



NATURAL FAMILY PLANNING Provider and Instructor List

CREIGHTON FERTILITY CARE SYSTEM

Primary Features

The Creighton method of NFP helps couples of normal fertility manage their family size. It also has a unique sub-specialty in helping couples of abnormal fertility. Women suffering from a variety of reproductive problems – including infertility and chronic miscarriage – can receive assistance that is both effective and consistent with Catholic moral teaching through a support network of specially trained medical professionals.

Type of Instruction

The initial introductory session is provided in a group setting. The eight subsequent follow-ups are on an individual basis. (in-person or via Skype)

Cost

Fees range from free to \$500 depending on the teacher and scope of service for materials and eight private sessions. (payment plans available)

Indexes Utilized

Cervical mucus, basal body temperature, and (if desired) changes in cervix.

Website(s)

www.creightonmodel.com

Physicians

Jose Fernandez, MD, NFPMC
Kissimmee, FL
(407) 935-9012

John Hartman, MD, NFPMC
Pearl Huang-Ramirez, MD
Kissimmee, FL
(321) 442-1214

Instructors

Ligeia Damaso, ARNP, FCP

Orlando, FL
(904) 718-1277
ldamaso@gmail.com

Cleta Hartman, FCP

Kissimmee, FL
(321) 442-1214
happyfive@aol.com

Mirna Schilmoeller, FCPI

Orlando/Winter Garden/Windemere, FL
(561) 449-6951
Kissimmee, FL
(407) 935-9012
mirna.schilmoeller@gmail.com

Elizabeth Tompkins, FCPI

Lakeland, FL
(863) 838-6958
etompkins84@yahoo.com

Kelley Teixeira, ARNP, FCP

Altamonte Springs, FL
(407) 331-5050
Kissimmee, FL
(407) 935-9012
www.afunctionalapproach.com

BILLINGS OVULATION METHOD

Primary Features

Based on fifty years of on-going research in Australia, Sweden, and Spain, it is the “pioneer” method of modern NFP. Most known for its ease of use, Billings is taught and used in more than 120 countries around the world. Couples taught this method by Mother Teresa achieved a 99.4% effectiveness rate in a study by the World Health Organization.

Type of Instruction

Taught in individual or group settings. (via Skype)

Cost

Fees range from free to \$200 depending on teacher and scope of service.

Indexes Utilized

Cervical mucus

Website(s)

www.boma-usa.org

Physicians

John Littell, MD

Kissimmee, FL

(407) 343-1711

Ocala, FL

(352) 414-5990

Instructors

Cintia Deobber

Orlando, FL

(407) 749-9408

cintiadeobber@gmail.com

Spanish & Portuguese

Sierra Kallaher

Port Orange, FL

(901) 378-6828

sierrastamey88@gmail.com

John Littell, MD

Kissimmee, FL

(407) 343-1711

Ocala, FL

(352) 414-5990

Primary Features

CCL takes a “grass-roots” approach to NFP instruction – couples teaching couples – and has been taught by and to more couples than any other method. By always involving both the husband and wife, NFP is taught as a way of life, not just as a method to postpone or achieve pregnancy. Classes also include instruction on breast feeding and natural mothering.

Type of Instruction

Instruction is provided in pre-scheduled group classes held once a month for four consecutive months. Individualized instruction can be arranged, and a correspondence course is also available.

Cost

\$99 - 130 depending on the mode of instruction (i.e. self-paced, live class online, live class in person.)

Indexes Utilized

Cervical mucus, basal body temperature, and (if desired) changes in cervix.

Website(s)

www.ccli.org

Instructors

Live online instruction from couples around the nation.

Primary Features

The FEMM method of NFP, like other methods, helps couples manage their family size by avoiding or achieving pregnancy. This is done by primarily understanding and observing cervical mucus throughout the cycle. Alongside cervical mucus observations, FEMM utilizes LH testing to help pinpoint ovulation. FEMM focuses on educating women so they can better understand their bodies and recognize vital signs of health. Similar to Creighton, FEMM has a medical management component that is beneficial for women with abnormal fertility and/or hormonal disorders.

Type of Instruction

There are three introductory sessions spaced 3 weeks apart with follow-ups following as needed. (virtual)

Cost

Varies

Indexes Utilized

Cervical mucus and LH testing.

Website(s)

www.femmhealth.org

Instructors

Aly Barreto

Orlando, FL

(912) 656-0382

alybarretofemm@gmail.com

Teresa Prieto

Orlando/Winter Garden/Windemere, FL

(678) 646-3060

teresaprietofemm@gmail.com

English & Spanish

MARQUETTE MODEL

Primary Features

Marquette utilizes the (optional) Clearplan Easy Fertility Monitor (purchased separately), a device used at home to measure female hormone levels in urine to pinpoint ovulation. The information from the monitor is used in conjunction with observations of cervical mucus and basal body temperature to determine the fertile and infertile phases of a woman's menstrual cycle.

Type of Instruction

The full course of instruction is provided in sessions held once a month for three consecutive months in group or private settings in person or online.

Cost

Varies

Indexes Utilized

Cervical mucus plus basal body temperature and / or female hormone levels in urine.

Website(s)

www.marquette.edu

Physicians

Benjamin and Rebecca Peck, MDs

Daytona Beach, FL

(386) 231-3612

rbamer2@yahoo.com

Instructors

Lauren Zamora, BSN, RN, C-EFM

Orlando, FL

naturallyme.nfp@gmail.com

Primary Features

Headquartered in Portland, Oregon Northwest Family Services offers a wide variety of marriage and family enrichment resources, including NFP instruction. Though most Northwest NFP instructors are physically located in that part of the country, instruction is universally available through an online course.

Type of Instruction

Instruction can be received in-person, by correspondence, or online.

Cost

\$120 for online course, includes materials and personalized instruction by e-mail or phone.

Indexes Utilized

Cervical mucus, basal body temperature, & (if desired) changes in cervix.

Website(s)

www.symptopro.org

Instructors

Kayla Peterson

SymptoPro

kpetersonnfp@gmail.com

www.lovenaturallynfp.com