Learning NFP through the Couple to Couple League

A CCL NFP series consists of three classes spaced about one month apart. Supplemental classes for the postpartum and premenopause transitions are also offered.

CCL Class series are held in various locations, including churches, hospitals, and homes throughout the Cleveland and Youngstown Dioceses.

“NFP has been such a blessing and healing for us. We are huge supporters of anything that promotes the love and endurance of the family.”
— Mitzi, Mentor, OH

To find and register for the nearest CCL class, access our website: www.ccli.org and search by zip code.

For those without Teaching Couples in their area, CCL provides instruction and consultation through its Home Study Course and online virtual courses.
Check the menu at www.register.ccli.org/virtual

“I love that NFP is something that we do together. When we used contraceptives, I used to feel it was all my responsibility, but with NFP we frequently discuss and decide together what is right for our family each month.”
— Grace D., N.M.

Natural Family Planning

Resources

The Couple to Couple League
The Couple to Couple League is an international, interfaith, non-profit organization dedicated to teaching Natural Family Planning to married and engaged couples. They also provide seminars for clergy and physicians.
www.ccli.org

Northeast Ohio NFP Meetup Group
This group provides opportunities for local NFP couples and families to get together, share fun and build memories. Local NFP information is also available at this site.
www.meetup.com/NEO-NFP

Cleveland Catholic Diocese
Marriage and Family Ministry lists NFP class dates and locations and local medical support.
www.clevelandcatholiccharities.org/mfm

Youngstown Catholic Diocese
God’s Plan for Joy-Filled Marriages
God’s Plan for a Joy-Filled Marriage, one-day retreat for engaged couples. This retreat is held in various locations in the Youngstown diocese.
www.dcp.org/office/edu_prolife/joyfilledmarriagefamily.asp

Theology of the Body
Ascension Press publishes many books and audio and visual presentations of the Theology of the Body for individual or group study.
www.ascensionpress.com

One More Soul
One More Soul is a non-profit organization dedicated to spreading the truth about the blessings of children and the harmful effects of contraception. They publish many materials and a national directory of NFP-only physicians.
www.OMSoul.com

Family of the Americas
Family of the Americas is a non-profit organization promoting programs for the family worldwide. They have published studies on NFP and marriage.
www.familyplanning.net

Safe
Natural
Effective
Northeast Ohio
Natural Family Planning is fertility awareness, the knowledge of a couple’s fertility. It is a way of reading a woman’s signs of fertility and infertility. The Couple to Couple League teaches three basic signs of fertility — and how to apply this knowledge through the Sympto-Thermal Method (STM) of NFP, which can be used both to achieve and to avoid or postpone pregnancy.

Advantages of Natural Family Planning®

**Medically safe**

**100% Natural**

**Highly Effective – 99%**

**Better for the environment**

**Healthier**

**Helps couples with fertility concerns**

**Seeking or postponing pregnancy**

**Improved communication**

**Increased respect for each other**

**Respects God’s plan for marriage**

**Easy to learn – Easy to use**

**Inexpensive**

The Couple to Couple League also includes courses on the return of fertility after childbirth and for the changes during the premenopause years.

**Certified Teaching Couples**

Rich & Jenny Amiot
denim112@hotmail.com
Parma Heights
440-843-3981

Bill & Jessica Davidson
davidsnfp@gmail.com
Lakewood
(301)844-7505

Brian & Kathleen Heskamp
knheskamp@hotmail.com
Twinsburg
330-888-9263

Tim & Mary Ellen Jakubisin
temej@aol.com
Fairview Park & Westlake
440-779-5793

Fred & Margaret Karboski
karbo7@yahoo.com
Cleveland Heights
216-521-4596

Ben & Kay Metzler
Kay_metzler@hotmail.com
Uniontown & Green
330-896-3350

Jason & Angela Miller
miller.family05@yahoo.com
Ravenna
330-357-2302

Greg & Susan Radzialowski
gradz28@gmail.com
Richfield & North Royalton
330-659-7240

John & Juliann Roberts
jroberts0118@gmail.com
Navarre
330-791-3314

Dave & Val Rodenbacher
valerierodenbacher@neo.rr.com
Suffield Twp
330-808-1699

Rob & Kelly Rybka
rybkarl@hotmail.com
Akron
330-869-4064

Scott & Jessica Trahey
trabyjessica@gmail.com
Akron
330-607-4216

Mike & Chrissy Palumbo
Eastlake
440-354-8980

Tom & Mary Anne Shaniuk
Strongsville
440-572-8818

Eric & Lynn Vogelbacher
Westlake
360-775-7226

Rick & Cheryl Cherney
Seven Hills
216-447-1867

Joe & Emily Laco
Fairview Park
216-509-0297

Bill & Tanis Merimee
Strongsville
440-268-9866

**The Art of Natural Family Planning® with CCL**

Natural Family Planning is fertility awareness, the knowledge of a couple’s fertility. It is a way of reading a woman’s signs of fertility and infertility.

“Something I really love about NFP is that it provides the freedom for my wife to not have to ingest, inject or implant potentially harmful hormones into her body. As a husband, I don’t ever want to put her health at risk for the sake of convenience.”

— Ryan R., OH

The Couple to Couple League also includes courses on the return of fertility after childbirth and for the changes during the premenopause years.

“I want to thank you for what you have brought into 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.”

— K., VA

“Having the knowledge of my fertility is empowering; instead of seeing my fertility as a burden, we are able to respect who I am as a person and balance our desires for family with my work.”

— Anna O., AK