

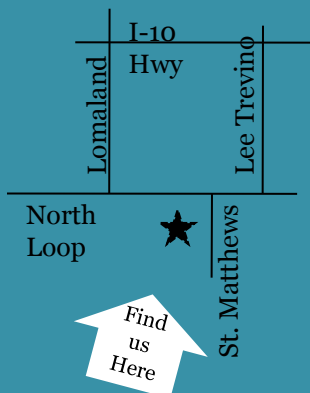
Natural Family Planning (NFP)

The natural, safe, and effective way to plan a family. It's not just a regulation method, it's a way of life.

Why NFP?

- † 99% Effective
- † Healthy and Safe
- † Very Affordable
- † Used to achieve or postpone pregnancy
- † Scientifically proven
- † It's moral - the only method approved by the Church because it respects God's plan for love and marriage
- † Deepens respect and understanding of God's gift of human reproduction
- † Requires the participation of both partners in the marriage where the responsibility is not solely on one person
- † Encourages open communication in planning a family
- † Less than 5% divorce rate among NFP couples

Couples can begin classes any time, but starting classes six months prior to the wedding is ideal.



Learn the latest and simplest in NFP methods, the **Billings Ovulation Method**

Registration for NFP classes

Register online at www.elpasodiocese.org or call 915-872-8401

2012 NFP Introductory Class Schedule

Date	Time	Location
Saturday, January 21	9:00 AM – 12:00 PM	Ochoa Conference Rm
Saturday, February 11	9:00 AM – 12:00 PM	Flores Bldg Rm B
Saturday, March 3	9:00 AM – 12:00 PM	Ochoa Conference Rm
Saturday, April 14 CANCELED	9:00 AM – 12:00 PM	Flores Bldg Rm B
Sunday, April 22	11:00 AM – 2:00 PM	tbd
Saturday, May 19	9:00 AM – 12:00 PM	Flores Bldg Rm B
Wednesday, June 6	6:30 PM – 9:30 PM	Flores Bldg Rm A
Wednesday, July 11	6:30 PM – 9:30 PM	Flores Bldg Rm B
Thursday, August 9	6:30 PM – 9:30 PM	Flores Bldg Rm A
Saturday, September 1	9:00 AM – 12:00 PM	Flores Bldg Rm A
Saturday, October 6	9:00 AM – 12:00 PM	Flores Bldg Rm A
Saturday, November 17	9:00 AM – 12:00 PM	Flores Bldg Rm A

LOCATION: Catholic Diocese, 499 St. Matthews St.
(off of North Loop Dr. in the Lower Valley)

Introduction to NFP Class = no charge

NFP materials = \$10.00

Follow-up Sessions = \$20.00 each, 3 follow-ups recommended minimum for couples choosing to learn NFP, scheduled by appointment.

For information contact
Grace Akers at
915-274-2759 or
graceakers@sbcglobal.net

NFP classes are also available in Spanish. Contact Paty Arnal at 588-1350

