



Photograph taken by Bernadette Rohan Artistry



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THE MARQUETTE METHOD FAITH-BASED AND EVIDENCE-BASED FAMILY PLANNING

- Free from the side effects and challenges of contraceptives
- Provides 98-99% effectiveness* for avoiding pregnancy
- Helps couples achieve pregnancy in less time
- Flexible to fit your lifestyle
- Education provided exclusively by licensed healthcare professionals
- May help identify and treat common women's health issues

FOR MORE INFORMATION OR TO BOOK A CLASS:

MMNFP.COM

Natural family planning classes provided by

WHOLE MISSION

info@mmnfp.com

WHOLE MISSION

MAKING NFP SIMPLE



from newlywed to new mom

[MMNFP.COM](https://mmnfp.com)

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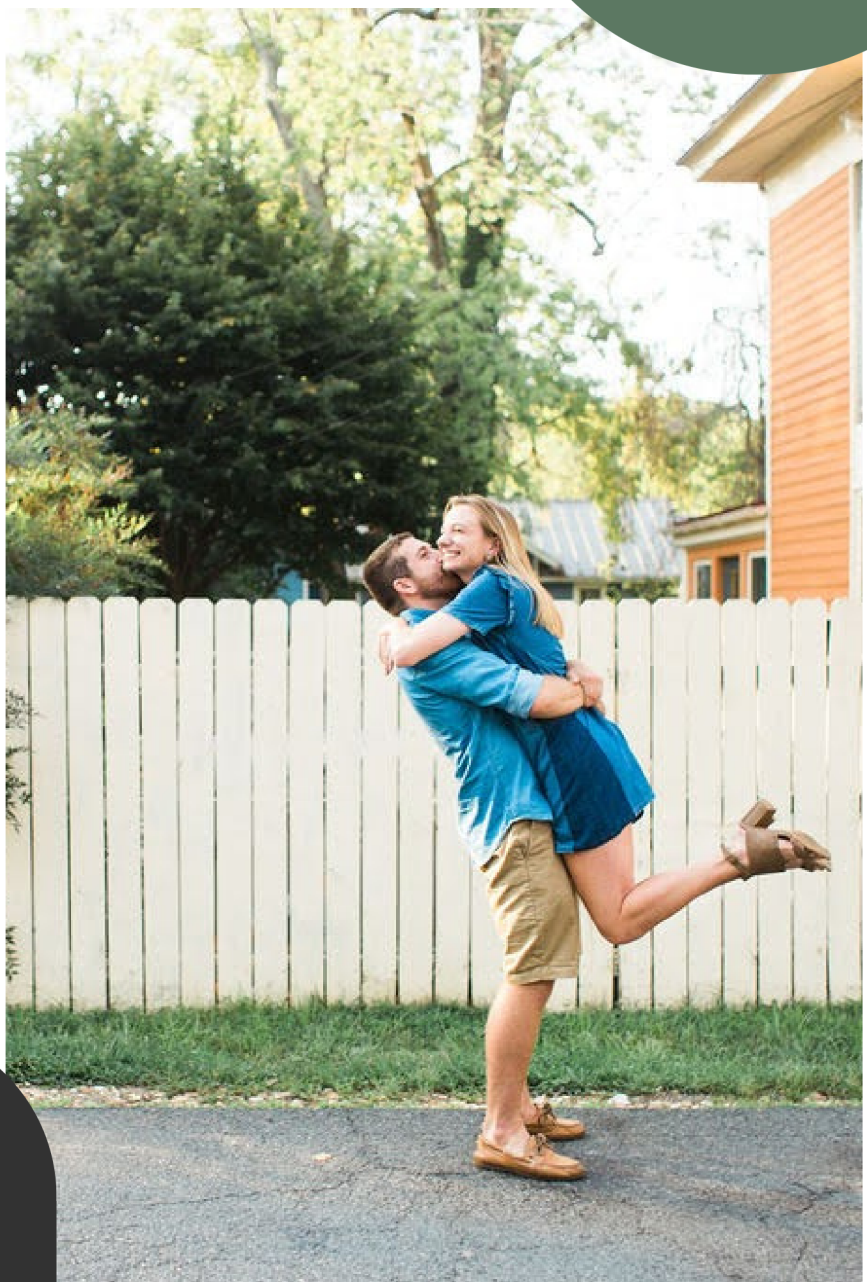


NFP for the new mom

[MMNFP.COM](https://mmnfp.com)

