

Diocese of Memphis Natural Family Planning Center



2017 Class Schedule

The Billings Ovulation Method

A way of life based on love...

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>	<u>Time</u>	<u>Location*</u>
Class Series 1:	Jan 28 Sat	Feb 25 Sat	Mar 25 Sat	10:00am	Catholic Center
Class Series 2:	Feb 6 Mon	Mar 6 Mon	Apr 3 Mon	6:30pm	Catholic Center
Class Series 3:	Mar 14 Tue	Apr 11 Tue	May 16 Tue	6:30pm	Catholic Center
Class Series 4:	Apr 19 Wed	May 17 Wed	Jun 14 Wed	6:30pm	Catholic Center
Class Series 5:	May 22 Mon	Jun 19 Mon	Jul 17 Mon	6:30pm	Catholic Center

More class series will be added.

Each class series consists of 3 class sessions, and all 3 classes are necessary to learn the Billings Method.

Some couples will require additional instruction and follow-up, especially if coming off birth control pills and other chemical hormonal methods or breast-feeding. Sessions I and II consist of a lecture and individual instruction and usually last about 2 - 2½ hours. Session III is an individual appointment with chart review lasting about 30 minutes. Additional follow-up will be scheduled as needed until each couple is confident in their use of the Method.

It is best for engaged couples to attend the classes at least six months before their wedding.

The fee for **TAKING THE CLASSES** is **\$75.00 per couple** (even if only one attends) and is non-refundable. *(This includes all the classes and materials plus individual follow up for as long as needed.)*

TAKING THE CLASSES means the couple is not currently using any hormonal methods of birth control (e.g. Birth Control Pills, Birth Control Patch, Nuva Ring, Depo Provera, etc.) which can disrupt and damage the normal fertility cycle. They plan to come to all 3 classes in the series to learn to recognize and chart their natural signs of fertility and infertility in order to use the Method.

The fee to **AUDIT the first session class only** is **\$25.00 per couple** (even if only one attends) and is non-refundable.

(This fee can be applied toward the \$75.00 class fee if the couple decides to take the full course within one year.)

AUDITING THE FIRST SESSION ONLY is for couples who are currently using hormonal methods of birth control who must fulfill the diocesan requirements for marriage preparation, and they attend the first session class for general information only .

Pre-registration is required. Please **register online** at www.cdom.org or complete the registration form in the brochure and mail it with the class fee to the NFP Center. Please register early to secure your class preference.

***All classes are held at the Diocese of Memphis Catholic Center, 5825 Shelby Oaks Drive** between Sycamore View and Summer Ave. Park on the east side of the building and enter at the main entrance. Additional class series can be scheduled when requested.

Diocese of Memphis NFP Center ◊ 5825 Shelby Oaks Drive ◊ Memphis, TN 38134 ◊ (901) 373-1285
Mary Pat Van Epps, Director ◊ marypat.vanepps@cc.cdom.org ◊ www.cdom.org (Natural Family Planning)
Information on the Billings Ovulation Method: www.billings.life