



Who are we?

The Couple to Couple League (CCL) is an international organization whose mission is to inspire, educate and support couples in family planning that is natural, effective and consistent with God's plan for life, love and marriage.

What do we teach?

The *Sympto-Thermal Method (STM)* taught by CCL is based on three key signs of fertility: cervical mucus, basal body temperature and changes in the cervix (optional). By observing and recording these signs you and your spouse will be able to identify the times of fertility or infertility.

These signs are easily noticed by any woman who has learned to watch for them. It takes only a minute or two each day to record them in CCL's mobile app *PeakDay* or on a paper chart.

PeakDay helps you chart your period and cycle, and better understand your fertility and ovulation. Planning your family naturally has never been easier.

Note: During the Fertility Health Awareness Seminar, CCL will be offering a Start-to-Chart with PeakDay presentation. Couples will learn the basics of charting using PeakDay. For an in-depth training on the STM method, we encourage couples to take the full course at **ccli.org/Canada**.

A few facts about CCL and its Main NFP course:

- CCL's volunteer teaching couples can be found all over the world. CCL is the largest NFP provider in the U.S. since 1971
- 98% of students say the class was beneficial to them
- 92% of students would recommend the class to a friend
- Courses are offered in English and Spanish

The Couple to Couple League International, Inc.

<https://ccli.org/Canada>

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