



ARCHDIOCESE
OF
SAINT PAUL &
MINNEAPOLIS

Office of Marriage, Family & Life

NATURAL FAMILY PLANNING

A G I F T T O B E T R E A S U R E D

2019 Quarterly Class Schedule

LOCAL IN PERSON INSTRUCTIONS:

DATE	LOCATION	PROVIDER~METHOD	CONTACT~REGISTER
July 9	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
July 13	MINNESOTA BIRTH CENTER, Mpls.	Twin Cities FertilityCare ~ Creighton Ovulation Method	www.tcnfp.org
July 21	Live & Online	Couple to Couple League ~ Sympto-Thermal	https://ccli.org
July 25	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
Aug. 3	MINNESOTA BIRTH CENTER, Mpls.	Twin Cities FertilityCare ~ Creighton Ovulation Method	www.tcnfp.org
Aug. 6	CAMBRIDGE MEDICAL CENTER, Cambridge	Twin Cities FertilityCare ~ Creighton Ovulation Method	www.tcnfp.org
Aug. 8	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
Aug. 13	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
Aug. 17	ST. GABRIEL THE ARCHANGEL, Hopkins	Español/Couple to Couple League~sympto-thermal	tmendez2013@gmail.com
Aug. 20	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
Sept. 7	MINNESOTA BIRTH CENTER, Mpls.	Twin Cities FertilityCare ~ Creighton Ovulation Method	www.tcnfp.org
Sept. 9	OUR LADY OF GUADALUPE, St. Paul	Español/Couple to Couple League~sympto-thermal	ariasv@archspm.org
Sept. 12	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
Sept. 24	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com
Sept. 26	ST. PATRICK'S CHURCH, Oak Grove	Billings Ovulation Method ~ ovulation	oakmail2@gmail.com

LOCAL & ONLINE PROVIDERS:

Billings Ovulation Method (Ovulation Method): www.boma-usa.org

Couple to Couple League (Sympto-thermal): www.ccli.org Online class registration for both in person and online classes instructors

Northwest Family Services (Sympto-thermal): www.nwfs.org Online Classes. Optional local in person instructor, appointment only:
Kristin, Dettloff 971.280.9676 / kdetloff@symtopro.org

Family of the Americas (Ovulation Method): <https://familyplanning.net>

FEMM Fertility Education & Medical Management (Ovulation Method) www.femmhealth.org Apple App available

Twin Cities FertilityCare Center (Creighton Ovulation Method): Register for classes on line at: <http://www.tcnfp.org> or call 651.232.3088

LATINO PROVIDERS (CLASSES AVAILABLE IN SPANISH):

Couple to Couple League (CCL) planificacionfamiliar.net, 800.745.8252

CCL Local Latino Instructors:

Max & Maria Basurto, 612.806.4248, Basurto.maria@slpschools.org
Jonathan & Angelica Clemente, 612.291.3092, angelicacrdc@gmail.com
Jose & Veronica Condor, 651.283.1408, jose.condor@mmm.com
Teresa & Jose Lara, 651.283.2630, jose-teresapnf@live.com
Xavier & Alejandra Martinez, 952.856.2945, juniodel68@hotmail.com
Ciro & Karina Sanchez, 952.356.7295, ciros115@gmail.com
Marcelino & Angelina Sosa, 651.702.3150, Santaangelica31@yahoo.com
Jose Alfredo & Noemi Vivaz, 612.707.4496, fredmimz_vivas@outlook.com

Family of the Americas: Viviana & Adrian Sotro, 612.392.2421, vsotro@ss-mpls.org

ARCHDIOCESAN RESOURCES:

Current NFP class schedules and information on the various types of NFP methods in greater detail are available on-line at: www.archspm.org/family under Natural Family Planning or call the Archdiocese of Saint Paul & Minneapolis 651.291.4489. For additional information please visit the USCCB website at www.usccb.org.