



*"If you're looking for something that will make
a wonderful marriage... the track record is there.
It builds a relationship...the intimacy
is completely different." – Jose*



ROMAN CATHOLIC
DIOCESE OF ROCHESTER

Office, Evangelization & Catechesis

[http://www.dor.org/index.cfm/
evangelization-catechesis/sacraments/
marriage/natural-family-planning/](http://www.dor.org/index.cfm/evangelization-catechesis/sacraments/marriage/natural-family-planning/)



Fertility Care

Plan Your Family
Nature's Way

*Proven, Safe,
Healthy & Effective*

*"It can truly open your eyes
and change your hearts to greater
communication and intimacy."*



What every couple needs to know...

- Solid scientific and educational research supports safe, natural methods of family planning vs. any pharmaceutical drug or device.
- Couples are taught to observe natural signs of fertility and infertility.
- Couples can achieve or postpone pregnancies in accordance with Catholic Church teaching.
- Throughout the process, communication and intimacy are enhanced, as well as self-awareness of the beauty and dignity of each marriage partner's body.
- Independent studies confirm these programs are 99% effective for motivated and properly-instructed couples.
- Methods can be used by women who have regular or irregular cycles.
- NaproTechnology is available to help couples who struggle with infertility to welcome a baby without resorting to artificial reproductive technology.

Advantages of these methods

- Completely natural with no side effects
- No need for hormonal birth control medications or devices
- Fosters communication and allows for a fullness of love
- Keeps the relationship fresh with a deeper respect for marriage partners
- Helps couples plan their families together
- Increased awareness of woman's health

The Rochester diocese offers two natural methods of family planning

- Creighton Model Fertility Care™ System (CrMS) features the latest women's health science of NaProTECHNOLOGY™ of the Pope Paul VI Institute for the Study of Human Reproduction. To learn more contact a Fertility Care practitioner in the Rochester Area <http://fertilitycarerochester.weebly.com/>
- <http://fertilitycarerochesterny.com>
- Couple-to-Couple League (CCL) Sympto-thermal approach teaches the couple two biological markers of fertility, which the couple records daily. It features a unique mobile app or a more traditional paper charting system that provides couples with a complete picture of their fertility. The woman and man each have roles in charting and interpreting cycles. CCL offers onsite classes with a teaching couple, as well as convenient live online or self-paced online classes. <https://ccli.org>
- CrMS and CCL teachers and medical consultants are also available to make presentations to schools, marriage preparation teams, religious groups, medical staffs and community groups.



Fertility Care



Fertility Care
Rochester NY



Fertility Care
CCLI

"If you are ready to welcome a baby...or if you need to postpone...it's a really effective tool." - Nina

"It's a healthier way, as opposed to being on hormones that can have all kinds of effects on you." - Jessica, Physician's Assistant

"When you are open to God's grace in all aspects of your married life...He blesses you tenfold." - Anne

