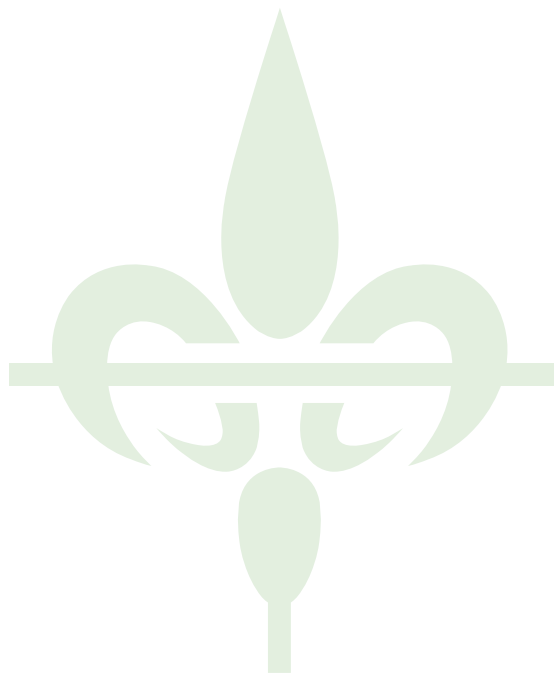


CARONDELET'S FERTILITYCARE™
NATURAL FAMILY PLANNING
CENTER SERVICES

- Fertility appreciation
- Consultation on achieving pregnancy
- Consultation on avoiding pregnancy
- Pregnancy evaluations
- Monitoring Gynecologic Health

The Carondelet FertilityCare™ Natural Family Planning Center and its affiliates maintain a teaching staff of Certified FertilityCare Practitioners.



Our philosophy is expressed by our belief that health care is a healing ministry and a personal witness of faith respecting the life and dignity of each person. Our mission is to provide for the health care needs of our community; to embrace the whole person in mind, body and spirit; and to serve all people.



St. Joseph's Hospital
350 N. Wilmot Rd.
Tucson, Arizona 85711
(520) 873-3867

www.carondelet.org

Carondelet FertilityCare™ Center

Natural Family Planning



Sponsored by



Carondelet FertilityCare™ Center

Natural Family Planning

The Carondelet FertilityCare™ Center encourages couples to share in the responsibility of planning their families together. Using the Creighton Model Fertility Care System, couples are able to support their decision to either *achieve* or *avoid* pregnancy naturally, *without* the use of pharmaceutical contraceptives.

THE BENEFITS

- Completely natural and free from side effects
- 99% effective in avoiding pregnancy
- 76% effective in achieving pregnancy within a month
- Affordable when compared to costly contraceptives
- Both man and woman share in family planning
- Can be used at any stage of a woman's reproductive life
- Effective for women with regular or irregular cycles
- Creates a valuable health record for women
- Increases intimacy and communication for couples
- Develops lifetime knowledge about reproductive cycles.

THE CREIGHTON MODEL FERTILITY CARE SYSTEM (CrMS)

Most women are aware of a mucus discharge at the opening of the vagina that comes and goes with each cycle. The CrMS is based on watching for the

day-to-day changes of this cervical mucus showing when couples are fertile or infertile. By learning her normal mucus pattern, a woman can also recognize what may be abnormal for her and see her doctor for medical care. The CrMS is a standardized, scientifically researched and validated method of family planning.

PROGRAM GUIDELINES

Certified FertilityCare Practitioners (FCP) instruct couples in the Creighton Model Fertility Care System, also known as Natural Family Planning.

Introduction Session

Beginning with a one-hour group introductory session, an overview of the method is presented. From this session, couples will have enough knowledge to begin charting their daily changes within the woman's cycle. Each couple will receive a certificate of attendance for this introductory session.

Follow-up Sessions

Thereafter, the couple will meet regularly with a Fertility Care Practitioner throughout the year to chart method progress. Each follow-up is a private session tailored to each couple's unique experience. The instruction evolves from session to session as the couple's knowledge and confidence increases.

Appointment and Fee Arrangement

Introductory sessions are held monthly with pre-registration accepted by phone or on line.

FOR MORE INFORMATION
CALL (52) 873-3867

Or, complete the form below and mail to:

Carondelet FertilityCare™ Center
Natural Family Planning
Carondelet St. Joseph's Hospital
350 N. Wilmot Road
Tucson, Arizona 85711

- I am interested in program registration. Please mail me further information.
- I would like to speak with a FertilityCare Practitioner.
- I would like to schedule a seminar on the advantages of Natural Family Planning.

Name of Interested Group

Name

Address

City, State, Zip

Daytime Phone No.

Evening Phone No.
