



## 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/>

<https://ccnfp.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

*Jessica McAfee*

Holy Family Fertility  
holyfamilyfertility@gmail.com  
(402) 261-0841

#### **NaProTECHNOLOGY – Surgical Procedures**

*Carlos Lamotte, MD*  
1601 W Timberlane Dr #400,  
Plant City, FL 33566  
(813) 321-6677

#### **Creighton - ENGLISH**

*Linda MacKenzie*

Ave Maria Fertility Care  
fertilitycaretampa@gmail.com  
(813) 541-8517

*Kari Beadner*

Ashwood FertilityCare Center  
ashwoodfertilitycarecenter@gmail.com  
(712) 525-0655

#### **NaProTECHNOLOGY – Achieving Pregnancy**

*Mariana Girón, MD*  
*Jonathan Keenan, MD*  
LifeChoices Family Medical  
18560 North Dale Mabry Hwy.  
Lutz, FL 33548  
(813) 948-7734

*Diane Hale, RN, CFCF*

St. Gianna Fertility Care  
info@stgiannacenter.com  
(727) 798-2340

#### **Creighton - SPANISH**

*Arianna Banuelos*

Stella Maris FertilityCare  
Services  
ariannabcrms@gmail.com  
(562) 458-8782