

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 | bernapowell97@gmail.com, *online*

Greenville

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

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

Myrtle Beach / Conway

Susanna Bleyer, MD, FCP | bleyernfp@gmail.com
Janet Galbo, RN, FCP | janetgrms@gmail.com, *online*

SPANISH PRACTITIONER

Spartanburg — **Monica Lara, FCP** | 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

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@prismahealth.org

Beth Joseph, PA, NFPMC, FCP

Riverside Family Medicine, Maxwell Pointe
3909 S. Hwy 14, Greenville, 29615
864-522-1320 | bethdjoeph44@gmail.com

Caitlin Connelly Corneroli, CNM, NFPMC, FCP

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

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

mycatholicdoctor.com/resources/doctors/bernadette-powell-pa-c
314-888-5233, x1125 | bernapowell97@gmail.com

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

773-220-1578 | scnaprofnp@gmail.com



FOR YOUR MIND,
BODY & SOUL



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

2026 NFP INTRO SESSIONS SPRING/SUMMER

MAY

- **May 2 — 10:15 AM — In-person**
Meghan Pillow, FNP-C, NFPMC, FCP | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **May 4 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **May 5 — 7:00 PM — Online**
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **May 7 — 8:00 PM — Online**
Emma Goff | emmamma.com/intro
- **May 11 — 6:00 PM — Online**
Monica Lara, FCP | monicalara.fertilitycare@gmail.com
- **May 11 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **May 14 — 6:00 PM — In-person**
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC
- **May 14 — 7:00 PM — In-person**
Nancy McGrath, RN, CFCE, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **May 18 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **May 20 — 6:30 PM — Online**
Janelle Florendo, CFCE | janelleapro@gmail.com
- **May 20 — 6:00 PM — In-person**
Sally Zaleski, CFCE | naprogal@gmail.com
St. Joseph Church, Columbia

JUNE

- **June 1 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **June 3 — 8:00 PM — Online**
Emma Goff | emmamma.com/intro
- **June 4 — 7:00 PM — Online**
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **June 6 — 10:15 AM — In-person**
Meghan Pillow, FNP-C, NFPMC, FCP | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC



- **June 8 — 6:00 PM — Online**
Monica Lara, FCP | monicalara.fertilitycare@gmail.com
- **June 11 — 6:00 PM — In-person**
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC
- **June 11 — 7:00 PM — In-person**
Nancy McGrath, RN, CFCE, CFCE | napronurse@aol.com
St. Francis Eastside (Bon Secours), Greenville
- **June 15 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **June 17 — 6:00 PM — In-person**
Sally Zaleski, CFCE | naprogal@gmail.com
St. Joseph Church, Columbia
- **June 17 — 6:30 PM — Online**
Janelle Florendo, CFCE | janelleapro@gmail.com
- **June 22 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC

JULY

- **July 2 — 8:00 PM — Online**
Emma Goff | emmamma.com/intro
- **July 7 — 7:00 PM — Online**
Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **July 9 — 6:00 PM — In-person**
Courtney Webber, FCPI | courtney.nfp@gmail.com
Our Lady of the Lake Church, Chapin, SC
- **July 11 — 10:15 AM — In-person**
Meghan Pillow, FNP-C, NFPMC, FCP | scnaprofnfp@gmail.com
Our Lady of the Rosary Church, Greenville, SC
- **July 13 — 6:00 PM — Online**
Monica Lara, FCP | monicalara.fertilitycare@gmail.com
- **July 13 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church
- **July 15 — 6:00 PM — In-person**
Sally Zaleski, CFCE | naprogal@gmail.com
St. Joseph Church, Columbia
- **July 15 — 6:30 PM — Online**
Janelle Florendo, CFCE | janelleapro@gmail.com
- **July 20 — 6:00 PM — Online (SPANISH)**
Monica Lara, FCP | monicalara.fertilitycare@gmail.com
- **July 20 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC
- **July 27 — 6:00 PM — In-person**
Kristie Killough, RN, FCP | 864-243-7800
St. Elizabeth Ann Seton Catholic Church, Greenville, SC

Questions? ¿Preguntas?

Karen Meyer

kmeyer@charlestdiocese.org