

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

Director of the NFP Center, Mary Pat Van Epps, will be retiring on June 30, 2017, and no more class series are scheduled at this time. Once all the decisions have been made at the diocese, hopefully more series will be scheduled. If you want to learn the Billings Ovulation Method®, you can contact one of the diocesan NFP Teachers listed below to set up individual instruction. You can pay the \$75.00 class fee directly to the NFP Teacher.

Diocesan NFP Teachers:

St. Michael Parish

Andrea Jimenez

asjim003@hotmail.com

St. Francis Parish

Sierra Kallaher

Sierrastamey88@gmail.com

St. Ann Parish Bartlett

Jennifer Podesta

jen09098@gmail.com

Nativity Parish

Jessica Robbins

jessicarenee520@gmail.com

Ascension Parish

Biridiana Rodriguez

berives33@gmail.com

St. Mary Parish Jackson, TN

Khira Rotty

khirarotty@gmail.com

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

Some couples will require additional instruction and follow-up, especially if breast-feeding or coming off birth control pills or other chemical/hormonal methods of birth control.

Sessions I and II consist of a slide presentation, with follow up/chart review and usually last about 2 hours. Session III is a 30 minute (or more) appointment with chart review. 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 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.)

Please contact one of the Diocesan NFP Teachers listed above to set up your individual instruction.

Please pay the \$75.00 fee directly to your NFP Teacher.

Diocese of Memphis NFP Center 5825 Shelby Oaks Drive Memphis, TN 38134 (901) 373-1285

Until June 30, 2017: Mary Pat Van Epps, Director marypat.vanepps@cc.cdom.org

www.cdom.org

Information on the Billings Ovulation Method®: www.billings.life