

# Couple to Couple League (CCL)

## Where can I take classes?

- Teaching in couple's home or parish
- St Joseph, McPherson
- St. Francis of Assisi, Wichita
- Virtual

## When are the classes?

Times vary, please visit:  
[register.ccli.org](http://register.ccli.org)

## How much does it cost?

- Full Course \$144
- Follow-up and materials included

## Number of Follow-ups?

3 classes, 2 hours in length  
approximately 1 month apart, three  
months after initial session.



Si son una pareja de habla hispana, el método Couple-to-Couple League (método sintotermal) ofrece materiales en español.

## Overview

The Couple to Couple League (CCL) has a three-fold approach to teaching NFP which includes the Sympto Thermal Method of NFP, the moral underpinnings of the NFP decision and the promotion of exclusive and continued breastfeeding and its effects on fertility. The chart provides a daily record that the couple uses to identify the days of fertility and infertility. Once the fertile and infertile days are identified, the couple applies "rules" that they learn in class and that are explained in CCL's Student Guide. Volunteer married teaching couples are trained through the Couple to Couple League.