

# Couple to Couple League (CCL)

## Where are the classes?

Please visit [www.ccli.org](http://www.ccli.org) for a list of locations

## How much does it cost?

The price is set by the host site, so costs may vary, but all have opportunities for scholarships

## 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.

[www.ccli.org](http://www.ccli.org)