

A Time for Decisions...

As a couple facing the responsibility of parenthood, you must make many decisions. Our goal is to help you make those decisions – not by telling you what to do, but by giving you with the information you need to make the decision yourselves.

The **CREIGHTON MODEL FertilityCare™ System** teaches you about your fertility and how you can use that knowledge to plan your life together. The method is safe, natural, inexpensive, and highly reliable. It has no side effects, uses no complicated devices, and requires only a few minutes each day.

You and your spouse can use the system:

- To avoid pregnancy
- To achieve pregnancy
- To plan space between children
- To regulate fertility with a method that does not conflict with your financial, physical, moral, or personal preferences.

How does it work?

The **CREIGHTON MODEL FertilityCare™ System** teaches you to recognize the state of your fertility.

Men maintain a nearly constant hormonal pattern and are potentially fertile at all times. However, women go through an identifiable cycle of fertility and infertility. A woman's fertile phase is signaled by changes in the cervical mucus, a discharge observable at the opening of the vagina. By observing the changes in your cervical mucus, you and your spouse can identify your fertile phases and decide to achieve or avoid pregnancy.

The **CREIGHTON MODEL FertilityCare™ System** was developed by Dr. Thomas Hilgers in Nebraska. Today, couples across the United States and in more than 100 countries use this method to make educated decisions about parenthood.

The **CREIGHTON MODEL FertilityCare™ System** has advantages over other forms of natural family planning. Because you are evaluating your own body signs and can compensate for fluctuation in your cycle, the **CREIGHTON MODEL** is more accurate than the calendar rhythm method. Because the **CREIGHTON MODEL** alerts you to your fertility before you ovulate, it is more useful than the basal body temperature method. The **CREIGHTON MODEL** is more than 96% effective at avoiding pregnancy.

You'll also discover other benefits from using the method. Learning your body's normal signs will help you immediately spot any abnormalities in your reproductive system. Couples facing infertility have an increased rate of pregnancy through the use of the **CREIGHTON MODEL** and cooperative medical treatment.

Because the **CREIGHTON MODEL FertilityCare™ System** depends on close cooperation between you and your spouse, you will grow in understanding and love for each other. Your ability to share decision and your responsibility for each other will enrich every area of your life.

How do I learn?

Your fertility signs are easy to recognize and take only a few minutes to check each day. You will learn the basics at your introductory session.

Once enrolled in the program, you'll receive private follow-up sessions for as long as necessary. We'll provide the instructional materials and charts that you'll need to use the method.

An engaged couple who learns the **CREIGHTON MODEL FertilityCare™ System** several months before their wedding will find the knowledge to be excellent preparation for married life.

Who can use it?

- Women with regular cycles
- Women with irregular cycles
- Women who are anovulatory
- Women who are premenopausal
- Women who have just stopped using hormonal or artificial contraceptives
- Women who have just given birth
- Women who are breastfeeding
- Women who have a continuous discharge
- Couples at every stage of the reproductive cycle

The learning schedule

The introductory session features a slide presentation that introduces you to the use of the **CREIGHTON MODEL FertilityCare™ System**. The dates for introductory sessions are listed on the back of this brochure.

Individualized follow-up sessions are designed to teach couples how to use the **CREIGHTON MODEL**. You will receive personal instruction from a trained **FertilityCare™ Practitioner**. The sessions are scheduled at regular intervals and attendance is critical to help you develop confidence in the method.

Follow-ups are scheduled after the introductory session as follows: two weeks, four weeks, six weeks, eight weeks, three months, six months, nine months, and one year. Your **FertilityCare™ Practitioner** is also available for consultations between sessions as necessary.

To learn more, please visit these websites:

www.creightonmodel.com
www.fertilitycare.org
www.naprotechnology.com
www.usccb.org/nfp

The **CREIGHTON MODEL FertilityCare™ System** is taught by Lori Harlan, **FertilityCare™** Practitioner.

Introductory Sessions are held at St. Isidore's in Meeting Room 1.

2015

July 22 at 7 p.m.

September 20 at 3 p.m.

October 20 at 7 p.m.

November 18 at 7 p.m.

2016

January 24 at 3 p.m.

February 16 at 7 p.m.

March 20 at 3 p.m.

April 13 at 7 p.m.

The sessions are free and last approximately 75 minutes. If you decide to use the model, there is a small fee for materials (book, chart, and stamps) and for each follow-up session. The follow-up session fees are based on a sliding-fee scale, and no one is turned away due to an inability to pay.

Questions? Please contact:

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FertilityCare™ Practitioner

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www.manhattanfertilitycare.com

CREIGHTON MODEL FertilityCare™ System



Safe. Natural. Effective.

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