

# Love's Perfect Design

Local and National Resources for Planning a Family Naturally

## Billings Method

**Jennifer Acuna**, MS (English and Spanish) offers both private or small-group instruction with follow-up in the Waltham and Norton areas. Remote instruction is also available by phone, email, or video conference. For more information contact Jennifer at 401-996-9028 or jenneyla@gmail.com (preferred method).

**Lucia Da Cruz** (Portuguese) of MetroWest. For more information contact Lucia at 508-272-4717 or Lelpidio271@gmail.com.

**Alicia Javier** (Spanish) provides instruction in the Lynn region and can be contacted through boma-usa.org or aaliciajavier@hotmail.com or 781-629-0361.

**Jocelyn Ramirez** (Spanish and English). For more information contact Jocelyn at 857-413-1916 or jramirez21212@gmail.com.

**Eileen Wood** offers both private and small-group instruction with follow-up by phone, email, or video conference. For more information contact Eileen at 978-500-1771 (cell/text) or nfp@firelinkllc.com.

## Boston Cross Check Method

**Mikayla Dalton**, OP offers distance/video conference instruction. For more information contact Mikayla at 857-237-0504 or hello@figleaffertility.com.

**Claudia Droste** (Spanish) offers small-group and private instruction in Swampscott and the surrounding area. Private follow-up instruction is also available. For more information contact Claudia at 781-598-7005 or claudiaximenam@yahoo.com.

**Mary Finnigan** offers private instruction and follow-up by video conference. For more information contact Mary at 480-687-8208 or james8660@comcast.net.

**Priscilla Keough**, M.Ed. offers both private and small-group instruction with follow-up in the South Shore area. She also offers remote instruction by video conference. For more information contact Priscilla at 781-749-1218, 617-605-9435 (cell), or priscillakeough@comcast.net.

**Claudia Lievano** (Spanish) offers private and small-group instruction with follow-up in the Brighton, East Boston, and Everett areas. For more information contact Claudia at 617-930-4957 or clievanog63@hotmail.com.

**Lauren Onak** sees clients in person in the Metrowest area or on Zoom. She teaches women in regular cycles, engaged/married couples, postpartum women, and perimenopausal women. Contact her through her website: [www.laurenonaknfp.com](http://www.laurenonaknfp.com) or by email at [lauren.ltg@gmail.com](mailto:lauren.ltg@gmail.com).

**Josh & Meredith Phelps** offer private and small-group instruction with follow-up in the Sudbury area. For more information contact Meredith at 802-734-7105, [meredith.phelps@gmail.com](mailto:meredith.phelps@gmail.com), or [fertilitylifestyle.com](http://fertilitylifestyle.com).

**Mrs. Christina Valenzuela**, OP offers private instruction with follow-up in the Metro West area and provides remote instruction by video conference. For more information contact Christina at [christina@pearlandthistle.com](mailto:christina@pearlandthistle.com).

### Couple to Couple League

**Maureen & Mark Trettel** offer both private and small-group instruction with follow-up in the Bellingham area. For more information contact Maureen at 508-634-3865 or [maurentrettel@gmail.com](mailto:maurentrettel@gmail.com).

**Amy & Craig Dyke** have been offering instruction for 12+ years. Email Amy at [amydyke75@gmail.com](mailto:amydyke75@gmail.com).

### Creighton Model Fertility Care Method

**Monica Bergeron**, CFCP offers small-group introductory sessions and private follow-up instruction for greater Providence, RI and beyond. Telephone and online instruction are also available. For more information visit, [iconfamilylife.com](http://iconfamilylife.com), call 401-871-3410 or [iconfertility@gmail.com](mailto:iconfertility@gmail.com).

**Christen Fitts** offers individual and small-group introductions with individual follow-up instruction both online and in-person in Dedham. For more information contact Christen at [FittsFertilityCare@gmail.com](mailto:FittsFertilityCare@gmail.com).

**Marianna Josephs** offers private instruction and resides in south, central Mass. For more information contact Marianna at [Marianna.rose7@gmail.com](mailto:Marianna.rose7@gmail.com).

### Marquette Method

**Meghan Bride**, CNP, WHNP-BC offers individual instruction and follow-up for patients and their partners by appointment in an OBGYN office setting in Burlington or from anywhere in MA by video or telephone-based telehealth. Many insurances accepted. For more information contact Meghan at 781-221-2940.

### **National Websites by Method – All Offer Instruction in Spanish**

#### Ovulation Method (OM): biomarker – cervical mucus

- Billings Ovulation Method Association | [boma-usa.org](http://boma-usa.org)
- Creighton Model | [creightonmodel.com](http://creightonmodel.com) | [fertilitycare.org](http://fertilitycare.org)
- FEMM (with optional sympto-hormonal) | [femmhealth.org](http://femmhealth.org)

#### Sympto-Thermal Method (STM): biomarkers - basal body temperature (BBT) + cervical mucus

- Couple to Couple League | [ccli.org](http://ccli.org)
- SymptoPro | [symptopro.org](http://symptopro.org)

#### Sympto-Hormonal Method (SHM): biomarkers - hormonal monitoring with cervical mucus + BBT option

- Marquette University College of Nursing Institute for NFP | [marquettetmethod.com](http://marquettetmethod.com)
- Boston Cross Check uses a combination of STM with SHM option | [bostoncrosscheck.com](http://bostoncrosscheck.com)

### **NaPro Certified Doctors and Programs to Assist with Reproductive Conditions + Infertility**

- Women's Wellness & Fertility Center | Manchester, NH | [catholicmedicalcenter.org](http://catholicmedicalcenter.org) | 800-437-9666
- Visit [MyCatholicDoctor.com](http://MyCatholicDoctor.com) for other pro-life, healthcare professionals
- Dr. Kerry Pound is a NaPro certified instructor, speaker, and pediatrician offering an alternative approach to issues such as PCOS for teenage girls. Dr. Pound is on the North Shore and can be reached at [Kerry.pound@mycatholicdoctor.com](mailto:Kerry.pound@mycatholicdoctor.com)
- Organic Conceptions – Your fertility journey, reimagined. For a wholistic and restorative approach to those struggling with their fertility including a free fertility mindset assessment, visit [organic-conceptions.com](http://organic-conceptions.com)
- For help understanding the ethical dilemma of IVF, visit The Nat'l Catholic Bioethics Center at [ncbcenter.org](http://ncbcenter.org)
- For help with the loss of a child through miscarriage or otherwise, visit [redbird.love](http://redbird.love)

**Fertility Awareness Apps (FAA)** - Please note that FAA are tools and should never replace initial instruction by a certified NFP teacher. Some apps help you to interpret your fertile days and others help you track biomarkers. For more information on charting, visit [factsaboutfertility.org/what-is-charting](http://factsaboutfertility.org/what-is-charting) or [Managingyourfertility.com](http://Managingyourfertility.com). Popular apps suggested by some of our instructors - FEMM and [readyourbody.info/](http://readyourbody.info/).

**NFP Facebook Support Groups** - Official NFP Catholic-Style! | Fertility Care for Creighton and NaPro User Support Group | Clearblue Monitor Methods (MM) NFP



For more information contact Family Life Ministry | 617-746-5801 | [bostoncatholic.org/nfp](http://bostoncatholic.org/nfp)

Disclaimer: Archdiocese of Boston does not endorse any specific instructor, method, doctor, medical facility, application, or support group.