | Keprovo63@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](mailto:TLCBrownBusiness@gmail.com)  
Bernadette Powell, NFPMC, FCP | [bernapowell97@gmail.com](mailto:bernapowell97@gmail.com), *online*

### Greenville

Kristie Killough, RN, FCP | kristie.killough@gmail.com  
Nancy McGrath, RN, CFCP, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com), *online*  
Karen Meyer, Ph.D, FCP | [karenmeyer.napro@gmail.com](mailto:karenmeyer.napro@gmail.com), *online*  
Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP | [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com)

Greer — Miriam Miles, FCP | [milesbmaggie@gmail.com](mailto:milesbmaggie@gmail.com)

### Myrtle Beach / Conway

Susanna Bleyer, MD, FCP | [bleyernfp@gmail.com](mailto:bleyernfp@gmail.com)  
Janet Galbo, RN, FCP | [janetgrms@gmail.com](mailto:janetgrms@gmail.com), *online*

## SPANISH PRACTITIONER

Spartanburg— Monica Lara, FCP | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com), *online*

## COUPLE TO COUPLE LEAGUE

Mount Pleasant — Joe & Michelle Shahid | [mjshahid@gmail.com](mailto:mjshahid@gmail.com)

Aiken — Stephen & Kimberly Platte | [sjplatte@bellsouth.net](mailto:sjplatte@bellsouth.net)

### Greenville

Richard & Maria Gallego | [mariawersinger@hotmail.com](mailto:mariawersinger@hotmail.com)

## SYMPTOPRO FERTILITY EDUCATION

Charleston — Emma Goff | [emmamma.com/foundations](http://emmamma.com/foundations)

## EL MÉTODO BILLINGS

### Columbia

Francisca Martinez | 803-707-1494, [chicaserrano1230@gmail.com](mailto:chicaserrano1230@gmail.com)  
Jesus Serrano | 803-614-5607, [jesusserrano080583@gmail.com](mailto:jesusserrano080583@gmail.com)

### Summerville

Ma. Angelica Saldana-Lizardi | 843-270-9719, [malizardi07@gmail.com](mailto:malizardi07@gmail.com)  
Israel Loa-Lujan | 704-200-6339, [isloa06@gmail.com](mailto: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  
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**Dr. Mark Shaffer, NFPMC**

John A. Martin Primary Health Care Center  
56 N US Hwy 321 Bypass, Winnsboro, 29180  
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**Beth Joseph, PA, NFPMC, FCP**

Riverside Family Medicine, Maxwell Pointe  
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**Caitlin Connelly Corneroli, CNM, NFPMC, FCP**

Greenville Midwifery Care  
35 Medical Ridge Drive, Greenville, 29605  
864-797-7350 | [ccccorneroli@gmail.com](mailto:ccccorneroli@gmail.com)

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

[mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c](http://mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c)  
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**Meghan Pillow, MSN, APRN, FNP-C, NFPMC, FCP**

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FOR YOUR MIND,  
BODY & SOUL



ROMAN CATHOLIC  
**DIocese**  
OF CHARLESTON

Office of Family Life  
NFP Ministry & Infertility

[charlestondiocese.org/family-life](http://charlestondiocese.org/family-life)  
[www.facebook.com/NFP](http://www.facebook.com/NFP)

