

Serena Manitoba, Inc.

SERENA is a Canadian-based organization which specializes in teaching a course on a very effective, scientifically based method of natural family planning known as the *Sympto-Thermal Method*. This comprehensive two-hour long course provides all the information and material a couple would need in order to determine the fertile and infertile periods of the female menstrual cycle. The *Sympto-Thermal Method* relies primarily on the regular observation of cervical mucus, cervix symptoms, and body temperature during the course of a woman's menstrual cycle. These observations help a couple to accurately predict fertile and infertile times during a woman's menstrual cycle in order to make decisions on how to plan their family. (Additional information is also available from Serena for couples experiencing irregular situations such as pre-menopause and post-partum/breastfeeding).



Serena uses a couple-to-couple approach to teach the method. Couples using the method in their personal lives may go on to be accredited by Serena's national organization as officially recognized teacher-couples. Nationally, Serena has a medical doctor on staff to continually update the teaching material.

At Serena, we believe that it is both possible and extremely beneficial for couples to become aware of their fertility. We also believe that fertility awareness empowers couples to make well-informed family planning decisions and ultimately has the potential to build healthier marriage relationships based on respect and trust. Serena has been proudly imparting its teaching on the *Sympto-Thermal Method* to Canadian couples for over half a century and we hope to continue offering this service for many years to come.

Fertility Education and Medical Management (FEMM)

FEMM is first and foremost a health education program that empowers women (and couples) to achieve their health and reproductive goals by helping them gain a better understanding of their biology and monthly cycles. FEMM medical professionals can then provide comprehensive physical and lab workup to diagnose and treat the root causes of health conditions.



There are usually 3 structured FEMM learning sessions where women and couples will learn information on cyclical hormonal activity, links between hormones and health (acne, PMS, cramps, depression, etc.), how to identify your own body's biomarkers or vital signs related to fertility and provide guidance into recognizing abnormal cycle variations and the need for possible medical management.

FEMM focuses primarily on charting cervical mucous with the introduction to LH testing as needed. There is no need for thermometers or special electronic devices.

Creighton Model **FertilityCare** System and NaPro**TECHNOLOGY**®



The **FertilityCare** System teaches a woman or a couple to identify the fertile and infertile days in her cycle using the Creighton Model. The couple then uses this information to plan or avoid a pregnancy. The System is based on the observation and tracking of physical signs a woman has when she is fertile. The **FertilityCare** System has a 99.6% degree of effectiveness to avoid pregnancy and a very high degree of accuracy in achieving pregnancy. As an additional benefit, couples report that their communication increases. Women express appreciation that this method also involves the couple and that it helps her to understand her body.

Through NaPro**TECHNOLOGY**®, a reproductive science that has its roots in the CREIGHTON MODEL **FertilityCare** System, trained medical consultants can assist women with infertility, repeated miscarriages, PMS, ovarian cysts, menopause, and a variety of reproductive issues. The standardized charting provides a tool to identify indicators of problems. When these are identified, treatments can be prescribed that are founded in an understanding of what is actually occurring in the woman's cycle.

The **FertilityCare**™ System provides new hope for couples who are going through the experience of infertility or low fertility. Not only does this system inform couples of when they are most fertile, it also aids in identifying factors that may be contributing to infertility. Women no longer rely on the calendar to determine where they are in their cycle, resulting in more accurate diagnostic testing.

The Billings Ovulation Method™ of Natural Family Planning:

A Natural Method of Achieving or Avoiding Pregnancy



The Billings Ovulation Method™ is used by millions of couples around the world to understand and manage their fertility naturally. It enables pregnancies to be planned and can assist couples having difficulty achieving pregnancy. Our Natural Fertility Experts help you take the guesswork out of achieving or avoiding pregnancy, by learning to identify the natural signals of fertility and infertility. It is not the old Calendar/Rhythm Method. With this method, there is no temperature-taking involved. Instead of a “one size-fits-all” approach, it works with each woman’s unique patterns of fertility and infertility in all stages of reproductive life: regular or irregular cycles; stress cycles; extended breastfeeding and peri-menopausal cycles.

When used to avoid pregnancy, the Billings Ovulation Method™ is as effective as the Pill and 100% Natural! **It is:**

- * simple to learn and easy to use
- * based on the most recent scientific advancements
- * harmless to the woman and her future generations
- * inexpensive and accepted by all cultures
- * immediately reversible.