



GO NATURAL THIS YEAR!



NATURAL FAMILY PLANNING LOCAL INFO

Many Natural Family Planning Classes are held in person or online so you can successfully practice NFP in your marriage. Pros: You can follow the **Church's teaching** on contraception, **lead a more natural, healthy lifestyle, do something that is better for the environment, and not worry about the abortifacient, cancer, stroke, heart disease, or other risks from birth control.** NFP can be learned when you don't feel ready for kids, are trying to conceive, or if you have already started your family.

- **NFP is 99% effective, scientifically proven and easy to learn.**
- You can use the **CyclePro app** to chart your fertility on your iPhone, iPad and Android.
- NFP couples have much **stronger, healthier marriages with a divorce rate of less than 5%.**
- **Meet others using NFP:** www.neo-nfp.com, www.facebook.com/neo-nfp, <http://www.meetup.com/neo-nfp>,
- **Class lists online** <https://www.dioceseofcleveland.org/offices/parish-life/marriage-and-family-ministry/learn-natural-family-planning>

Scheduled NFP Classes

Day/Time	Date(s)	Location	Contact	Registration	Cost
Mondays 7:00 pm	09/26/22 10/24/22 11/21/22	Home of Bob & Kelly Rybka, Akron	Bob & Kelly Rybka	https://ccli.powerappsportals.com/en-US/classdetails/classregistration/?classid=3bf15444-9679-ec11-b820-0003ffb7d3a5	\$135

DON'T SEE A CLASS NEAR YOU ANYTIME SOON?

YOU CAN CONTACT THESE NFP TEACHERS OR PROMOTERS IN YOUR AREA OR LOOK ONLINE FOR SELF-PACED CLASS AT [HTTPS://CCLI.ORG/LEARN-NFP-FROM-CCL/](https://CCLI.ORG/LEARN-NFP-FROM-CCL/)

TYPE	PLACE	CITY	CONTACT	PHONE	EMAIL
NFP TEACHER	DIocese	LISBON	SAIREY ANNE (MILLER) WILLIAMS	330-271-9730	SAIREYMILLER@GMAIL.COM
NFP TEACHERS	ST. FRANCIS	AKRON	BEN & KAY METZLER	330.896.3350	NFPEACHER@HOTMAIL.COM
NFP TEACHERS	ONLINE CLASSES	CANTON	JASON & DR. ANGELA MILLER	330.357.2302	MILLER.FAMILY05@YAHOO.COM
NFP TEACHERS	ST. CLEMENT	NAVARRE	JOHN & JULIANNE ROBERTS	330.791.3314	JROBERTS0118@GMAIL.COM
NFP TEACHERS	ST. JOSEPH	RANDOLPH	DAVE & VALERIE RODENBUCHER	330.808.1699	VRODENBUCHER@GMAIL.COM
NFP TEACHERS	ST. SEBASTIAN	WEST AKRON	BOB & KELLY RYBKA	330.869.4064	RYBKARL@HOTMAIL.COM
NFP TEACHERS		W. AKRON	SCOTT & JESSICA TRAHEY	330.607.4216	TRAHEYJESSICA@GMAIL.COM

NFP -FRIENDLY RESOURCES: *These doctors are considered **NFP Friendly** where they are more likely than other doctors to understand NFP charts and may be able to help with medical issues that you become aware of through charting but may also prescribe birth control in certain cases.*

- Dr. Wendy Clinger, Ob\Gyn, Lake Health Physician Group, Willoughby Hills, 440.918.4630
- Dr. Peter Digiacom, DO, Atrium OB/GYN, 4151 Holiday St NW, Canton, OH 330-492-8001
- Dr. Melissa Kirven, Paragon Health Associates, 1 Park West Blvd. Suite 200, Akron and Green, 330-869-9777
- Dr. Jorge Romero, Canton Women's Center, 6555 Frank Ave NW, North Canton, 330.966.9090
- Rachel Sieman, Certified Nurse Midwife, Progressive Women's Care, 7600 Southern Blvd, Boardman, www.youngstownmidwife.com, office 330.629.8466, cell 330.518.7625

NEED A MEDICAL PROVIDER WHO DOES NOT PRESCRIBE BIRTH CONTROL AND TEACHES NFP?

Some of these providers offer NFP classes and treat various medical conditions such as infertility, hormonal imbalance, PCOS, & endometriosis. Please call each provider for specific info.



- Dr. Jack Burnham, Cross Street Family Practice, 1716 N. Cross Street, Dover, 330.364.8868
- Mary Ann Durbin, Certified Nurse Midwife, Millersburg, 330.674.2822
- Dr. Margarita Lassaletta, LaSaletta Fertility Care Center, Wadsworth Hospital. Creighton classes start monthly, 330.336.5046
- Dr. James Matheson, Ob/Gyn, Community Health Partners, Lorain, 440.967.5433
- Dr. Angela Miller, Clinical Psychologist, Western Reserve Psychological Associates, Stow, 330.650.5338
- Dr. James Ohliger, Jr., Westshore Primary Care, Family Practice, Sheffield Village, 440.934.0276
- Christy Shoen, *Certified Fertility Care Practitioner - Creighton Model*, Family Fertility Care Center 10600 Leland Trail, Chagrin Falls, ctshoen@hotmail.com, www.creightonmodel.com, Call for class info 440.708.2566
- Elizabeth Swope, RN, Creighton Fertility Care Practitioner, St. Mary's, elizabethswope1@gmail.com, 330.819.7398
- Dr. John Urbancic, Family Practice, Munson Twp, Chardon, 440.286.6155

For More Information

David Schmidt 330-744-8751 ext.272 or dschmidt@youngstowndiocese.org