



Fertility Awareness Based Methods

New to Fertility Awareness or Needing to Make a Switch?

Step One:

What is Fertility Awareness?

<https://fabmbase.org/>

Step Two:

Choose the Method that is best for you.

<https://fabmbase.org/method-overviews/>

Step Three:

Find your Instructor.

Sympto-Hormonal

Marquette

<https://mmnfp.com/>

Boston Cross Check

<https://bostoncrosscheck.com/>

FEMM

<https://femmhealth.org/>

Sympto-Thermal

Couple to Couple League

<https://ccli.org/>

Mucus-Only

Billings

<https://boma-usa.org/>

Creighton

<https://creightonmodel.com/>

Use the preferred provider list below to contact a local instructor or medical provider.

Boston Cross Check

Sara Graf

saragrafcoaching@gmail.com

(917) 375-3873

Creighton - ENGLISH

Emma Nathe

FertilityCare Services

at LifeChoices Family Medical

mycreightonteacher@gmail.com

(813) 898-6203

Linda MacKenzie

Ave Maria Fertility Care

fertilitycaretampa@gmail.com

(813) 541-8517

Kelly Castleberry

RHM Fertility

kelly@dunwoodyfertility.com

(770) 450-8677

Jen Scannell

Psalm 139 FertilityCare Center

Jen.crms@gmail.com

(321) 432-0456

Jessica McAfee

Holy Family Fertility

holymfamilyfertility@gmail.com

(402) 261-0841

Kari Beadner

Ashwood FertilityCare Center

ashwoodfertilitycarecenter@gmail.com

(712) 525-0655

Creighton - SPANISH

Arianna Banuelos

Stella Maris FertilityCare

Services

ariannabcrms@gmail.com

(562) 458-8782

NaProTECHNOLOGY – Surgical Procedures

Carlos Lamoutte, MD

1601 W Timberlane Dr #400,

Plant City, FL 33566

(813) 321-6677

NaProTECHNOLOGY – Achieving Pregnancy

Mariana Girón, MD

Jonathan Keenan, MD

LifeChoices Family Medical

18560 North Dale Mabry Hwy.

Lutz, FL 33548

(813) 948-7734