

Knowing when to fall pregnant

THERE'S no greater feeling in a woman's life than becoming a mother for the first time.

And Centacare: Catholic Diocese of Rockhampton has been providing many couples in the Rockhampton Region fertility awareness education so they may achieve pregnancy naturally.

Natural Fertility Services Co-ordinator Noelle Melrose has worked in Centacare with the NFS program for 17 years helping couples to manage their fertility naturally.

"Using two indicators of fertility, couples can be taught to recognise when they are fertile and so maximise their chances of achieving or avoiding a pregnancy naturally," she said.

"This scientifically based method of family planning increases their knowledge of male, female and combined fertility, has no side effects, enhances communication skills and fosters shared decision making.

"It is as effective as the pill providing it is taught by an accredited teacher and the couple are motivated to use it according to instructions."

The NFS method fits well in an age when couples are conscious of protecting the environment by decreasing chemical use and using natural products.

"Surely we should protect our natural environment also - the body is an amazing work of art and a chemical free, highly effective, natural method of



FAMILY FIRST: Mother of two, Faye Tomkin with her youngest boy Max - whom she was able to have thanks to Natural Fertility methods.

PHOTO: KS23/0807/4

family planning has the potential to enhance our physical and emotional health."

Centacare Rockhampton values the opportunity to work in partnership with couples to maximise the likelihood of achieving their family planning goals.

"NFS is the best kept

secret we need to get out in the public arena," Noelle said.

"Many couples we have taught say "I wish I had known this information years ago"."

Give Centacare Rockhampton a call today on (07) 4937 6200 or visit www.centacare.net/nfs.

phone (07) 4922 0577
www.shoesoneast.com.au

Trying to get pregnant?

Natural Fertility Services

is a natural and effective method to *achieve or avoid* pregnancy.

Contact us NOW for more information or to make an appointment.

Phone: 4937 6200

10 Bolsover Street
Rockhampton

Other areas call 1800 114 010



Natural Fertility

PTHEALTH

Natural Fertility Australia
A Member of Centacare
at Health & Ageing



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For a **FREE** NFS Factsheet go to:
www.centacare.net/nfs