



Office hours: M-F 8-4pm  
602-354-2122  
fax 602-354-2124



# Diocese of Phoenix Office of Natural Family Planning

**Diocesan Introduction\*** Cost: \$40 per couple  
2 hour, overview of NFP covering:

- Theological basis of moral, married sexuality
- Male/Female Reproductive Anatomy & Scientific basis of NFP
- Explanation of Fertility Signs monitored
- Method Effectiveness Rates ( up to 99% effective)
- Contraceptive Side Effects & Methods of Action
- Couple Witness to benefits of NFP
- Folder of Informational brochures
- Certificate of Attendance

*\*Provided for Engaged Couples as a part of God's Plan for Joy-Filled Marriage seminar at no extra cost.*

**Class Series** to learn & practice NFP

Cost: \$100 per couple/person. Online classes: \$120

- Pre-requisite: Diocesan Introduction to NFP
- 4 meetings (classes & private consultation)
- Supplies needed for method being taught
- Certificate of Completion

**Registration & Fees**

Pre-registration required. Payments can be made on line at time of registration at [www.phxnfp.org](http://www.phxnfp.org).

*No one is refused if unable to pay full tuition. If there are financial concerns please call us and a partial scholarship can be arranged.*

If mailing fee make check or money order payable to:

Office of NFP  
Diocese of Phoenix  
400 E. Monroe St.  
Phoenix, AZ, 85004

**Cash payments  
are not accepted  
on the day of class.**

For the most current and complete class listings, downloadable quarterly schedules, and for class registration, visit: [www.phxnfp.org](http://www.phxnfp.org)

Classes available

at the following locations.

<b>West Valley</b>	SS. Simon & Jude	6351 27 Ave., Phoenix 85017
<b>Surprise</b>	St. Claire of Assisi	17111 W. Bell Rd., Surprise 85374
<b>Central Phoenix</b>	Diocesan Pastoral Ctr.	400 E. Monroe St., Phx. 85004
	St. Joseph's Hospital	500 W. Thomas Rd., Phx 85013
	St. Theresa	5045 E. Thomas Rd., Phx 85018
	St. Thomas the Apostle	2312 E. Campbell, Phx 85016
<b>Carefree</b>	Our Lady of Joy	Pima & Cave Creek Rd., Carefree 85377
<b>Tempe</b>	Our Lady of Mt. Carmel	(CCL) 2121 S. Rural Rd, Tempe 85282
	Resurrection	3201 S. Evergreen Rd., Tempe 85282
<b>Mesa</b>	Christ the King	1551 E. Dana Ave., Mesa 85204
	Holy Cross	1244 S. Power Rd., Mesa 85206
	St. Timothy	(CCL) 1730 W. Guadalupe Rd., Mesa AZ 85202
<b>South Phoenix/ Ahwatukee</b>	Corpus Christi	3550 E. Knox Rd., Phoenix 85044
<b>Scottsdale/ North Phoenix</b>	St. Bernadette	16245 N. 60 <sup>th</sup> St., Scottsdale 85254
	St. John of the Desert	3718 E. Greenway Rd. Phx 85032
	St. Joan of Arc	3801 E. Greenway Rd., Phx AZ 85032
<b>Chandler</b>	St. Andrew	3450 W. Ray Rd., Chandler, 85226
	St. Mary	230 W. Galveston St., Chandler 85225

<b>Gilbert</b>	St. Anne	440 E. Elliot Rd., Gilbert 85299
	Mercy Gilbert Med. Ctr.	3555 S. Val Vista Dr., Gilbert 85297
<b>Queen Creek</b>	Our Lady of Guadalupe	20615 E. Ocotillo, Q. Ck. 85242
<b>North Deanery</b>		
<b>Bullhead City / Kingman / Lake Havasu City</b>	TBA	
<b>Cottonwood</b>	Immaculate Conception	700 N. Bill Gray Rd., Ctwd. 85326
<b>Prescott</b>	Sacred Heart	150 Fleury Ave., Prescott 86301
<b>Flagstaff</b>	St. Pius X	2257 E. Cedar Rd., Flagstaff, 86001

*"To experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life, but rather the minister of the design established by the Creator."*  
(Humanae Vitae 13) From a General Audience of Pope John Paul II, Aug.8, 1984

**Diocesan Marriage Prep Policy : Covenant of Love**

**NEW!** [www.ourcovenantoflovephx.org](http://www.ourcovenantoflovephx.org)  
Effective January 1, 2010

All engaged couples will receive an *Introduction to NFP* in Step Four of the 7 Step Marriage Prep Process: *God's Plan for a Joy-Filled Marriage*. In Step Five engaged couples will register, attend and participate fully in an NFP Class series of instruction. They will receive a Certificate of Completion after the last individual charting consultation with their NFP instructor.

