

Local contacts for Natural Family Planning in South Orange County:

Pam and Sean Tupy; 949-375-1803; narkunpa@hotmail.com
Couple to Couple League Teachers

Martha Sears; 949-422-7676
Natural Family Planning International Promoter

Virginia Schoenfeld; 949-584-1942 ; virginia@thebreathcenter.org
Billings Ovulation Method Teacher
Fertility Education and Medical Management (FEMM) Teacher

Billings Ovulation Method and FEMM are two science-based, Fertility Health and Natural Family Planning methods. These classes are offered privately or in group to child-bearing age women, married and/or engaged couples on an ongoing basis at various locations and also by referral (physician, Diocese, parish, etc.) A group class in Spanish is offered 3-4 times/year at the Mission Basilica during the engaged couples course.

Why should You learn Billings or FEMM?

- To understand and track my fertility cycles or to identify gynecological problems in advance.
- To newly married couples, to use a church-approved NFP method to plan my family
- To avoid or postpone pregnancy when appropriate or necessary.
- To learn my reproductive health and identify potential fertility problems, prevent miscarriages, alleviate PMS, irregular bleeding, etc.

If you want more information on these two methods, visit their websites at:

Billings Ovulation Method - <http://www.boma-usa.org/>

FEMM - <https://femmhealth.org/>

Or Contact: Virginia Schoenfeld, PhD, BCC, at (949) 584-1942

virginia@thebreathcenter.org