

Natural Family Planning

Natural Family Planning (NFP) is fertility awareness. It is learning the language of our sexual powers by observing, recording and interpreting the body's signs of fertility.

Applying this knowledge through the Sympto-Thermal Method (STM) of NFP, as taught by the Couple to Couple League, is over 99% effective in postponing pregnancy.



Find out more about NFP at
www.ccli.org

Find classes at St. Vincent
Women's Hospital at
www.nfpindy.org