

QUALITY INSTRUCTION
IN NATURAL FAMILY
PLANNING

The **Holy Family Center for Life** offers professional services in Natural Family Planning. Each practitioner is a highly trained specialist in teaching the techniques of this method.

Our Staff is also actively working to spread the message of fertility appreciation to families, clergy, religious and health professionals in our community. We provide information, education and medical referrals.

The purpose of our program is to assist couples in achieving or avoiding a pregnancy through the use of this method of charting the woman's cycles. We also aid in the diagnosis and treatment of various women's health concerns by helping the woman identify potential problems and referring her to a medical professional to evaluate these problems.

Our **FertilityCare™** Services are based on the guidelines of the Pope Paul VI Institute for Human Reproduction and are compatible with Catholic reproductive health service ideals.

FertilityCare™ Program

Evansville

Holy Family Center for Life, Inc.
219 N.W. Third Street
Evansville, IN 47708

(812) 421-2030

Fort Branch

c/o Holy Cross Church
305 East Walnut Street
Fort Branch, IN 47648
Lori Spindler: (812) 753-3360
Terri Ziliak: (812) 753-3746

Jasper

Memorial Hospital and
Health Care Center
800 W. 9th Street
Jasper, IN 47527

(812) 481-8420

Santa Claus

Lisa Cook
Santa Claus, IN

(812) 544-2903

HOLY FAMILY CENTER FOR LIFE

FertilityCare™ Program



Featuring
FertilityCare™ Services
including
Natural Family Planning

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What is Natural Family Planning?

Natural Family Planning (NFP) uses a couple's knowledge of their own fertility to help them achieve or avoid a pregnancy. It is not contraception, but rather *true* family planning.

Many couples discover that the love and respect they have for each other grows along with their understanding and appreciation of their reproductive ability.

This sense of mutual respect is rooted in the belief that fertility is a normal, healthy process—a cherished gift from God to be used wisely.

Professional, Personalized Instruction

The Holy Family Center for Life Fertility-Care™ Program consists of an Introductory Session and a series of follow-up sessions with a practitioner

- The Introductory Session is a slide presentation that provides a general overview of NFP. It may be presented to an individual couple or a group of couples.
- The follow-up appointments are one-on-one with a practitioner. The follow-up schedule is designed to help the couple to quickly gain confidence in the use of the method.

NFP is Highly Effective

When the technique is taught by a qualified practitioner and correctly applied, the FertilityCare™ System of Natural Family Planning is very effective in helping couples achieve their family planning goals.

- There is a 99.5% method effectiveness for couples avoiding pregnancy.
- NFP has a high success rate in helping couples achieve a pregnancy when identifying and using peak days of fertility.
- This method is very helpful in aiding in the evaluation and treatment of the causes of infertility in couples experiencing this.

Basis of the Method

The basis of the FertilityCare™ System is simple. A woman has a window of fertility in each cycle. When she is fertile she will experience a characteristic mucus discharge that is obvious to her. As she approaches and passes ovulation this discharge will go through changes that can be objectively observed and charted.



Benefits of Natural Family Planning

- **Medically Safe**—NFP poses no risk of side effects
- **Proven Reliable**—This method can be used to avoid a pregnancy with 99.5% effectiveness. It is also very effective when used to achieve a pregnancy.
- **Flexible**—NFP is the **only** method of family planning that can be used to achieve OR avoid a pregnancy.
- **Natural and Cooperative**—NFP approaches fertility as a naturally occurring gift to be treated with respect and care as a healthy part of the human condition.
- **Versatile**—This method can be used throughout the reproductive life, whether the woman has regular or irregular cycles, during breastfeeding or pre-menopause, infertility or any other situation.
- **A Shared System**—Husband and wife share in the use of this system. Through it they gain knowledge and a shared responsibility for their fertility and family planning decisions.
- **Comparatively Inexpensive**—Please contact the Center for fees. We also offer a sliding fee scale for those who may not be able to afford the fees.
- **Respects the Dignity of Women & Men**