

## How Can We Help?

- Let us know when classes are scheduled.
- Send information about the online course
- We'd like more information.
- I'd like to arrange for a speaker on NFP for

\_\_\_\_\_

(Name of Group)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_



# Enhance the Romance

Natural Family Planning

Building Better Marriages

Many people are taking the time to learn about healthy lifestyles and are putting what they learn into practice. Learning about the fertility cycle and how to use this information to achieve or avoid a pregnancy is a natural step.

No longer “guess work,” Natural Family Planning (NFP) is an effective, scientifically based method of family planning that treats fertility as a normal, healthy process. The Sympto-Thermal Method is based on changes in a woman’s cervical mucus, basal body temperature, and cervix, all of which change in response to the hormones of the menstrual cycle. NFP can be used effectively throughout a woman’s entire reproductive life. Regular cycles are NOT required. NFP is NOT calendar rhythm.

With quality instruction, NFP can be learned quickly, and there is a firm basis for confidence in the method. Once learned, the method is easy to use and can be incorporated into today’s active lifestyle.

Many couples are enjoying the following advantages of NFP:

- Scientific and effective.
- Shared responsibility for family planning.
- Enhanced understanding of the woman’s cycle and the accompanying physical and emotional changes.
- Increased communication.
- In harmony with teachings of all religious faiths.
- Can help couples achieve a pregnancy.
- Costs little to use.
- Free from harmful side effects.

Local NFP services not available? A quality online course including personal follow-up and chart review is available at [www.nwfs.org/nfp](http://www.nwfs.org/nfp).

Call for details:

Northwest Family Services

6200 SE King Road

Portland, OR 97222

503-215-6377

FAX: 503-215-6940

E-mail: [service@nwfs.org](mailto:service@nwfs.org)

Website: [www.nwfs.org](http://www.nwfs.org)