

Accreditation of Educators

All educators participate in a training program delivered by the Australian Council of Natural Family Planning (ACNFP) and complete apprentice style training.

Educators are accredited to teach Natural Family Planning (NFP) and/or Family Life Education (FLE). Supervision and ongoing professional development must be carried out in order to be re-accredited every two years.



ACNFP

Our professional association, ACNFP, has a proud history since 1975 and is the recognised leading professional organisation in Australia for the Sympto-Thermal Method of natural family planning.

Visit the ACNFP website

Visit the ACNFP website for information, links and tips covering a wide range of topics - www.acnfp.com.au

Call us

Services may be accessed by contacting Centacare on **1300 523 985** or, for those living outside Rockhampton, ring free call **1800 114 010**



www.centacare.net

For all appointments, re-scheduling and enquiries please call

1300 523 985

Diocesan Administration
168 William St
PO Box 819
Rockhampton Q 4700
admin@centacare.net

Centacare Bundaberg
79 Woongarra Street
Bundaberg Q 4670
bundaberg@centacare.net

Centacare Emerald
Egerton Street
Emerald Q 4720
emerald@centacare.net

Centacare Mackay
35 Milton Street
Mackay Q 4740
mackay@centacare.net

Centacare Rockhampton
10 Bolsover Street
Rockhampton Q 4700
rockhampton@centacare.net

Family Relationship Centre Mackay
35 Milton Street
Mackay Q 4740
frcmackay@centacare.net

Family Relationship Centre Rockhampton
10 Bolsover Street
Rockhampton Q 4700
frcrockhampton@centacare.net

Also providing services in:

Yeppoon - yeppoon@centacare.net
Blackwater - blackwater@centacare.net
Gladstone - gladstone@centacare.net

Natural Fertility Services



Delivering professional services to the community on:

- Fertility
- Natural Family Planning
- Sexual and Reproductive Health





The Service

The Natural Fertility Service (NFS) consists of two components:

Natural Family Planning and Family Life Education.

The service is available to all regardless of sex, race, creed or belief system.

Natural Family Planning (NFP) assists couples to achieve their family planning goal using the *Sympto-Thermal Method* of natural family planning. Fertility awareness information is offered to couples so they may choose to achieve or avoid pregnancy naturally.

Family Life Education (FLE) is offered to upper Primary and Secondary schools. This information is always delivered in the context of values, and in the Catholic schools it is delivered within Catholic Church teaching.



Natural Fertility Services

For over 30 years Centacare, under the auspice of the Catholic Diocese of Rockhampton, has provided services throughout Central Queensland.

Natural Family Planning

The *Sympto-Thermal Method* of natural family planning service provides a couple with information on male, female and combined fertility. Couples can be taught to recognise when they are fertile, and then maximise their chances of **achieving** or **avoiding** pregnancy.

It may be used in a range of life situations such as normal cycles, post hormonal contraception, post birth (either breast feeding or bottle feeding) and the peri-menopausal phase.



Benefits of Natural Family Planning:

- ↪ no side effects
- ↪ may enhance communication skills
- ↪ fosters shared decision making
- ↪ highly effective if taught and used according to rules
- ↪ works in harmony with the natural cycle
- ↪ may enhance physical and emotional health

The service usually consists of an initial consultation and at least 1-4 follow up interviews. This may be delivered in a variety of ways including face-to-face, phone, correspondence or via the internet.

Family Life Education

The Family Life Education service is offered to assist schools (parents and students), health professionals and other community groups.

Topics cover a range of sexual and reproductive health issues.

- ↪ Delivered by trained educators (employed by Centacare) under the supervision of the *Coordinator - Natural Fertility Services*
- ↪ Sessions are negotiated on an individual basis
- ↪ Information on New Life & Puberty in upper Primary levels
- ↪ Information on Fertility, Sexual and Reproductive Health issues in Secondary levels
- ↪ All information is delivered within a Christian values framework.

