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.

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 text Mikayla at 857-237-0504 or email hello@figleaffertility.com.

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.

Nicole Lacoviello offers instruction for both individuals and couples in person and virtually. Contact Nicole at nicholeiacoviellobcc@gmail.com.

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 clievano963@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.

Christina Valenzuela 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

Amy & Craig Dyke have been offering instruction for 12+ years. Email Amy at amydyke75@gmail.com.

Creighton Model Fertility Care Method

Monica Bergeron offers individualized instruction. Serving single woman and religious who need to manage their feminine health, engaged couples seeking preparation in NFP for marriage, and married couples. Virtual instruction in all 50 states. Contact Monica at mycatholicdoctor.com/resources/doctors/monica-bergeron-fcp/.

Marianna Doyle offers private instruction and resides in south, central Mass. For more information contact Marianna at marianna@strfertility.com or visit strfertility.com.

Marquette Method

Jessica Days-Merrill, BSN, RN, MMCP resides in MA and offers instruction online | Contact Jessica at jess@marquettewithjess.org

National Websites by Method - All Offer Instruction in Spanish

1. **Ovulation Method (OM): biomarker – cervical fluid**

   • Billings Ovulation Method Association | boma-usa.org
   • Creighton Model | creightonmodel.com | fertilitycare.org
   • FEMM (with optional sympto-hormonal) | femmhealth.org

2. **Sympto-Thermal Method (STM): biomarkers - basal body temperature (BBT) + cervical fluid**

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

3. **Sympto-Hormonal Method (SHM): biomarkers - hormonal monitoring with cervical fluid + BBT option**

   • Marquette University College of Nursing Institute for NFP | marquettemethod.com
   • Boston Cross Check uses a combination of STM with SHM option | bostoncrosscheck.com
   • Vitae Fertility (Marquette Method w/ Instruction Manual) | vitaefertility.com

NaPro Certified Doctors + Programs to Assist with Reproductive Conditions, Infertility, Miscarriage, etc.

- MyCatholicDoctor.com for additional pro-life, healthcare professionals in a variety of fields
- Pearl & Thistle: Body literacy resources for all ages | pearlandthistle.com
- Saint Paul VI Institute: National Center for Women's Health | saintpaulvi.com/national-center-for-womens-health/
- Springs in the Desert: Ministry to infertile couples through a variety of platforms | springsinthedesert.org
- The Fruitful Hollow: Catholic infertility resource | thefruitfulhollow.com
- Springs of Love: Catholic adoption & foster support | springsoflove.org
- Nat'l. Catholic Bioethics Center: Resource to understand the ethical dilemma of IVF | ncbcenter.org
- Redbird.love: Supporting parents through the loss of a child due to miscarriage, stillbirth, and more
- Perinatal National Hospice: perinatalhospice.org/list-of-programs
- Be Not Afraid: A natl. organization supporting parents who receive a difficult prenatal diagnosis | benotafraid.net/
- Catholic Miscarriage Support: catholicmiscarriagesupport.com

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