

NFP Online Classes

How to Register for Natural Family Planning Instruction through the Diocese of La Crosse, WI

FOR ALL NFP COURSES FOLLOW STEPS ONE AND TWO

- Step One: Go to www.diolc.org/nfp and click on the *Register for a Class* button on either the main page or the sidebar on the left side of the page.
- Step Two: Complete the pre-registration form which is for the Diocese. When you submit this form, you will automatically go to another registration form for the course you have selected.
- Step Three: Follow the prompts that you are given.

FOR SYMPTOPRO ON-LINE COURSE FOLLOW INSTRUCTIONS BELOW

Complete the entire registration form which is for SymptoPro. **If you are taking this course for marriage preparation, we will need the name, address and email address of both the man and the woman.**

Payment for the on-line class (\$115 with e-book or \$140 with paper book) can be made using credit/debit card (Visa or Mastercard), check, or money order. This fee will be reduced by \$10 when you use the access code, **FCD-ABH1009 (no spaces between characters)**. If you use this code, verify that the price of the class shown on the second page of the registration form reflects the discount. If a discount is not shown, go back and reenter the code. **Submitting the form before doing so will result in being charged the full class price.**

If you pay by check or money order, you will be instructed on where to send the class fee. Access to the class will be given to you after payment is received.

What to Expect after registering for the SymptoPro course:

- After your payment has been cleared, materials for the class will be sent to you in 3-5 business days. On or around the time your materials arrive, you will also be sent an introductory email from SymptoPro **AND** your diocesan instructor. The SymptoPro email will provide you immediate access to orientation videos and information but, **you will not be able to begin the course until you have heard from your instructor. If an email from your instructor does not come within 3-5 days of the SymptoPro email, please check your spam folder.**
- You will have 120 days to complete the coursework. Your instructor will give you the starting date. If you do not complete the course in that time period, you will lose access to the course. Reenrollment for 30 days will cost an additional \$10.
- Your certified instructor from the Diocese is your primary contact. He or she will answer any of your questions during the learning phase and will provide you with chart feedback and support until you are confident in your use of the method. The course is designed in a way that requires interaction with your instructor. *Without this interaction, you will not be able to complete the course.*
- **The least amount of time needed to complete the course is 40 days even though you have 120 days to do so. At the end of 120 days, your access to the course times out. However, your connection to your instructor does not time out. He or she will continue to support you with chart interpretation and feedback.**
- If you have any difficulties with the registration process or any comments or questions, please contact Jeff Arrowood at; jeff.arrowood@symptopro.org or call 608-791-2673.

How to Register for local Classes regarding the Creighton Model FertilityCare System of Natural Family Planning through the Center for Women's Health Mayo Clinic Health System

The Creighton Model program is one of the forms of Natural Family Planning. It is offered at the Center for Women's Health at Mayo Clinic Health System. Classes are offered at both the La Crosse and Onalaska locations.

The Introductory Session is an hour-long presentation that is designed to give couples enough information to decide if the Creighton Model is right for them. Then, if interested in learning and using the Creighton Model, the couple will have the opportunity to purchase the materials and schedule a Follow-up Session. The Introductory Sessions are scheduled on a monthly basis. Spouses/fiancées are encouraged to attend, whenever possible. Registration is required.

Please note, it is important to complete the necessary Follow-up Sessions, not simply to attend the Introductory Session. After completing the Follow-up Sessions, please ask the instructor to notify the parish via email or brief letter.

The Introductory Session costs \$15, and materials, should couples choose to purchase them and continue to learn and use the system, are \$25. So, there is a possible total of \$40 the night of the Introductory Session. Afterward the session, the couple would begin charting.

After two weeks of charting, Follow-up Sessions begin. Follow-up Sessions are held individually with couples. This is where the actual learning of the system takes place and where the Creighton Model is tailored to the individual needs and goals of the couple. There are eight sessions built into the Creighton Model FertilityCare System. Follow-ups are billed separately and there are two options: \$150 at the first Follow-up which covers all eight Follow-up Sessions OR \$30 per Follow-Up Session, which is payable at each session.

If you choose to register at the Center for Women's Health, you may want to ask about their availability for scheduling Follow-Up Sessions in order to assure that this option fits into your schedule.

For more information, session rates, or to register, call 608-392-4624. You may also want to visit them at www.fertilitycare.org/lacrosse.

To learn more about the Creighton Model...

www.creightonmodel.com

www.naprotechnology.com