

The Pro Life and Social Ministry Office of Catholic Charities



OFFERS

Family Planning with the CM-BBT Method

CM-BBT is the medical model of NFP (Natural Family Planning). A one-time commitment for the initial instruction consists of just two (2) class hours (in Greensburg). Follow-up services are provided by phone and / or mail contact.

What is CM-BBT?

CM-BBT, the Cervical Mucus-Basal Body Temperature Method is a scientifically based, medical model for Natural Family Planning. It has its basis in the changes that occur during the menstrual cycle due to certain hormone activity.

How does it work?

By observing, charting, and interpreting the changes that occur in the cervical mucus and the body's resting temperature, a couple can determine the fertile and non-fertile time for each cycle. This knowledge allows them to make informed decisions about intercourse as the cycle progresses.

Who can use CM-BBT?

This medically based, highly effective method allows the woman to determine her fertility each day. Depending on the couple's motivation, the method can be used to postpone, avoid or achieve pregnancy.



2008 CM-BBT Instruction Sessions

January 7	July 7
February 4	August 4
March 3	September 8
April 7	October 6
May 5	November 3
June 2	December 15

These are one-time instruction sessions held on Monday evenings from 6:00 to 8:30 p.m.

Class size is restricted

PRE-REGISTRATION is required.

*A one-time charge will be assessed to cover the cost of instruction, materials and follow-up services.

CM-BBT is a natural, safe and effective way to plan your family.

~

There are no harmful side effects, no drugs and no devices.

~

The method is 97% effective when used correctly and consistently.

Your Instructor

CM-BBT Instruction is provided by a medically certified professional instructor who is monitored and supervised continually following 130 hours of training. Certification must be renewed annually based on updated skills and knowledge.

For further information or to register for an instruction session, please contact
Mary Ann Newhouse,
CM-BBT Professional
Catholic Charities Diocese of Greensburg
711 E. Pittsburgh St., Greensburg, PA 15601
724-837-1840, ext. 658