NFP for the newlywed

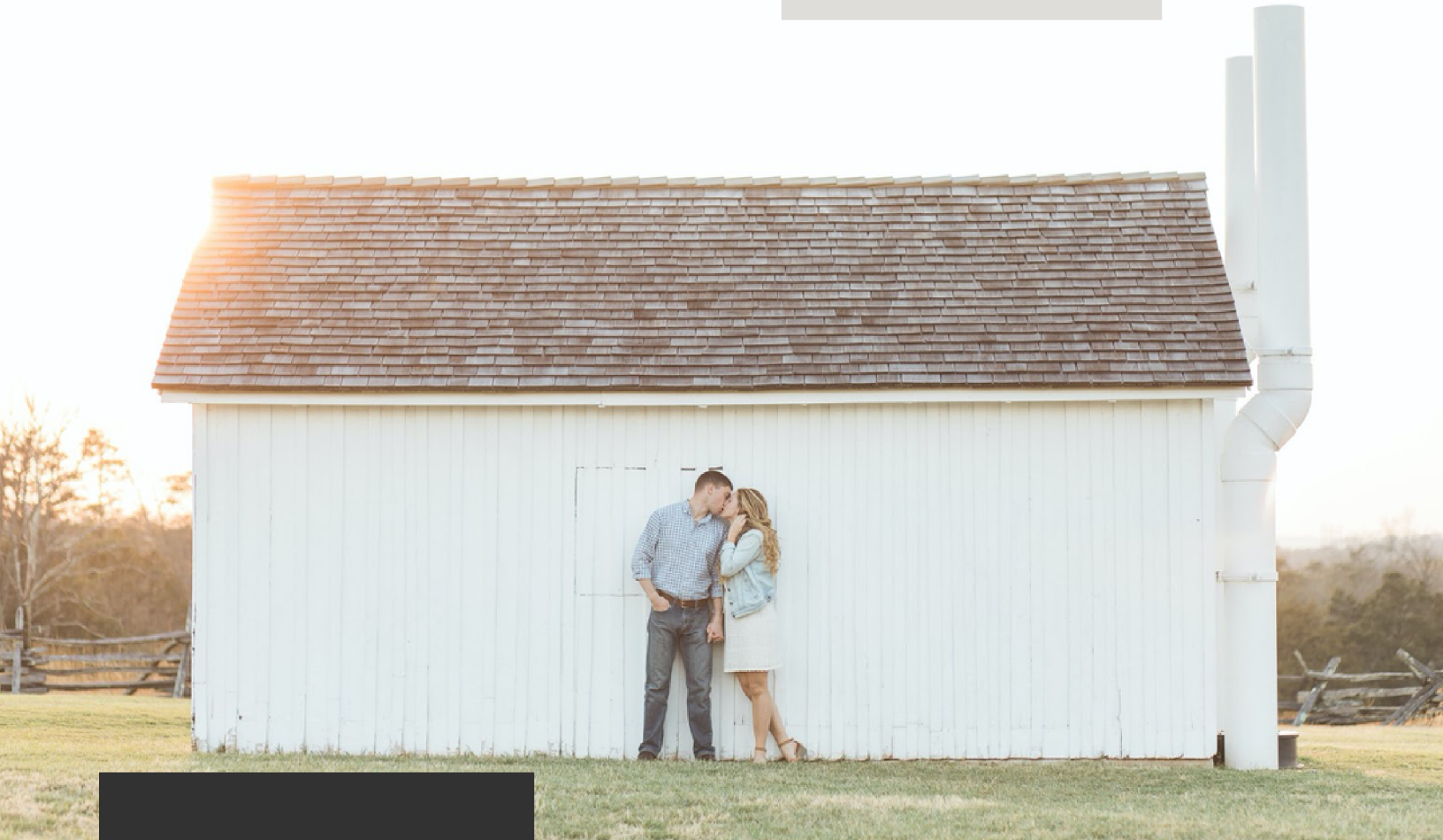
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Faith-based *and* Evidence-based Family Planning



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Lactation Education

Our lactation classes prepare you to breastfeed your baby from birth through the weaning process, in the context of our Catholic faith tradition.

The curriculum is based on evidence-based research and includes topics such as latch and positioning techniques, overcoming common lactation challenges, pumping and storing expressed milk, nutrition for the nursing mother, starting your baby on solids – plus more!

We offer both group and individual lactation classes.

Classes are taught by an instructor who has firsthand breastfeeding experience and holds a certification in lactation.



FOR MORE DETAILS AND TO
SIGN UP FOR A CLASS:

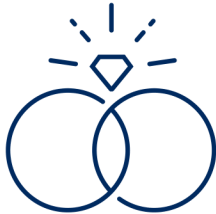


[MMNFP.COM/LACTATION](https://mmnfp.com/lactation)



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Marquette Method Natural Family Planning
Services and Lactation Education



Marriage Prep

Introductory classes with follow-up included. Easy to schedule, and a certificate of completion is provided.



Cycle Basics

The basics of the menstrual cycle: ideal for young adult single women. Focuses on charting for health, good habits for charting, and spiritual health for women.



Support from a Medical Professional

For breastfeeding women, women in perimenopause, or women with other complex medical concerns: every instructor is a healthcare professional.



Easy Scheduling

Instructors in multiple time zones with flexible schedules and online classes make scheduling simple.



Authentically Catholic

We uphold the magisterial teachings of the Catholic Church, all of our instructors are Catholic, and our content has been reviewed by staff at the Archdiocese of Detroit.

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CYCLE BASICS

an introduction to the beauty of fertility and femininity

mmnfp.com/cycle-basics