



Natural Family Planning

Introductory Session Schedule | 2018



Office of **Natural Family Planning**
Archdiocese of St. Louis, Missouri

How to use this booklet

On the following pages are listed dates, times, and locations of Natural Family Introductory Sessions for the 2018 calendar year.

Appointments are necessary and dates and times are subject to change. Please call the numbers listed to verify time, date and location and to register for the session.

It is recommended that engaged couples attend an Introductory Session at least 90 days prior to their weddings.

Five Choices to Plan Your Family

Billings Ovulation Method

Developed by Drs. John and Evelyn Billings

AWARE Center's Program includes:

- Taught to observe presence or absence of external mucus discharge related to hormonal changes in the cycle
- Video and comprehensive class explaining the method and philosophy of the Aware program
- At least three individualized monthly follow-up sessions recommended
- Taught by specially trained certified volunteer women teachers

Creighton Model Services Fertility Care Service (CrMFCS)

A standardization of the Billings Ovulation method developed by Dr. Thomas Hilgers

CrMS-Program includes:

- Taught to observe external mucus, and patterns of dryness & bleeding
- Focuses on individual reproductive situations with medical & health emphasis and assists in diagnosis and treatment of reproductive disorders e.g. p.m.s, infertility, etc.-
- Introductory Session is followed by personalized private follow-up sessions taught every 2 weeks for the first two months, then at regular intervals throughout the first year
- Taught primarily by registered nurses certified by the a.m.ericana Academy of Fertility Care Professionals

Couple to Couple League (CCL)

An international, inter-faith, value-oriented organization founded by theologian John Kippley and his wife Sheila, and Dr. Konald Prem.

Program includes:

- Three fertility signs are taught: temperature, mucus, and cervix changes interpreted in a cross-checking manner
- A series of three group meetings at monthly intervals
- Personal counseling available at each meeting as well as between meetings
- Taught by professionally trained, certified volunteer husband and wife teams

Marquette Method

Program includes:

- ClearBlue Easy Fertility Monitor and instruction in observation of cervical mucus or basal body temperature
- A series of three group classes provided monthly with time for individual discussion
- Taught by a registered nurse

Sympto Pro Fertility Education

Program includes:

- 3 group sessions meeting every 2 weeks
- Follow up before or after session; monthly follow-up for 6 months; lifetime support
- Taught by certified female instructor **all sessions are by appointment; please contact Ginny Howell at ginniehowell@gmail.com or 319.504.5861**

January 2018

Billings Ovulation Method

1/11/18 Thursday 7:00 p.m. Hyland Educational Building - St. Anthony's
10020 Kennerly Rd | St. Louis, MO 63128 314-525-1622
Mary Schmidt

Couple to Couple League

By appointment cathleen23@me.com
Cathleen Kolthoff

Fertility Care Services

1/3/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer aefrank.crms@gmail.com
1/4/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
1/5/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank 314-991-0327 http://mercy.net/fertilitycare
1/9/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave., Suite C St. Louis, MO 63141	Diane Vien 1-866-SSM-DOCS Emily Joost 636-875-1140
1/10/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	Rachel Amiri (816) 289 3338 Alex Ruzicka 636-926-7850
1/13/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	Susan Gloss aefrank.crms@gmail.com
1/16/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	Ashley Frank aefrank.crms@gmail.com
1/16/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	Ashley Frank aefrank.crms@gmail.com
1/18/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
1/19/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank 1-866-SSM-DOCS
1/20/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	Susan Gloss 314-991-0327 http://mercy.net/fertilitycare
1/25/18	Thursday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	Diane Vien 1-866-SSM-DOCS Joanne Mercer aefrank.crms@gmail.com
1/27/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	Ashley Frank 573-760-7920
1/31/18	Wednesday	6:00 p.m.	Mercy Hospital - Washington, MO 901 E. 5th Street Washington, MO 63090	Jane Ramos 573-768-4143 Jennifer Hoernig
		By appointment	Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	
		By appointment	Wentzville 405 S. Church Street Wentzville, MO 63385	

Marquette

1/3/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
1/9/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
1/11/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave. St. Louis, MO 63139	314-301-9381 Mary Lee Barron
1/13/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcenter@gmail.com Mary Doerr
1/27/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	stgiannanfpcenter@gmail.com Mary Doerr

