

# Natural Family Planning Resources

## Where can I find out more?

-Natural family planning resources, including a chart describing the methods below available at: [www.nfp-pharmacist.com](http://www.nfp-pharmacist.com)

-To find out more about the Creighton method: <https://www.creightonmodel.com/>

-To find out more about the Marquette method: <https://nfp.marquette.edu>

-To find out more about the Billings ovulation method: <https://billings.life/en/>

-To find out more about the SymptoThermal method: <https://ccli.org/what-is-nfp/>

## Where can I find out more?

-To find an NFP instructor in the Twin Cities:

- Twin Cities Fertility Care (Creighton Method): <http://www.tcnfp.org/> -> click on "Register for Intro Session"
- Archdiocese of St Paul and Minneapolis class directory: <https://www.archspm.org/marriage/natural-family-planning/>
- Online one-on-one or group instruction of the Marquette method: <https://www.marquette.edu/nursing/natural-family-planning-classes.php>
- Online option with Couples-to-Couples league (sympto-thermal method): <https://ccli.org/class-comparison-fertility-awareness/>

-To find an NFP physician: <https://onemoresoul.com/nfp-directory>