

# Natural Family Planning

## **Our Mission:**

The Natural Family Planning Apostolate helps couples live more fully the Church's teachings on marriage and family.

## **Description:**

Natural Family Planning is a Church-approved method of child spacing which preserves the sanctity of life and the dignity of marital love. When practiced correctly, Natural Family Planning is a highly effective, healthy method for couples to achieve or defer pregnancy.

## **Classes:**

Natural Family Planning instruction is offered in Cedarburg and consists of four monthly classes taught by an accredited instructor.

## **Questions?**

Contact Erik or Heidi Stanton at 376-7615 or [e-stanton@sbcglobal.net](mailto:e-stanton@sbcglobal.net) or visit [www.ccli.org](http://www.ccli.org).