

## What is Natural Family Planning?

Sex is God's beautiful gift to the husband and wife. Sex helps a couple grow deeper in love and intimacy. The couple also joins in God's unique ability to bring new life into the world.



**Natural Family Planning (NFP)** is an all-natural way for husband and wife to regulate conception by timing when they choose to have sex according to their God-given and natural fertility cycle. It is for couples who are trying to get pregnant, as well as couples who are trying to postpone pregnancy. This organic method does not rely on any barriers, medication, or artificial substances. It is completely free of side effects and will not affect one's health.

## About CMAC

Founded in 1965, The Hong Kong Catholic Marriage Advisory Council (HKCMAC) is a non-profit organization. We are committed to fostering happy and healthy marriages in Hong Kong by providing professional and high quality social services. HKCMAC is supported by the Social Welfare Department, The Community Chest of Hong Kong, The Hong Kong Jockey Club Charities Trust, and the Catholic Diocese of Hong Kong.



God blessed them, saying to them, 'Be fruitful, multiply, fill the earth and subdue it. Be masters of the fish of the sea, the birds of heaven and all the living creatures that move on earth.'

( Gn 1:28 )

## Natural Family Planning

Your all-natural and healthy Option

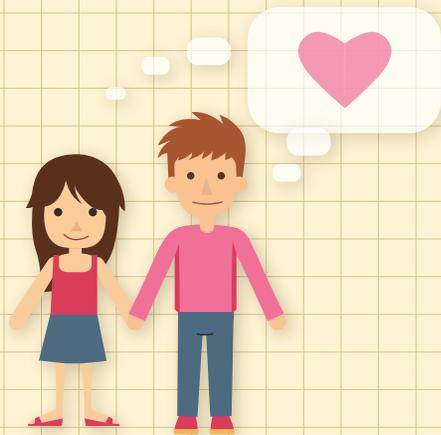


Before I formed you in the womb I knew you, before you were born I dedicated you, a prophet to the nations I appointed you.

( Jer 1:5 )



香港公教婚姻輔導會  
The Hong Kong Catholic Marriage Advisory Council



## Is Natural Family Planning (NFP) effective?

Since NFP methods are not contraception, their effectiveness works both ways—for achieving and postponing pregnancy.

When wishing to avoid pregnancy, studies show that couples who follow their NFP method's guidelines correctly, and all the time, achieve effectiveness rates of 97%.

(<http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/effectiveness.cfm>)

## Who is NFP suitable for?

NFP is suitable for all married couples. NFP enables couples to recognize their naturally occurring cycles of fertility and infertility, even if the woman has an irregular cycle. The husband and wife have a shared responsibility of communicating and cooperating with each other in order to successfully practice NFP.

## Benefits of practicing NFP

- **Natural** : Appreciating the beauty of a woman's body through understanding her fertility
- **Reliable** : It has a success rate of 97%
- **Healthy** : It has absolutely NO side effects
- **Environmental** : It is FREE and one does not need to rely on medication, devices, or chemicals
- **Interactive** : NFP requires husband and wife to communicate and share the responsibility of deciding whether or not to have a baby at a particular time in their lives
- **Strengthens marriages** : Studies have shown that couples who practice NFP have a divorce rate of 1-5%, instead of the average divorce rate of about 50%

(<http://www.cdrcmf.org/benefits/>)



## Classes

### The Hong Kong Catholic Marriage Advisory Council

Natural Family Planning Service Centres and consultation schedules:

|   |            |                   |
|---|------------|-------------------|
| <b>Rosary Church</b><br>(Tsim Sha Tsui)           | Mondays    | 6:30 PM – 8:00 PM |
| <b>Sts. Peter and Paul</b><br>(Yuen Long)         | Mondays    | 7:00 PM – 8:00 PM |
| <b>Sts. Cosmas and Damian</b><br>(Tsuen Wan)      | Mondays    | 7:30 PM – 9:00 PM |
| <b>St. Teresa's Hospital</b>                      | Wednesdays | 8:00 PM – 9:00 PM |
| <b>HKCMAC Headquarters</b><br>(Sheung Wan)        | Wednesdays | 6:30 PM – 8:00 PM |
| <b>Holy Cross Church</b><br>(Sai Wan Ho)          | Wednesdays | 6:30 PM – 8:30 PM |
| <b>Christ the Worker Church</b><br>(Ngau Tau Kok) | Thursdays  | 8:00 PM – 9:00 PM |
| <b>St. Margaret's Church</b><br>(Happy Valley)    | Thursdays  | 7:00 PM – 8:30 PM |
| <b>HKCMAC Caine Road Centre</b><br>(Caine Road)   | Saturdays  | 2:00 PM – 5:00 PM |



## Format of Classes and Fees

- One instructor per couple. Normally 4-6 sessions, but may be adjusted according to each couple's progress
- \$400 application fee (excludes thermometer)

## Registration and Enquiries

### The Hong Kong Catholic Marriage Advisory Council – Marriage and Family Enrichment Center

Address : Room 883, 8/F Block Two, Catholic Diocese Centre, 16 Caine Road, Hong Kong

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Email : [nfp@cmac.org.hk](mailto:nfp@cmac.org.hk)

Website : <http://www.nfp.cmac.org.hk/>