NFP Providers

CREIGHTON MODEL FERTILITYCARE PRACTITIONERS

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

Charleston
Janelle Florendo, CFCP | janellenapro@gmail.com, *online*
Karen Provost, FCP | Keprovost63@gmail.com

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 | janetgcrms@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/intro

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 | bethdjoseph44@gmail.com

Caitlin Connelly Corneroli, CNM, NFPMC, FCP
Greenville Midwifery Care
35 Medical Ridge Drive, Greenville, 29605
864-797-7350 | cccorneroli@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

Questions? ¿Preguntas?
Karen Meyer
kmeyer@charlestondiocese.org

NATURAL FAMILY PLANNING
Matters

FOR YOUR MIND, BODY & SOUL

ROMAN CATHOLIC DIOCESE OF CHARLESTON

Office of Family Life
NFP Ministry & Infertility

charlestondiocese.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
charlestondiocese.org/events

2026 NFP INTRO SESSIONS November - December

November

Online

- **Nov 5**— 7:00 PM
  Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **Nov 5**— 8:00 PM
  Emma Goff | emmamma.com/intro
- Nov 9 — 6:00 PM
  Monica Lara, FCP | monicalara.fertilitycare@gmail.com
- Nov 18 — 6:30 PM
  Janelle Florendo, CFCP | janellenapro@gmail.com

In Person

- **Nov 2** — 5:30PM
  Kristie Killough, RN, FCP | 864-243-7800
  St. Elizabeth Ann Seton Catholic Church, Greenville
- **Nov 7** — 10:15 AM
  Meghan Pillow, FNP-C, NFPMC, FCP | scnaprofnp@gmail.com
  Our Lady of the Rosary Catholic Church, Greenville
- **Nov 9** — 5:30PM
  Kristie Killough, RN, FCP | 864-243-7800
  St. Elizabeth Ann Seton Catholic Church, Greenville
- **Nov 12**— 6:00 PM
  Courtney Webber, FCPI | courtney.nfp@gmail.com
  Our Lady of the Lake Catholic Church, Chapin
- **Nov 12** — 7:00 PM
  Nancy McGrath, RN ,CFCP ,CFCE | napronurse@aol.com
  St. Francis Eastside (Bon Secours), Greenville
- **Nov 18** — 6:00 PM
  Sally Zaleski, CFCP | naprogal@gmail.com
  St. Joseph Catholic Church, Columbia

December

Online

- **Dec 3 — 7:00 PM**
  Lexie Sawonik, FCP | lexiesawonik@gmail.com
- **Dec 3 — 8:00 PM**
  Emma Goff | emmamma.com/intro
- **Dec 9 — 6:30 PM**
  Janelle Florendo, CFCP | janellenapro@gmail.com

In Person

- **Dec 5 — 10:15 AM**
  Meghan Pillow, FNP-C, NFPMC, FCP | scnaprofnp@gmail.com
  Our Lady of the Rosary Catholic Church, Greenville
- **Dec 18 — 7:00 PM**
  Nancy McGrath, RN ,CFCP ,CFCE | napronurse@aol.com
  St. Francis Eastside (Bon Secours), Greenville