

How Can I Learn More?

Free Introductory presentations are offered regionally, and long distance instruction is available to those outside the region. These two hour Intro presentations provide a solid foundation in understanding fertility, the hormonal fluctuations of the woman's menstrual cycle, how a woman can learn to monitor the observable signs of these changes, and how couples can together chart and identify the days of fertility and infertility. This information is freely offered to all, is essential knowledge for all women, and married couples who wish to grow in their understanding of their mutual fertility.

Those who wish to apply this information to their own unique circumstances would then enter a program of individualized, personal instruction, and be mentored in developing a thorough and accurate understanding of her observations, how to chart them, and how to use this information to make informed and effective family planning and health decisions.

2026 IN PERSON Intro Sessions

Wed. Aug. 19 7p-9p
Madonna Church/Salinas
conference room

Mon. Oct. 26 7p-9p
Sacred Heart/Hollister
Pastoral Center

No charge to attend either Intro Session
Curious if right for you? Bring your questions!

ALL WELCOME!

For more info (and directions to room), contact
sheila@canfp.org 831-443-3743

FertilityCare Services of the Central Coast

***Providing instruction in the
Creighton Model of Natural
Family Planning***

Featuring NaProTechnology

The Creighton Model of Natural Family Planning is 97-99% effective for avoiding a pregnancy and 2-3 times MORE effective than IVF for achieving pregnancy. It is an essential tool in the identification and treatment of causes of infertility and women's reproductive health disorders.

NaProTechnology is a contemporary approach to women's health care. Tracking her biological markers, a woman becomes an educated and engaged partner with her health care provider in monitoring her procreative and gynecological health.

NaProTechnology provides a new approach to health issues such as infertility, miscarriage, ovarian cysts, endometriosis, postpartum depression, pcos, and pms.

About Sheila St. John, CFCP

Sheila St. John is a Certified FertilityCare Practitioner, and the Executive Director of the California Association of Natural Family Planning, a statewide non-profit that provides information on the healthy, effective methods of Natural Family Planning, through statewide conferences, exhibits, website, newsletters, and presentations. She facilitates family workshops on sexuality for parents and teens, speaks with youth at public and private schools on understanding our bodies and making healthy choices, and has taught NFP in the Monterey Region for over 40 years. First drawn to NFP as a healthy way to plan families, drug and device free, her passion for the topic has grown as she has witnessed its many benefits in the lives of the 900 couples she has personally instructed in its use.

What is Natural Family Planning ?

Natural Family Planning (NFP) is learning to monitor the signs produced by a woman's body, indicating exactly when she is fertile and capable of conceiving. Couples then simply refrain from relations on those days that would result in pregnancy if it is not their intention to conceive, or time relations on days of fertility, if it is their intention to achieve a pregnancy.

Educated in their mutual fertility, communicating about their sexuality, and cooperating in their family planning decisions, couples are empowered, experiencing a new level of intimacy, enhanced communication, and heightened mutual respect.

NFP is "Natural" because it respects the two-fold nature of sexuality: **Love** and **Life**. NFP cooperates with nature's design and uses nothing artificial or harmful to one's body, emotions or relationship.

It Just Makes Sense.

**More information on methods of
Natural Family Planning offered
throughout the state available at:**

canfp.org
or by calling
831-443-3746

YES! There is a healthy,
effective way to plan your family!

YES! You never again need to
suffer the intrusion, side effects,
and health risks of artificial
family planning methods!

YES! Woman can actually tell
precisely when they are fertile!

YES! Couples can know on
any given day if it is a fertile or
infertile day!

YES! A woman's body
produces signs which she can
observe and learn to interpret!

YES! By learning to observe
these signs, couples can gain
valuable insight into causes and
solutions to **INFERTILITY**
and **MISCARRIAGE**, and many
women's health issues such as
PMS and **PCOS**!

Nat u r a l F a m i l y P l a n n i n g

- ✓ is based on sound scientific knowledge
- ✓ helps the couple understand their mutual fertility
- ✓ enables couples to achieve or avoid a pregnancy
- ✓ promotes the mutual love of the couple
- ✓ is morally acceptable to all faiths
- ✓ is effective with both regular and irregular cycles
- ✓ can be successfully applied during breastfeeding, premenopause, and when discontinuing oral contraceptives
- ✓ is as effective as birth control pills to avoid pregnancy
- ✓ is MORE effective than IVF for achieving pregnancy
- ✓ is essential in the diagnosis and treatment of women's reproductive health disorders
- ✓ is inexpensive and simple to learn!

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831-443-3743

Dance for Joy!



There
IS a
Better
Way!

FertilityCare Services of the Central Coast

*Educating & Empowering
women and couples to
plan their families the
way nature intended...*