

Clinics in Toronto and area

Toronto - Blessed Sacrament Church
Yonge St., 1 block south of Lawrence Ave.
*Presentation on 4th Wednesday at 8:00 p.m.
in the Church basement*
To register call our office (416) 481-5465

Toronto - St. Joseph's Health Centre
Sunnyside Building
Classroom 5, East Wing
Presentation 1st Tuesday at 8:00 p.m.
To register call our office (416) 481-5465 or
www.naturalfamilyplanning.ca/torontowest

Mississauga - St. Patrick Church
corner of Flagship Dr. and Tomken Rd.
*Presentation 2nd Thursday at 8:00 p.m.
in the upstairs hall*
To register call our office (416) 481-5465 or
www.naturalfamilyplanning.ca/mississauga

Ajax - St. Bernadette Church
Harwood Ave. at Bayly St.
*Presentation 4th Wednesday at 8:00 p.m.
in the Church basement (follow signs)*
To register call Rose Heron (905) 683-9055 or
www.naturalfamilyplanning.ca/ajax

Oshawa - St. Mary of the People Church
Stephenson Rd. at Marion Ave.
*Presentation 2nd Tuesday at 8:00 p.m.
in the Boardroom (basement)*
To register call Rose Heron (905) 683-9055 or
www.naturalfamilyplanning.ca/oshawa

Barrie
Loretta LaPlume
by appointment (705) 722-6445

Orillia
Bernadette deMunnik
by appointment (705) 324-7274

The Natural Family Planning Association

Provides instruction in the Billings Ovulation Method at no charge.

Clinics are held monthly but please check with our office at (416) 481-5465 for changes during summer and public holidays.

For directions or for other clinics throughout Ontario call our office or consult our website:

www.toronto.naturalfamilyplanning.ca

Natural Family Planning Association

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The Natural Family Planning Association is an agency within Catholic charities and is supported by:

 ShareLife



The Natural Family Planning Association teaches the authentic Billings Ovulation Method and is affiliated with:

 WOMB
World Organization / Ovulation Method / Billings

billings

OVULATION METHOD

MANAGING
FERTILITY...
THE
HEALTHY
ALTERNATIVE



Billings Ovulation Method

The Billings Ovulation Method teaches a woman to interpret her natural signs of fertility through all her changing life stages from puberty to menopause.

The Billings Ovulation Method is easy to learn and is highly successful when used by a couple to achieve or avoid a pregnancy.

This method of natural family planning engenders co-operation and respect between the woman and man. It develops love and concern for each other and for the child, thus enriching their relationship.

As the Billings Ovulation Method is a natural method, respecting fertility instead of suppressing it by drugs or devices, it is acceptable to couples from all cultures and religions.

The Billings Ovulation Method of natural family planning was developed by husband and wife team Drs. John and Evelyn Billings and Fr. Maurice Catarinich, all of Melbourne, Australia, and has since spread worldwide.

Managing your fertility, naturally

By learning to observe your body's signals, you can soon discover that nature clearly indicates times of fertility and infertility.

The Billings Ovulation Method teaches you to recognise the fertile phase of your menstrual cycle by the presence of mucus and the sensation it produces at the vulva in the days leading up to ovulation. This mucus, produced at the cervix, is vital if sperm are to survive and to reach the vicinity of the ovum (egg) which is released at ovulation.

As a couple you can learn to identify your combined fertility through the woman's observations of the mucus and the sensations accompanying it. No internal investigations are necessary.

Accurate knowledge of the method is essential. Couples gain understanding and confidence from an accredited Billings Ovulation Method teacher.

Teachers can be contacted in centres throughout Canada and the world where you can learn about your fertility and the Billings Ovulation Method.



Naturally safe

The Billings Ovulation Method provides an extremely effective way of regulating birth. Scientific studies indicate that with proper instruction and motivation, this method in actual practice is 99% effective, without any of the negatives of the contraceptive methods. It does not damage fertility.

Once learned the method can be applied to all variations throughout a woman's reproductive life:

- regular cycles
- irregular cycles
- anovular cycles
- effects of stress
- after childbirth or miscarriage
- while breastfeeding
- approaching menopause
- low fertility

The essence of the Billings Ovulation Method

Ovulation occurs on only one day in each cycle and the egg lives for only 12-24 hours unless fertilized. Sperm need mucus in order to survive for more than a very short time. However, in the presence of mucus indicating fertility, sperm may live 3-5 days.

A couple's fertility depends on:

- normal ovulation
- healthy sperm
- healthy cervix producing satisfactory mucus
- healthy endometrium (lining of the womb)
- healthy fallopian tubes
- harmonious relationship between husband and wife

Contraceptives work to interfere with the operation of one or more of these factors.

The Billings Ovulation Method is based on identifying the times of fertility and infertility occurring naturally in a woman's cycle, regardless of the length or regularity of her cycle.

Success of the Billings Ovulation Method depends on:

- proper teaching
- correct understanding
- accurate observation and daily charting
- mutual motivation and loving co-operation between the couple