# What Christians need to know about NFP

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

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

## 1. MIND — NFP is the smart choice

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

## 2. BODY — NFP is the healthy choice

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

## 3. SOUL — NFP is the moral choice

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



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

# 2026 NFP INTRO SESSIONS SPRING/SUMMER

## MAY

- **May 2 — 10:15 AM — In-person**  
Meghan Pillow, FNP-C, NFPMC, FCP | [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com)  
Our Lady of the Rosary Church, Greenville, SC
- **May 4 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [advocate.rn.killough@gmail.com](mailto:advocate.rn.killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **May 5 — 7:00 PM — Online**  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **May 7 — 8:00 PM — Online**  
Emma Goff | [emmamma.com/intro](http://emmamma.com/intro)
- **May 11 — 6:00 PM — Online**  
Monica Lara, FCP | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com)
- **May 11 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [advocate.rn.killough@gmail.com](mailto:advocate.rn.killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **May 14 — 6:00 PM — In-person**  
Courtney Webber, FCPI | [courtney.nfp@gmail.com](mailto:courtney.nfp@gmail.com)  
Our Lady of the Lake Church, Chapin, SC
- **May 14 — 6:30 PM — In-person**  
Nancy McGrath, RN, CFCE, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville
- **May 18 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [advocate.rn.killough@gmail.com](mailto:advocate.rn.killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **May 20 — 6:30 PM — Online**  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)
- **May 20 — 6:00 PM — In-person**  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia

## JUNE

- **June 1 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [advocate.rn.killough@gmail.com](mailto:advocate.rn.killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **June 3 — 8:00 PM — Online**  
Emma Goff | [emmamma.com/intro](http://emmamma.com/intro)
- **June 4 — 7:00 PM — Online**  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)

- **June 6 — 10:15 AM — In-person**  
Meghan Pillow, FNP-C, NFPMC, FCP | [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com)  
Our Lady of the Rosary Church, Greenville, SC
- **June 8 — 6:00 PM — Online**  
Monica Lara, FCP | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com)
- **June 11 — 6:00 PM — In-person**  
Courtney Webber, FCPI | [courtney.nfp@gmail.com](mailto:courtney.nfp@gmail.com)  
Our Lady of the Lake Church, Chapin, SC
- **June 11 — 6:30 PM — In-person**  
Nancy McGrath, RN, CFCE, CFCE | [napronurse@aol.com](mailto:napronurse@aol.com)  
St. Francis Eastside (Bon Secours), Greenville
- **June 15 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [advocate.rn.killough@gmail.com](mailto:advocate.rn.killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **June 17 — 6:00 PM — In-person**  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia
- **June 17 — 6:30 PM — Online**  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)

## JULY

- **July 2 — 8:00 PM — Online**  
Emma Goff | [emmamma.com/intro](http://emmamma.com/intro)
- **July 4 — 10:15 AM — In-person**  
Meghan Pillow, FNP-C, NFPMC, FCP | [scnaprofnp@gmail.com](mailto:scnaprofnp@gmail.com)  
Our Lady of the Rosary Church, Greenville, SC
- **July 6 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [advocate.rn.killough@gmail.com](mailto:advocate.rn.killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **July 7 — 7:00 PM — Online**  
Lexie Sawonik, FCP | [lexiesawonik@gmail.com](mailto:lexiesawonik@gmail.com)
- **July 9 — 6:00 PM — In-person**  
Courtney Webber, FCPI | [courtney.nfp@gmail.com](mailto:courtney.nfp@gmail.com)  
Our Lady of the Lake Church, Chapin, SC
- **July 13 — 6:00 PM — Online**  
Monica Lara, FCP | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com)
- **July 13 — 7:00 PM — In-person**  
Kristie Killough, RN, FCP | [Advocate.RN.Killough@gmail.com](mailto:Advocate.RN.Killough@gmail.com)  
St. Elizabeth Ann Seton Catholic Church
- **July 15 — 6:00 PM — In-person**  
Sally Zaleski, CFCE | [naprogal@gmail.com](mailto:naprogal@gmail.com)  
St. Joseph Church, Columbia
- **July 15 — 6:30 PM — Online**  
Janelle Florendo, CFCE | [janelleapro@gmail.com](mailto:janelleapro@gmail.com)
- **July 20 — 6:00 PM — Online (SPANISH)**  
Monica Lara, FCP | [monicalara.fertilitycare@gmail.com](mailto:monicalara.fertilitycare@gmail.com)

Questions? ¿Preguntas?

Karen Meyer

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

