

# Family of the Americas Foundation (FAF)

## Where are the classes?

Please visit [www.familyplanning.net](http://www.familyplanning.net) 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?

3-6 follow-up chart reviews for three months after initial session.



Si son una pareja de habla hispana, ustedes pueden usar el programa La Familia de las Américas ya que tenemos presentadores de habla hispana en la diócesis.

## Overview

Family of the Americas Foundation (FAF) uses a visual model of the ovulation method that effectively tracks the fertile and infertile times of the cycle, regardless of culture and educational level. Women are taught to observe the sensation at the vulva as they go about their normal daily activities and notice whether or not cervical mucus is visible when they use the bathroom. Women match their observations to photographs on stickers of typical cervical mucus and use these stickers to indicate what they observed. Picture stamps are used to record the signs of fertility observed each day. Teachers are trained through a supervised program.

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