



NATURAL FAMILY PLANNING (NFP)

Diocese of Winona-Rochester
MINNESOTA

The Office of Life, Marriage & Family promotes Natural Family Planning (NFP) as a highly effective, maritally enriching, spiritually enlightening, emotionally uplifting, sexually fulfilling and moral means of planning one's family. Our Diocese highly encourages those preparing for marriage and those already married to learn church teachings and seek out qualified, reliable training in NFP methods.

CREIGHTON MODEL FERTILITYCARE SYSTEM

The Creighton Model FertilityCare System (CrMS) is a modern, effective and scientifically proven ovulation method of family planning. CrMS is a safe, natural and holistic way for couples to achieve pregnancy, postpone pregnancy, and identify gynecological health issues. (Description by Mayo Health Clinic: Childbirth Education)

For more information visit: <https://creightonmodel.com/>

CREIGHTON MODEL FERTILITYCARE SYSTEM CERTIFIED TEACHERS IN OR NEAR THE DIOCESE OF WINONA-ROCHESTER:

CONTACT YOUR NEAREST PROVIDER FOR DATES OF INFORMATION SESSIONS, CLASS SCHEDULES, AND INDIVIDUAL APPOINTMENTS.

Eastern Part of Diocese

Name: Pam Mueller, RN, CFCP
Address: Stewartville, MN 55976
Phone: 507-254-9478
E-Mail: fertilitycare4u@gmail.com

Name: Sr. Agnes Mary Graves, RSM
Address: Terrace Heights, Winona, 55987
Phone: 507-474-6939
E-Mail: sragnesmarygravesrsm@gmail.com

Middle Part of Diocese

Name: Katherine L. Clubb, MD
Address: Mayo Clinic Health System in Owatonna
2200 Northwest 26th Street, Owatonna, 55060
Phone: 507-451-1120
E-Mail: Clubb.Katherine@mayo.edu

Name: Amy Price, RN, FCPI
Address: 715 17th Street SE, Owatonna, 55060
Phone: 507-774-0223
E-Mail: amy@thrivefertilitycare.com

Name: Amanda Smith, B.S., CFCP
Address: 1502 Warren Street, Mankato, MN 56001
Phone: 847-769-1746
E-Mail: IntegritasFertilityCare@gmail.com

Name: Jackie Sonnek, Fertility Care Practitioner Intern
Phone: 507-525-6182
E-Mail: fertilitycare.js@gmail.com

Travels to Mankato but lives in Easton, MN and will go to surrounding areas.

Western Part of Diocese

Name: Paula Dudgeon FCPI
Address: 302 E. Saratoga St. #6, Marshall, 56258
Phone: 507-829-7898
E-Mail: causeofhisjoy@gmail.com



SYMPTO-THERMAL METHOD

Couple to Couple League teachers are married couples that teach awareness of a woman's fertility. How to interpret certain signs in a woman's body that indicate her fertile and infertile times. This method also helps couples achieve pregnancy if and when they've had difficulty. Sympto-thermal method is 99% effective in postponing pregnancy, 100% natural and safe, and low in cost so all couples can get the help they need. It also helps keep your marriage communication growing and is morally accepted. (Description by Couple to Couple League)

Couple to Couple League Website: <https://ccli.org/>

SYMPTO-THERMAL METHOD CERTIFIED TEACHERS IN OR NEAR THE DIOCESE OF WINONA-ROCHESTER:

CONTACT YOUR NEAREST PROVIDER FOR DATES OF INFORMATION SESSIONS, CLASS SCHEDULES, AND INDIVIDUAL APPOINTMENTS.

Eastern Part of Diocese

Name: Paul and Brenda Grupe
Address: 101 South Jackson, Houston, 55943
Phone: 507-896-3365
E-Mail: brendasgrupe@gmail.com

Middle Part of Diocese

Name: Dan and Brenda Voracek
Address: 365 Carol Ct., North Mankato, 56003
Phone: 507-625-5008
E-Mail: brevor@hickorytech.net



FAMILY OF THE AMERICAS

This Ovulation Method is based on the simple recognition of natural signs of fertility that appear for a few days during the woman's menstrual cycle. Family of the Americas (FAF) was instrumental in simplifying the teaching and charting system of the Ovulation Method that made it applicable for universal use.

