



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

Kari Beadner

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

NaProTECHNOLOGY – Surgical Procedures

Carlos Lamoutte, 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

Creighton - SPANISH

Arianna Banuelos

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

NaProTECHNOLOGY – Achieving Pregnancy

Mariana Girón, 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

*Liliana Cote de Bejarano, MD,
MPH, CFCF*

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(937) 414-9912