



FERTILITY HEALTH AWARENESS SEMINAR

WHAT IS THE FERTILITY HEALTH AWARENESS SEMINAR?

This 3-hour seminar, offered by the Marriage, Family and Life Office of the Archdiocese of Saint Boniface, gives engaged and married couples the opportunity to discover various methods of Natural Family Planning (NFP) and to find a method that fits their needs as a couple.

All engaged couples and convalidating couples must register and attend the Fertility Health Awareness Seminar. *Couples receive a certificate of attendance to certify the completion of this integral component of the marriage formation process.*

During the seminar, the couple will receive certified teaching on one of the following methods of NFP/Fertility Care:

- Serena Sympto-Thermal Method
- Marquette Method of Fertility Care
- Creighton Model & NaPro Technology
- FEMM (Fertility Education & Medical Management)
- Couple to Couple League Method

WHEN AND WHERE DO THE SEMINARS TAKE PLACE? HOW DO I REGISTER?

Fertility Health Awareness Seminars are offered in the Spring & Fall.

Fall Sessions are online and the Spring Session is in person at the Saint Boniface Cathedral.



Open QR code to see current dates for Fertility Health Awareness Seminars and for access to registration OR visit [Archdiocese of Saint Boniface - Natural Family Planning](#)

Direct Registration link: bit.ly/fhas-register

WHAT IS THE COST?

There is **no cost** to participate, however registration is required!

Please note, that the Fertility Health Awareness seminar is an introductory session, and the class will aim to teach the basics and background on the method. Further classes, and the purchase of materials or resources may be necessary (at a cost) for those interested in fully learning a method.

In the case that an engaged/convaliding couple does not register or does not attend the free seminar, they will be required to register for an NFP class, at their own cost. (For more details and to receive information on other Fertility Awareness Class options, please contact the Marriage, Family and Life Office.)

WHO CAN ATTEND?

All adults who are interested are welcome to attend! Married couples (especially those preparing for a Convalidation), engaged couples from other dioceses, Clergy, religious, individuals, Marriage Preparation sponsor couples, are all welcome at no cost. Registration is required.

FEEDBACK FROM ENGAGED COUPLES

- *Very informative and very welcoming*
- *I learnt a lot in general. It was a great experience.*
- *Instructor was very helpful and explained things very well. We appreciate it a lot.*
- *Thank you for letting us attend this very informative session. A lot of couples definitely need these sessions.*
- *Helpful and aligns with the teaching of the Catholic Church.*
- *Very informative and very welcoming.*
- *Thank you!! We enjoyed it.*

For more information about this integral component of the Marriage Formation Process, please contact the Marriage, Family & Life Office of the Archdiocese of Saint Boniface: 204-594-0274 or mfl@archsaintboniface.ca.