



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 **Symptothermal 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. We will have our materials there for purchase, but will not be giving them freely as part of the session. Handbook: \$5, Chart Pads \$10, Thermometers \$20. The **Symptothermal 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 **Symptothermal Method** to Canadian couples for over half a century and we hope to continue offering this service for many years to come.

Serena Presenter Couple at the Fertility Health Awareness Seminar:

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