



Called to the Joy of Love

Natural Family Planning, Supporting God's gifts of love and life in marriage

Natural Family Planning Week July 24—July 30

We are here to help you, Erie Diocese!

Engaged Couples

Married Couples

The Erie Diocese has teachers in 5 different methods of NFP (sometimes called Fertility Awareness Methods). We can help you discover which method fits your lifestyle and connect you with a class online or in-person.

Warning: Use of NFP may lead to increased communication and greater respect for your spouse.

High School Girls

New for 2022, "Behold!" is a cycle tracking class for high school girls and their moms. In this single 2-hour session, teens learn how to track, what to look for in an app, tips for keeping a cycle 'normal', and what to do when it isn't.

Single Women

Are you struggling with cycle irregularities? Restorative reproductive medicine can identify and treat the root cause of these problems ... *without the use of birth control.* Cycle tracking can also give you a better picture of your overall health and greater body literacy. Call us for resources.

Infertility

There are few words to describe this cross. Gratefully, many couples find hope through restorative reproductive medicine which attempts to treat and restore fertility instead of simply manipulating it. Practitioners are near the Erie Diocese and often, telehealth options are available.

Younger Girls

Mother/Daughter Teas are held every spring in two Erie Diocese locations and are designed for girls age 10+ and their moms. Through talks and activities (and food, of course!) girls learn how to navigate their fertility changes, alongside their #1 supporter!