

INSTRUCTORS BY LOCATION

ANNANDALE

David & Alicia James (Spanish) 703 642-8378
Cesar & Blanca Marius (Spanish) 240 965-0053

ARLINGTON

Peter & Marjorie Hickman 703-528-0297

ASHBURN

Marcos & Myriam Perez (Spanish) 703-729-1716

CHANTILLY

Leo & Barbara Rice 703 222-5121

CLIFTON

Chris & Angela Smith 703 209-6587

FAIRFAX

Stan & Carol Greer 703 652-4637

FALLS CHURCH

Stephen & Susan Baumert 703 652-4637
Cesar & Blanca Marius (Spanish) 240 350-9200

FREDERICKSBURG

Paul & Laurie D'Antonio 540 548-3630

GAINESVILLE

Dustin & Erin Atkinson 703 753-8537

MANASSAS

Mike & Mary Lewandowski 703 335-7471

SPOTSYLVANIA

Mario & Cecilia Alas (Spanish) 703 599-0060

SPRINGFIELD

Bob & Gerri Laird 703 732-0681

STAFFORD

Mike & Stacie Ferry 540-373-8617

This schedule provided by:



Catholic Diocese of Arlington

Office for Family Life
200 N. Glebe Rd, Suite 523
Arlington, VA 22203
703-841-2550

familylife@arlingtondiocese.org

Can't find a convenient class?
Order a home study course!

Couple to Couple League

1-800-745-8252

<http://ccli.org/learn/homestudy.php>

Cost: \$159(incl. S&H)

CCL consultants available to answer
questions for home study couples.

Allow 5 months to complete.

Learn Natural Family Planning

2012

SCHEDULE

**Couple to Couple League
Northern Virginia Chapter**

703-352-4452



The Couple to Couple League (CCL) ...

Offers a safe, effective and morally acceptable means of family planning. Certified teaching couples instruct engaged and married couples in charting the daily signs of the woman's fertility. This knowledge can be virtuously applied in order to achieve or postpone pregnancy. NFP works with a couple's fertility - never against it - and fosters respect for the total person as well as the life-giving, love-building design for marital intimacy.

Effectiveness

NFP is 99% effective in avoiding pregnancy when a couple understands and is committed to following the method. Even women with irregular cycles or who are post-partum, breastfeeding or pre-menopausal can effectively use NFP. In addition to knowing the method, communication and cooperation between spouses is key.

No Harmful Side Effects

NFP is safe and healthy - respecting the natural fertility of spouses and fostering the value of the human person and human life. No barriers, chemicals or surgery involved. In fact, NFP use can strengthen the bond between husband and wife as they mutually adjust their behavior to the woman's cycle and communicate openly about their sexual desires and desire for children. And, daily charting can help the woman with early detection of certain health concerns.

Low Cost

The total cost for the course and materials is \$135/couple. After completion of the course, future expenses are minimal (i.e. \$4/year for charts plus a thermometer battery every few years).

NFP CLASSES IN NORTHERN VIRGINIA

NFP courses usually consist of three 2½ hour classes spaced one month apart. To register, visit <http://register.ccli.org>

2012

Mar 1, Mar 29, May 3 @ 7pm

St. Raymond of Penafort Parish Hall
8750 Pohick Road, Springfield, VA
Instructors: Bob & Geri Laird
(703) 505-4322 – laird@nfpvirginia.com

Mar 4, Apr 1, May 6 @ 7pm

Cathedral of St. Thomas More
3901 Cathedral Lane, Arlington VA 22203
Instructors: Peter & Marjorie Hickman
(703) 528-0297 - hickman@nfpvirginia.com

Mar 25, Apr 22, May 20 @ 2pm

St. William of York Catholic Church
3130 Jefferson Davis Hwy., Stafford, VA 22554
Instructors: Michael & Stacie Ferry

Apr 22, May 27, Jun 24 @ 1pm

St. Mary of Sorrows Historic Church
5612 Ox Road, Fairfax, VA 22039
Instructors: Jerry & Mary Lenaburg
(703) 803-4650—gonavy87@cox.net

Jun 14, Jul 19, Aug 16 @ 7pm

All Saints Church
9300 Stonewall Rd., Manassas, VA 20110
Instructors: Matthew & Mary Lewandowski
(703) 335-7471—lewandowski@nfpvirginia.com

Jun 28, Jul 26, Aug 23 @ 7pm

St. Raymond of Penafort,
8750 Pohick Rd, Springfield VA 22153
Instructors: Bog & Gerri Laird
(703) 505-4322—laird@nfpvirginia.com

Sep 17, Oct 15, Nov 15 @ 7pm

Cathedral of St. Thomas More
3901 Cathedral Lane, Arlington VA 22203
Instructors: Peter & Marjorie Hickman
(703) 528-0297 - hickman@nfpvirginia.com

FOR CLASSES IN SPANISH PLEASE CALL:

Instructors: Cesar & Blanca Marius
(703) 332-1054 / (240) 350-9200

POST-PARTUM CLASSES

2012

Apr 19 @ 1pm

St. Raymond of Penafort Parish Hall
8750 Pohick Road, Springfield, VA
Instructors: Bog & Gerri Laird
(703) 505-4322—laird@nfpvirginia.com

Apr 29 @ 7pm

Cathedral of St. Thomas More
3901 Cathedral Lane, Arlington, VA 22203
Instructors: Peter & Marjorie Hickman
(703) 528-0297 - hickman@nfpvirginia.com

May 17 @ 7pm

St. Raymond of Penafort Parish Hall
8750 Pohick Road, Springfield, VA

Oct 21 @ 7pm

Cathedral of St. Thomas More
3901 Cathedral Lane, Arlington, VA 22203
Instructors: Peter & Marjorie Hickman
(703) 528-0297 - hickman@nfpvirginia.com

VIRTUAL CLASSES

CCL now offers virtual classes. Please visit the URL below for more information or to register.

<http://register.ccli.org/virtual>