



Marriage Preparation NFP Worksheet

Dear Couple,

*We are very excited about your upcoming marriage, and we want to be sure you have all the tools you need for success! Hopefully, you have already met with your parish and are making plans to attend a marriage preparation course. One more tool we want to be sure you are familiar with is Natural Family Planning (NFP). It is required that you take an introductory session that will help you to understand what NFP is and how it can benefit your relationship. After that introduction, you will have the option to register for an NFP course to learn how to use a specific method. Since you know your schedule best, **it is your responsibility to register for and attend one of the following sessions.** You will need to return a certificate of completion to your parish for inclusion with your marriage preparation paperwork. Failure to do so in a timely manner may complicate your marriage plans, so please plan ahead.*

We hope that you will find these courses an enjoyable and informative part of your marriage preparation!

The Office of Marriage and Family Life

Natural Family Planning Introduction Options

Archdiocesan NFP Intro: “Prescription for a Long and Happy Life” with Dr. Laurie Heap

These sessions are a 3-hour “date night” that will answer your questions about what NFP is and present medical and psychological evidence of its effectiveness and benefits to both a woman’s health and a couple’s relationship. Wine, appetizers, coffee and dessert are served. Dr. Heap’s presentation style is dynamic and engaging. Cost: \$25.

For upcoming dates and to register: www.archkck.org/prescription . Questions? Brad DuPont: bdupont@archkck.org, 913-647-0301.

Specific Method Introductions

To fulfill this requirement, you may also attend the first session of a specific NFP method course. While these courses may touch on the benefits to practicing NFP, they will focus more on giving participants the practical knowledge they need to get started with a method. You can contact the providers below directly to register for a session or find a full list under the “Find a Class” tab at: www.archkck.org/NFP. Costs vary.

FertilityCare Centers of Kansas City: <http://www.fertilitycareKC.com/registration>.

Couple to Couple League: <http://cccli.org/learn/> and enter your zip code.

Parish-based NFP Introduction

Some parishes offer their own NFP introduction session. If your parish offers this, it will fulfill the requirement. Please contact your parish staff for details and for a certificate to be included with your paperwork.

NOTE: *If you are enrolled in **School of Love** or **Catholic Marriage Preparation Online**, your NFP requirement is included in your course and no further classes are required. You are always welcome to register for the above programs, however!*

Priests/Deacons: Please give this form directly to engaged couples.