February

Billings Ovulation Method

2/8/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment

cathleen23@me.com
Cathleen Kolthoff

Fertility Care Services

2/1/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	ae frank.crms@gmail.com Ashley Frank
2/2/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	ae frank.crms@gmail.com Ashley Frank
2/6/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
2/6/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
2/7/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer
2/10/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri
2/14/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
2/15/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	ae frank.crms@gmail.com Ashley Frank
2/17/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	1-866-SSM-DOCS Susan Gloss
2/20/18	Thursday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
2/21/18	Wednesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien

2/24/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer 573-760-7920
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	Jane Ramos 573-768-4143
	By appointment		Wentzville	Jennifer Hoernig

Marquette

2/1/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave. St. Louis, MO 63139	314-301-9381 Mary Lee Barron
2/7/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter stgiannanfpcntr@gmail.com
2/10/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	Mary Doerr 314-775-3955
2/13/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	Linda Reinhardt

March

Billings Ovulation Method

3/8/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment				cathleen23@me.com Cathleen Kolthoff
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Fertility Care Services

3/1/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	ae frank.crms@gmail.com Ashley Frank 314-991-0327
3/6/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	http://mercy.net/fertilitycare Diane Vien 1-866-SSM-DOCS
3/6/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	Alex Ruzicka 1-866-SSM-DOCS
3/7/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	Joanne Mercer 1-866-SSM-DOCS
3/10/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	Susan Gloss 636-875-1140
3/10/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	Rachel Amiri 1-866-SSM-DOCS
3/14/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	Emily Joost 314-991-0327
3/14/18	Wednesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	http://mercy.net/fertilitycare Diane Vien ae frank.crms@gmail.com
3/15/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank

3/20/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
3/24/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
3/26/18	Monday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	573-760-7920 Jane Ramos
	By appointment		Wentzville	573-768-4143 Jennifer Hoernig

Marquette

3/1/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave. St. Louis, MO 63139	314-301-9381 Mary Lee Barron
3/7/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
3/10/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcenter@gmail.com Mary Doerr
3/13/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
3/24/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	Mary Doerr

April

Billings Ovulation Method

4/12/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment				cathleen23@me.com Cathleen Kolthoff
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Fertility Care Services

4/3/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
4/4/18	Wednesday	6:00 p.m.	Mercy Hospital - Washington, MO 901 E. 5th Street Washington, MO 63090	aefrank.crms@gmail.com Ashley Frank
4/4/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer
4/5/18	Thursday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
4/5/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank

4/6/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank 314-991-0327
4/11/18	Wednesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	http://mercy.net/fertilitycare Diane Vien 1-866-SSM-DOCS
4/11/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	Emily Joost 636-875-1140
4/14/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	Rachel Amiri 636-926-7850
4/17/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	Susan Gloss aefrank.crms@gmail.com
4/19/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
4/20/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank 1-866-SSM-DOCS
4/21/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	Susan Gloss 1-866-SSM-DOCS
4/21/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	Joanne Mercer 314-991-0327
4/24/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	http://mercy.net/fertilitycare Diane Vien 573-760-7920
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	Jane Ramos 573-768-4143
	By appointment		Wentzville	Jennifer Hoernig

Marquette

4/4/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
4/7/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcenter@gmail.com Mary Doerr 314-775 - 3955
4/10/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	Linda Reinhardt stgiannanfpcenter@gmail.com
4/28/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	Mary Doerr

May

Billings Ovulation Method

5/10/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment				cathleen23@me.com Cathleen Kolthoff
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Fertility Care Services

5/1/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
5/2/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer aefrank.crms@gmail.com
5/3/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
5/4/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
5/8/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
5/9/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
5/12/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri
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5/23/18	Wednesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
5/26/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	573-760-7920 Jane Ramos
	By appointment		Wentzville	573-768-4143 Jennifer Hoernig

Marquette

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5/8/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
5/12/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcenter@gmail.com Mary Doerr

June

Billings Ovulation Method

6/14/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment

cathleen23@me.com
Cathleen Kolthoff

Fertility Care Services

6/5/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien aefrank.crms@gmail.com
6/6/18	Wednesday	6:00 p.m.	Mercy Hospital - Washington, MO 901 E. 5th Street Washington, MO 63090	Ashley Frank 1-866-SSM-DOCS
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6/16/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	Susan Gloss 314-991-0327
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Marquette