For more information visit: <https://www.familyplanning.net/en/ovulation-method>

FAMILY OF THE AMERICAS CERTIFIED TEACHERS IN OR NEAR THE DIOCESE OF WINONA-ROCHESTER:

CONTACT YOUR NEAREST PROVIDER FOR DATES OF INFORMATION SESSIONS, CLASS SCHEDULES, AND INDIVIDUAL APPOINTMENTS.

Western Part of Diocese

Name: Dan and Jennifer Hamlet
Address: Fairmont
Phone: 507-399-2043
E-Mail: HamletNFM@gmail.com

ADDITIONAL METHODS & RESOURCES

MARQUETTE METHOD

The Marquette Method was developed by professional nurses and physicians at Marquette University in the late 1990s.

FOR MORE INFORMATION:

Marquette University Institute for Natural Family Planning:

<https://www.marquette.edu/nursing/natural-family-planning-model.php>

Phone: (414) 288-3854

Name: Hannah Huber
Phone: 651-395-1413
E-Mail: hhuber@mmnfp.com
Website: www.mmnfp.com/hhuber

Available for Consultation:

Name: Emily Kirkwold, PharmD
www.nfp pharmacist.com
Phone: 612-547-6659
E-Mail: emily@nfp pharmacist.com

BILLINGS OVULATION METHOD

FOR MORE INFORMATION:

The Billings Ovulation Method Association: <https://www.boma-usa.org/about.html>

Learn NFP Online: www.learnnfponline.com (English course website)

www.aprendePFNenlinea.com (Spanish course website)

SYMPTOPRO

FOR MORE INFORMATION:

SymptoPro Fertility Education: <https://symptopro.org/>

~~ Courses also available in Spanish! ~~

OTHER NFP RESOURCES/MEDICAL PROFESSIONALS/TEACHERS

AALFA FAMILY CLINIC - WHITE BEAR LAKE, MN

<https://www.aalfafamily.com/fertility-care/>

CENTRACARE CLINIC - NORTHWAY FAMILY MEDICINE - ST. CLOUD, MN

Doug Brew, MD

Specialty: Family Practice/OB, NFP

DIVINE PROVIDENCE FERTILITYCARE SERVICES - NAPROTECHNOLOGY

Sleepy Eye, MN, Phone: (612) 618-3652

MAYO CLINIC HEALTH SYSTEMS - OWATONNA, MN

Katie Clubb, MD

Specialty: Family Medicine, Creighton Model Fertility Care System, NFP

NEW ULM MEDICAL CENTER CLINIC NFP PHYSICIANS/MEDICAL PROFESSIONALS

Francille (Frani) A Knowles , MD

Specialty: Family Practice, Creighton Model FertilityCare System
(507) 217-5000, Francille.knowles@allina.com.

Terence Knowles, MD

Specialty: Family Practice, Creighton Model FertilityCare System

ONE MORE SOUL NFP CENTER

www.OMSoul.com

POPE PAUL VI INSTITUTE

www.popepaulvi.com

UNITED STATES CONFERENCE OF CATHOLIC BISHOPS (USCCB)

<http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/>

SURROUNDING DIOCESE

DIOCESE OF NEW ULM - OFFICE OF FAMILY LIFE:

<https://www.dnu.org/nfp/>

ARCHDIOCESE OF DUBUQUE:

<https://www.dbqarch.org/nfp/>

ARCHDIOCESE OF ST. PAUL/MINNEAPOLIS:

<http://www.archspm.org/departments/natural-family-planning/>

DIOCESE OF LA CROSSE:

<http://diolc.org/marriage/natural-family-planning/>

DIOCESE OF ST. CLOUD - OFFICE OF MARRIAGE AND FAMILY

[HTTP://OMF.STCDIO.ORG/](http://OMF.STCDIO.ORG/)

DIOCESE OF SIOUX FALLS:

<http://www.sfcatholic.org/familylife/natural-family-planning/>

DIOCESE OF SIOUX CITY:

<https://scdiocese.org/natural-family-planning/>

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