

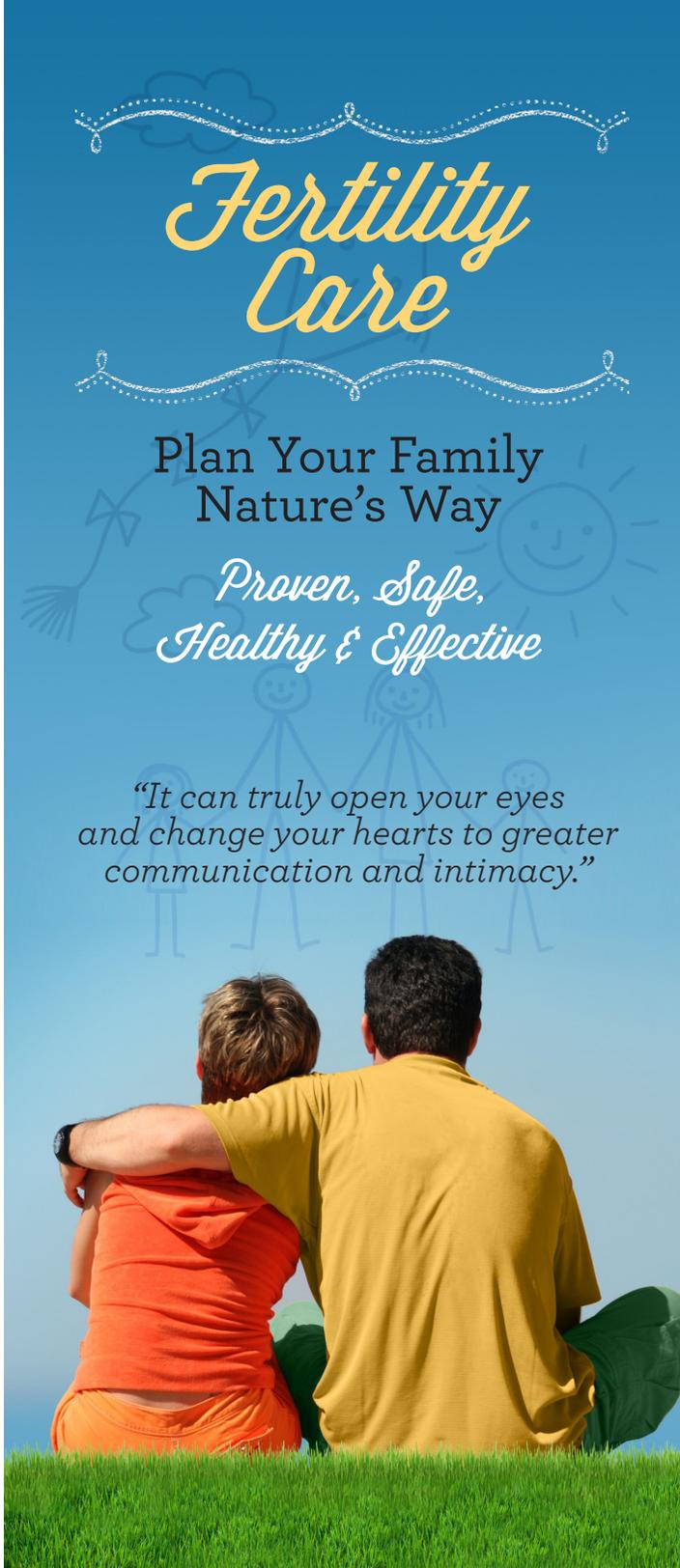
*"If you're looking for something that will make  
a wonderful marriage... the track record is there.  
It builds a relationship...the intimacy  
is completely different." - Jose*



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.

*"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*



Fertility Care



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