6/6/18	Wednesday	6:00PM	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
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6/23/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	Mary Doerr

July

Billings Ovulation Method

7/12/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment

cathleen23@me.com
Cathleen Kolthoff

Fertility Care Services

7/5/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	ae frank.crms@gmail.com Ashley Frank
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7/28/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	
	By appointment		Wentzville	

Marquette

7/5/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave St. Louis, MO 63139	314-301-9381 Mary Lee Barron
7/7/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcenter@gmail.com Mary Doerr 314-775-3955
7/10/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	Linda Reinhardt 314-607-0502
7/11/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	Sarah Reiter
7/28/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	stgiannanfpcenter@gmail.com Mary Doerr

August

Billings Ovulation Method

8/9/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment				cathleen23@me.com Cathleen Kolthoff
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Fertility Care Services

8/1/18	Wednesday	6:00 p.m.	Mercy Hospital - Washington, MO 901 E. 5th Street Washington, MO 63090	aefrank.crms@gmail.com Ashley Frank 1-866-SSM-DOCS
8/1/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	Joanne Mercer aefrank.crms@gmail.com
8/2/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
8/3/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank 314-991-0327
8/6/18	Monday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	http://mercy.net/fertilitycare Diane Vien

8/7/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
8/8/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
8/11/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri aefrank.crms@gmail.com
8/16/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank aefrank.crms@gmail.com
8/17/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	Ashley Frank
8/18/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	1-866-SSM-DOCS Susan Gloss
8/21/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
8/21/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
8/25/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
8/30/18	Thursday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	573-760-7920 Jane Ramos
	By appointment		Wentzville	573-768-4143 Jennifer Hoernig

Marquette

8/1/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
8/9/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave St. Louis, MO 63139	314-301-9381 Mary Lee Barron
8/11/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcntr@gmail.com Mary Doerr
8/14/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
8/25/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	stgiannanfpcntr@gmail.com Mary Doerr

September

Billings Ovulation Method

9/13/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment				cathleen23@me.com Cathleen Kolthoff
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Fertility Care Services

9/5/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer
9/6/18	Thursday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
9/6/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
9/7/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
9/8/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri
9/11/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
9/12/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
9/12/18	Wednesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
9/13/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
9/14/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
9/15/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	1-866-SSM-DOCS Susan Gloss
9/18/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
9/25/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
9/29/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	573-760-7920 Jane Ramos
	By appointment		Wentzville	573-768-4143 Jennifer Hoernig

Marquette

9/5/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
9/6/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade St. Louis, MO 63139	314-301-9381 Mary Lee Barron
9/8/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcntr@gmail.com Mary Doerr
9/11/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
9/22/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	stgiannanfpcntr@gmail.com Mary Doerr

October

Billings Ovulation Method

10/11/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment

cathleen23@me.com
Cathleen Kolthoff

Fertility Care Services

10/2/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
10/3/18	Wednesday	6:00 p.m.	Mercy Hospital - Washington, MO 901 E. 5th Street Washington, MO 63090	aefrank.crms@gmail.com Ashley Frank
10/3/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer
10/4/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
10/9/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
10/10/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
10/13/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri
10/16/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
10/18/18	Thursday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
10/18/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
10/19/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
10/20/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	1-866-SSM-DOCS Susan Gloss
10/27/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
10/30/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	573-760-7920 Jane Ramos
	By appointment		Wentzville	573-768-4143 Jennifer Hoernig

Marquette

10/3/18	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
10/4/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave St. Louis, MO 63139	314-301-9381 Mary Lee Barron
10/9/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
10/13/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	stgiannanfpcntr@gmail.com Mary Doerr
10/27/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	stgiannanfpcntr@gmail.com Mary Doerr

November

Billings Ovulation Method

11/8/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

By appointment

cathleen23@me.com
Cathleen Kolthoff

Fertility Care Services

11/1/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
11/2/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
11/6/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
11/7/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer
11/10/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri
11/10/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	1-866-SSM-DOCS Susan Gloss
11/13/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenamy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
11/14/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
11/14/18	Wednesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane Vien
11/15/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
11/16/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank

11/17/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
11/26/18	Monday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	Diane Vien 573-760-7920 Jane Ramos
	By appointment		Wentzville	573-768-4143 Jennifer Hoernig

Marquette

11/8/18	Thursday	6:00 p.m.	St. James the Greater Parish - Multi purpose room 6401 Wade Ave St. Louis, MO 63139	314-301-9381 Mary Lee Barron
11/10/18	Saturday	1:00 p.m.	St. Joseph Cottleville 1355 Motherhead Road St. Charles, MO 63304	314-691-3713 Mary Doerr
11/13/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	314-775-3955 Linda Reinhardt
11/14/17	Wednesday	6:00 p.m.	Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
11/24/18	Saturday	1:00 p.m.	Duchesne Center at St. Ferdinand 1765 Charbonier Rd Florissant, MO 63031	314-691-3713 Mary Doerr

December

Billings Ovulation Method

12/13/18	Thursday	7:00 p.m.	Hyland Educational Building - St. Anthony's 10020 Kennerly Rd St. Louis, MO 63128	314-525-1622 Mary Schmidt
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Couple to Couple League

	By appointment			cathleen23@me.com Cathleen Kolthoff
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Fertility Care Services

12/4/18	Tuesday	7:00 p.m.	St. Clare Hospital 1015 Bowles Ave Fenton, MO 63026	1-866-SSM-DOCS Alex Ruzicka
12/4/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare
12/5/18	Wednesday	6:00 p.m.	Mercy Hospital - Washington, MO 901 E. 5th Street Washington, MO 63090	Diane Vien aefrank.crms@gmail.com Ashley Frank
12/5/18	Wednesday	7:00 p.m.	St. Joseph Health Center - St. Charles 300 First Capital St. Charles, MO 63301	1-866-SSM-DOCS Joanne Mercer
12/6/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
12/7/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank

12/8/18	Saturday	10:00 a.m.	Little Flower Family Medicine 207 E. Pitman St O'Fallon, MO 63366	636-875-1140 Rachel Amiri
12/8/18	Saturday	12:00 p.m.	St. Joseph Hospital West - Lake St. Louis 100 Medical Plaza Drive Lake St. Louis, MO 63367	1-866-SSM-DOCS Susan Gloss
12/12/18	Wednesday	7:00 p.m.	St. Mary's Health Center 6420 Clayton St. Louis, MO 63117	1-866-SSM-DOCS Emily Joost
12/13/18	Thursday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
12/14/18	Friday	7:00 p.m.	St. Anthony's Hospital 10020 Kennerly Rd St. Louis, MO 63128	aefrank.crms@gmail.com Ashley Frank
12/15/18	Saturday	1:00 p.m.	DePaul Health Center 12303 DePaul Drive St. Louis, MO 63044	1-866-SSM-DOCS Joanne Mercer
12/18/18	Tuesday	7:00 p.m.	All Saints Church 7 McMenemy Rd St. Peters, MO 63376	636-926-7850 Susan Gloss
12/18/18	Tuesday	7:00 p.m.	Mercy Hospital - St. Louis, MO 11700 Studt Ave, Ste C St. Louis, MO 63141	314-991-0327 http://mercy.net/fertilitycare Diane VienB
	By appointment		Farmington Physician Associates 515 Maple Valley Drive Farmington, MO 63640	573-760-7920 Jane Ramos
	By appointment		Wentzville Jennifer Hoernig	573-768-4143

Marquette

	By appointment		Sacred Heart-Valley Park 17 Ann Ave Valley Park, MO 63088	314-607-0502 Sarah Reiter
12/8/18	Saturday	1:00 p.m.	St. Joseph's Cottleville 1355 Motherhead Road St. Charles, MO 63304	Mary Doerr 314-775-3955
12/11/18	Tuesday	7:00 p.m.	Assumption 4725 Mattis Road St. Louis, MO 63128	Linda Reinhardt 314-301-9381
	By appointment		St. James the Greater Parish - Multi purpose room 6401 Wade Ave St. Louis, MO 63139	Mary Lee Barron

Office of Natural Family Planning

K. Diane Daly, RN, CFCE
Director

Office of Natural Family Planning

11700 Studt Avenue, Suite C
St. Louis, MO 63141

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Fax: 314-692-8097

<http://stlouisnfp.org>

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