

# 2010 Natural Family Planning Introductory Session Registration Form

Dear Friends,

As part of your preparation for marriage, you will attend a presentation that gives a basic overview of how couples can use natural family planning (NFP) as a method to either achieve or avoid pregnancy. NFP is a very reliable, morally acceptable way for a couple to make procreative choices that are completely in line with the teachings of the Catholic Church. NFP is also a healthy alternative to using artificial birth control, which may have serious side effects on a woman's reproductive system. An added benefit is that NFP can help physicians identify and treat conditions such as PMS, ovarian cysts, irregular cycles, and many other women's health conditions.

Introductory Sessions offered by the FertilityCare Center in Lincoln are listed on the back. There are also centers in Cambridge/McCook, Holdrege, Falls City, Superior, North Platte, Beatrice, and Hastings that offer sessions by appointment. Cost for the Introductory Session is \$20, payable at time of registration. If you would choose to enroll in the program to learn to use NFP as your family planning method, the \$20 registration fee would be applied toward the \$40 enrollment fee for the full course. This would apply for up to two months after the date of your Introductory Session. Private sessions, allowing for more flexible scheduling, are available upon request for a \$35 fee. It is **highly recommended** that you enroll in the course at least 4 months before your wedding date if possible, so that you are proficient in NFP before your marriage begins.

**Please register as early as possible** for an Introductory Session. Space is limited, and classes fill up quickly. Send the form below, along with the \$20 fee to:

FertilityCare Center  
PO Box 80328  
Lincoln, NE 68501  
(402) 488-2040

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## INTRODUCTORY SESSION REGISTRATION

Woman's Name \_\_\_\_\_ Man's Name \_\_\_\_\_  
Address \_\_\_\_\_ Address \_\_\_\_\_  
City, State \_\_\_\_\_ Zip \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (H) \_\_\_\_\_ Phone (H) \_\_\_\_\_  
Phone (W) \_\_\_\_\_ Phone (W) \_\_\_\_\_  
Referred By: \_\_\_\_\_ Wedding Date: \_\_\_\_\_  
First Choice: \_\_\_\_\_ Second Choice: \_\_\_\_\_  
Comments \_\_\_\_\_

For Office Use Only:

TC \_\_\_\_\_ Amount Paid \_\_\_\_\_ ck# \_\_\_\_\_ Enrollment Fee Paid \_\_\_\_\_ ck# \_\_\_\_\_

\_\_\_\_\_ No appt. made after IS

**Lincoln Center Introductory Sessions, 7-8 p.m.  
Blessed John XXIII Diocesan Center, 3700 Sheridan Blvd.**

<b>January 7</b>	<b>April 12 (St. E's)</b>	<b>August 24</b>
<b>January 19</b>	<b>April 27</b>	<b>Sept. 9</b>
<b>February 4</b>	<b>May 13</b>	<b>Sept. 21</b>
<b>February 15</b>	<b>May 25</b>	<b>October 7</b>
<b>February 25</b>	<b>June 10</b>	<b>October 19</b>
<b>March 9</b>	<b>June 22</b>	<b>November 11</b>
<b>March 18</b>	<b>July 8</b>	<b>November 30</b>
<b>March 31</b>	<b>July 20</b>	<b>Dec. TBA@ St. E.</b>
<b>April 8</b>	<b>August TBA@ St. E's</b>	

**Other Diocesan NFP Centers**

**Holdrege:**

Kathy Burr                      308-995-8046

**Beatrice:**

Jo Langley                      402-223-3359

Melissa Powers                402-228-3856

**Cambridge/McCook:**

Brenda Miller                    308-697-4373

**Hastings:**

Teri Hermann                    402-462-2983

Norma Theisen                 402-462-2085

**Grant:**

Jean Hovorka                    308-352-2678

**Superior:**

Anna Hawley                    402-879-4521

**North Platte:**

Laurie Stadler                   308-534-3905

**Falls City:**

Trudy Burenheide               402-245-4547

**Red Cloud:**

Anne Craig                        402-746-5131