*"Spreading the Gospel of Life, One Marriage, One Family, at a Time"*

## Natural Family Planning

Sometimes called “periodic abstinence”, NFP is a way to achieve or avoid pregnancy by monitoring the fertility signs present in a woman during her reproductive years.

Compatible for use by all women during regular or irregular cycles, breast feeding, post-partum, pre-menopause or after discontinuing contraceptives.

Has up to 99% effectiveness rate if properly learned and used according to instructions for avoiding or delaying pregnancy.

- Assists couples trying postpone or to achieve pregnancy.
- Has no medical side effects & no risks to fertility.
- No impact on the environment.
- Designed to be a cooperative method of family planning between husband and wife as they learn to understand and responsibly use their combined fertility.
- Self-empowering to women as they gain valuable knowledge about their own bodies.
- Is morally acceptable as it recognizes the inseparable elements of the unitive and pro-creative purposes of the marital embrace.
- Promotes self-mastery, maturity, & generosity.
- Enhances couple communication, building healthy marriages (less than 4% divorce rate).
- No recurring costs after initial instruction other than charts, stamps, thermometers.

## Methods Available

### Billings Ovulation Method Association (BOMA)

The sensation and the visual aspects of cervical mucus are recorded daily. There are 4 rules to this method, no temperature taking. Group instruction is offered for the first two classes. Individual follow-ups are then scheduled for at least two more sessions.

### Ovulation Method (FAF)

Couples will learn to recognize sensations of moistness and dryness as signs of fertility and infertility by recording signs daily.

The class series includes a group charting class and three or more individual follow-ups until the couple is fully autonomous in their use of the method.

### Sympto-Thermal Method – (S-T)

Observations are made daily of cervical mucus, vaginal sensations, basal body temperature, optional cervical changes and recorded with symbols on a chart. Clients are taught to cross-check and interpret these signs to determine fertile and infertile phases in a cycle.

Group instruction with client-centered learning activities and individual consultation is offered for at least three sessions. After the formal classes are completed, a one month follow-up meeting is scheduled to help provide client autonomy. Additional consultations are available as needed.

*Online courses are also available for the ST Method.*

For the most current and complete class listings, downloadable quarterly schedules, and for class registration, visit: [www.phxnfp.org](http://www.phxnfp.org)

### **Affiliates Offering NFP Classes and /or NFP-only Healthcare**

**Couple to Couple League** [www.ccli.org](http://www.ccli.org)

**Dr. Clint Leonard, OB/Gyn Morningstar OB/GYN**  
3011 S. Lindsay Rd., #113, Gilbert, AZ 85295  
480-355-8525, FAF/BOMA Instruction

**Dr. William Chavira, OB/Gyn** 602-234-9611  
500 W. Thomas Rd. #730, Phoenix, AZ 85013

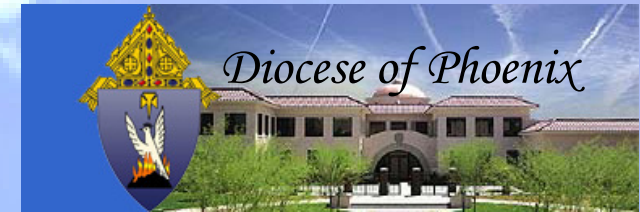
**Life Choices Women's Clinic**- 9309 N. 7 St., Phoenix, AZ, 85020  
**Dr. Deidre Wilson, DO** 3516 W. McDowell Rd., Phoenix, AZ 85009  
602-870-3586  
[www.womenlifechoiceclinic.com](http://www.womenlifechoiceclinic.com)

**Aid to Women Clinic** 2039 S. Mill Ave. Suite A, Tempe, AZ 85282  
**Dr. James Statt, OB/Gyn** 480-966-1902  
[www.aidtowomen.org](http://www.aidtowomen.org)

**1<sup>st</sup> Way Pregnancy Resource Ctr.** 333 E. McDowell Rd, Phoenix, AZ 85004  
602-261-7522  
[www.1stway.net](http://www.1stway.net)

**Dr. Teresa Orth, OB/Gyn Maricopa Integrated Health System**  
2601 E. Roosevelt St., Phoenix, AZ 85008  
602-344-5407

*“Contraceptives were never designed to improve a woman's health.” Dr. Deidre Wilson*



## Diocese of Phoenix

### Office of Natural Family Planning

400 E. Monroe St.  
Phoenix, AZ 85004

Office hours: M-F- 8-4pm  
602-354-1222, fax 602-354-2124  
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Website: [www.phxnfp.org](http://www.phxnfp.org)

*Cindy Leonard*-Coordinator

*Josefina Camou* - Spanish Coordinator-623-466-0341

*Maria Diaz* –Administrative Assistant

*"Man cannot fully find himself except through a sincere gift of himself." Gaudium et Spes*



Pope John Paul II

