

Love's Perfect Design

Local and National Resources for Planning a Family Naturally

Billings Method

Jennifer Acuna, MS (English and Spanish) offers both private and small-group instruction with follow-up in the Fall River area. 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 or by email at 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, or 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.

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.

Amy & Craig Dyke have been offering instruction for 12+ years. Email Amy at 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, call 401-871-3410 or 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.

Marianna Josephs offers private instruction and resides in south, central Mass. For more information contact Marianna at 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
- Creighton Model | creightonmodel.com | fertilitycare.org
- FEMM (with optional sympto-hormonal) | femmhealth.org

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

- Couple to Couple League | ccli.org
- SymptoPro | symptopro.org

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

- Marquette University College of Nursing Institute for NFP | marquettetmethod.com
- Boston Cross Check uses a combination of STM with SHM option | bostoncrosscheck.com

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

- Women's Wellness & Fertility Center | Manchester, NH | catholicmedicalcenter.org | 800-437-9666
- Visit 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
- 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
- For help understanding the ethical dilemma of IVF, visit The Nat'l Catholic Bioethics Center at ncbcenter.org
- For help with the loss of a child through miscarriage or otherwise, visit 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 or Managingyourfertility.com. Popular apps suggested by some of our instructors - FEMM and 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 or visit <https://www.evangelizeboston.com/resources/family-life/#nfp>
Disclaimer: Archdiocese of Boston does not endorse any specific instructor, method, doctor, medical facility, application, or support group.