

The Sympto-Thermal Method with The Couple to Couple League



The Sympto-Thermal Method is based on three key signs of fertility: cervical mucus, temperature, and the cervix. These signs are easily noticed by any woman who has learned to watch for them. As these signs are observed, they are recorded on a chart. The chart provides a daily record that can be used to identify the days of fertility and infertility. And once the fertile and infertile days have been identified, the couples apply “rules” that they learn in class and that are explained in CCL’s *Student Guide* to frame the boundaries between the phases of the cycle. CCL classes provide NFP instruction within the context of Church teaching, including the Theology of the Body, as well as the personal witness and experience of the professionally certified Teaching Couple.

CCL classes are taught in many locations throughout the U.S., but for those areas without a local teacher couples can easily learn through either a [CCL Home Study Course](#) (complete with chart reviews and support from an NFP consultant) or a **live virtual online class**. A course consists of three classes spaced one month apart. All learning methods include a year’s membership which brings ongoing NFP consultation until you are confident in your NFP skills, and CCL’s award-winning magazine [Family Foundations](#). CCL also offers [CyclePRO charting software](#) (\$39.95), which is soon to be web-based and accessible through Android and iPhone devices.

Search for a live or virtual class online at <http://register.ccli.org/> or learn through the Home Study Course. For general information, visit <http://ccli.org> or call CCL at 1-800-745-8252.

Cost: \$150* (\$55 for Spanish course)

* Financial assistance is available for those couples who qualify for free or reduced rate.

