



Natural Family Planning

Introduction to Ovulation Method 2023 SCHEDULE

NFP is 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
- † Scientifically proven
- † Healthy and Safe
- † Used to achieve or postpone pregnancy
- † 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
- † Less than 5% divorce rate among NFP couples

TO REGISTER

Email familylife@elpasodiocese.org

1. Provide couple's names
2. Preferred class date
3. Phone Number

Call 915-872-8401

1. Leave couple's names
2. Preferred class date
3. E-mail address and phone number

\$10.00 per couple

NFP materials = \$10 - \$30 (optional)
 Follow-up sessions = \$20.00 ea. (3 sessions recommended)

DATE	Time	Location*
Saturday, January 14, 2023	10:00 AM	Diocese
Saturday, February 18, 2023	10:00 AM	Diocese
Thursday, March 30, 2023	6:30 PM	Virtual
Saturday, April 22, 2023	10:00 AM	Diocese
Thursday, May 25, 2023	6:30 PM	Virtual
Thursday, June 8, 2023	6:30 PM	Diocese
Thursday, July 20, 2023	6:30 PM	Diocese
Thursday, August 10, 2023	6:30 PM	Diocese
Saturday, October 14, 2023	10:00 AM	Diocese
Thursday, November 30, 2023	6:30 PM	Virtual
Saturday, December 16, 2023	10:00 AM	Diocese

*LOCATION

Diocese: Pastoral Center, 499 St. Matthews Street, El Paso, TX 79907. Room TBD.

Virtual: A link will be provided upon registration for virtual classes.



For information contact Grace Akers at 915-274-2759 or gakers@elpasodiocese.org.

NFP classes are also available in Spanish. Contact Paty Arnal at 915-588-1350.