

Catholic Couples **NFP**

FREE

**Natural Family Planning Teaching by
Certified NFP Teachers**

Avoid or Achieve Pregnancy in Full Harmony with Church Teaching

Natural Family Planning

- Can be used to Conceive or Postpone a Pregnancy
- No Side Effects
- 100% Natural
- For All Stages of Reproductive Life
- Health Monitor
- It is Empowering!

NFP Methods

- Cervical Mucus
- Sympto-thermal
- Hormonal Monitoring

- We are recommended by U.S. Conference of Catholic Bishops' NFP Program

CCNFP: 3 No-cost Programs

- Catholic Married Couples
- Catholic Engaged Couples
- Adult Catholic Women
- MyCatholicDoctor has an Adolescent Program with Parental Consent

- CCNFP Programs are **NO-COST**

We Pay the Teachers. You pay Nothing.

Visit CCNFP.org



or call 888-899-8884



Tell your Catholic Friends About us

CCNFP partners with MyCatholicDoctor, a nationwide organization that brings a network of faithful medical professionals to patients through video visits/telehealth, home visits, and office referrals

The CCNFP No-Cost programs are sponsored by St. Augustine Foundation a 501(c)3 in Yonkers N.Y.