

Natural Family Planning Class

Mark & Kathy Schmidt (mak.schmidt@gmail.com 410-747-5611) teach an NFP course three or four times a year at OLPH. You may find their scheduled classes and register for a class at www.ccli.org If you cannot make their class, there is an on-line class option as well.

What is NFP? Natural family planning (NFP) is fertility awareness—knowledge of a couple’s fertility. It is a means of reading the body’s signs of fertility and infertility; applying this knowledge through the Sympto-Thermal Method (STM) is over 99% effective in postponing pregnancy.

What does a course entail?

- ❖ **Live On-Site Class:** \$135, *3 2-hour sessions scheduled a month apart at OLPH, *live teachers available for consultation, *Reference book.
- ❖ **Live On-line Class:** \$135, *3 2-hour live video-streaming, interactive sessions scheduled a month apart, *live teachers available for consultation, *Reference book.
- ❖ **Self-Paced On-line class:** \$135, *self-paced learning, *interactive video lessons, *basic support

If you can, we recommend taking one of the live classes because there are more information and reference materials available to you.