

What are couples saying?



"We are absolutely thrilled with the Sympto-Thermal Method! We finally found peace in planning our family, and I was shocked to find out how much I enjoy not being on the pill any more. I'm just disappointed that it took so long for us to find that there is an alternative to artificial birth control methods." — Tom & Susan, California

"NFP has become a way of life that fits easily into our daily life and family. I like that it is something we work on together as a couple and with the help of an app."

— Andy & Rebecca, Michigan



"When we got married, we thought contraception was our only option for family planning. Learning NFP has allowed us to choose a natural way to plan our family, without using chemicals." — Liam & Marie, Texas

"I learned so much about my body in that first class that I vowed never to go back to the pill. I was so amazed to learn about all of the signs that my body would display through my cycle... things that no one ever told me."

— Greg & Kelly, New Jersey



"I am so grateful for NFP in my life! I was on the pill, and while I was happy with its effectiveness, something was missing. I now feel so much healthier — physically and spiritually."

— Peter & Jackie, Ohio

NFP AT YOUR FINGERTIPS WITH THE PEAKDAY APP



Prefer paperless? You can easily chart your fertility signs through our app! We've created a simple, convenient electronic charting tool for your mobile device. PeakDay allows you to:



CHART & RECORD
your symptoms

VIEW & FIND
your times of fertility
and infertility

SHARE
your chart with a
NFP teaching couple
or fertility coach or
medical professional
if you have questions

The PeakDay app goes hand in hand with all CCL classes and makes the NFP Sympto-thermal method (STM) much easier for you to practice as a couple. All three class options include a free PeakDay subscription extension, and anyone can start a free trial by visiting www.peakday.com or finding PeakDay on the Apple or Google Play store.



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Founded in 1971, Couple to Couple League is a non-profit organization that is building joyful marriages by teaching natural family planning, couple to couple, for more than 50 years.

WWW.CCLI.ORG



Natural Family Planning



Safe, healthy and effective
ways to navigate fertility!

Discover a natural way to achieve or postpone pregnancy with Natural Family Planning.

NFP is proven to be 99% effective in postponing pregnancy...and also used with considerable success by couples trying to conceive.

NFP?

Natural Family Planning is based on an awareness of a woman's fertility. Couples learn how to interpret certain signs in the woman's body that indicate her fertile and infertile times.

STM?

Couple to Couple League (CCL) teaches the Sympto-Thermal Method of NFP (STM) through online or onsite classes. STM NFP can easily fit into one's daily routine. It takes just a few seconds each morning to take the woman's waking temperature or to notice any cervical mucus throughout the day, and then couples spend a few moments at the end of the day to discuss the observations. It becomes a simple daily habit like brushing your teeth or combing your hair.

PeakDay?

PeakDay is CCL's NFP app that allows couples to practice NFP easily. Once the daily information is recorded in the PeakDay app, couples have a complete picture of their fertility.



THE BENEFITS OF NATURAL FAMILY PLANNING



EFFECTIVENESS

Several published clinical trials demonstrate NFP is 99% effective in postponing pregnancy — the same effectiveness range as hormonal methods and more effective than pharmaceuticals, devices, or other unnatural methods.



NATURAL AND SAFE

Because NFP is 100% natural, it is 100% safe and has no health risks. It involves no potentially harmful birth control drugs or devices.



BOOST YOUR MARRIAGE

Most couples report that practicing NFP has a positive effect on their marriages. They find using NFP improves their communication and gives them a deeper respect for each other. While times of abstinence are difficult, couples who sacrifice for each other and their marriage build great strength in their relationships.



FOR EVERY UNIQUE SITUATION

Irregular cycles? Working on improving your cycle? No problem. Fertility is often called the “5th sign of health” — meaning you can learn a lot about your health from your cycle. NFP helps you work with your doctor to improve your health.



HELPFUL IN ACHIEVING PREGNANCY

NFP is helpful for achieving pregnancy — couples just change their timing. There’s no waiting period. And there’s been no damage to the woman’s fertility — as can happen with some unnatural methods.



GREATER FERTILITY AWARENESS

Because NFP teaches a woman to become aware of her normal fertility pattern, changes in this pattern can alert her to possible medical problems. With this increased knowledge of their cycles many women feel more empowered and in control.



FULLNESS OF LOVE

NFP allows a couple to love one another without barriers and without altering the body. In this way, a man and woman can love fully, without holding anything back, giving all of themselves to the other — they are able to live the love of their wedding vows. For this reason, NFP is accepted by all major religions.

Three Ways to Learn CCL’s STM Method of NFP

CCL offers three types of classes to fit your schedule and preferred method of learning. CCL also offers specialized classes for the postpartum and perimenopause transition times.



Live Onsite

A series of three classes held in a classroom setting and taught by a certified teaching couple. Classes are spaced a month apart to give you a chance to practice what you learn.



Live Online

Similar to the onsite class but you meet live online, in a virtual classroom, with a certified teaching couple. You’ll see your teaching couple and have the ability to ask questions and get instant answers through a webcam or chat feature.



Video Based Online

This video-based course teaches you NFP in a series of interactive lessons. You learn at your own pace and on your own schedule. You will be connected to a teaching couple who will be available to answer questions and do chart reviews.



To learn more, visit www.ccli.org or www.learnnfp.org and get started!