

## CONNECT WITH US AT THE MARRIAGE & FAMILY LIFE OFFICE

In this office, we are wives and husbands, single men and women, and fathers and mothers. We know the struggles and joys of managing fertility and family planning. Your fertility is a gift that we want to help you take care of. Whether you are single, preparing for marriage, struggle with infertility, have health concerns, or just want to better understand your body in its fullness — we are here for you.

## FREE NFP INTRODUCTORY WORKSHOP

Join us for an introductory NFP Workshop! At the workshop you will learn the science behind how fertility functions, how Natural Family Planning works together with fertility, become familiar with the different methods available in the Archdiocese of Milwaukee, learn how to pick the method that is the best fit for you, as well as how to find a qualified teacher in your favorite method. All are welcome.

**NOTE:** This workshop will not teach you the process of charting with any one specific model. In order to learn the specifics of charting, schedule an appointment with a teacher. For help finding a local teacher, email Tori Franke at [pohlt@archmil.org](mailto:pohlt@archmil.org).

For more information and to register for an in-person or online workshop visit <http://www.archmil.org/naturalfertilitycare>.



**WE ARE EXCITED TO HEAR FROM YOU AND CONNECT  
YOU WITH THE RIGHT NFP RESOURCES FOR YOUR STATE IN LIFE.**

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# NATURAL FERTILITY CARE

FOR ALL AGES AND STAGES OF LIFE



**NATURAL FAMILY PLANNING**  
FAQs and Resources in the Archdiocese of Milwaukee

## UNDERSTAND THE strength and wonder OF YOUR FERTILITY.

### IS NFP FOR ME?

Natural Family Planning is a natural, scientific, holistic approach to fertility care. Whether you are single and want to manage your menstrual cycle, concerned about PMS or painful periods, trying to avoid or achieve pregnancy, experiencing infertility, or seeking an alternative to artificial birth control, NFP is for you.



**At the heart of NFP  
is the physical, emotional,  
and spiritual well-being  
of the woman and  
the couple.**



### DOES IT REALLY WORK?

By learning to understand the clear and observable signs of fertility in a woman's body, a woman or husband and wife can know the few days of her cycle when she is fertile and if her cycle is healthy.

NFP can be used at any age or cycle length, including during post-partum, while breastfeeding, after stopping hormonal birth control and during pre-menopause.

**NFP is used for both achieving and avoiding pregnancy,  
and is 99% effective for avoiding pregnancy.**

### WHY NFP?

Each woman's menstrual cycle is unique, and your fertility care should be, too! That's the beauty of NFP — when you learn about your body and your cycle, your practitioner is able to serve your specific fertility needs. This could include navigating cycle irregularities and connecting you with specialists trained in diagnosing and treating medical conditions.

Specifically within marriage, NFP allows couples to freely and fully give of themselves to each other, and remain open to life without introducing artificial contraception. By choosing to refrain from sex during a woman's fertile window, husbands and wives work together in accord with God's design for human love — giving and receiving the gift of each other.

God made us for communion with each other, to have and to hold, to love and serve, to sacrifice for and rejoice with one another. Learning about our fertility, empowers us to give the gift of ourselves at every age and stage of our lives.

**NFP is an invitation to learn about your body  
and discover your great capacity to love as God loves.**