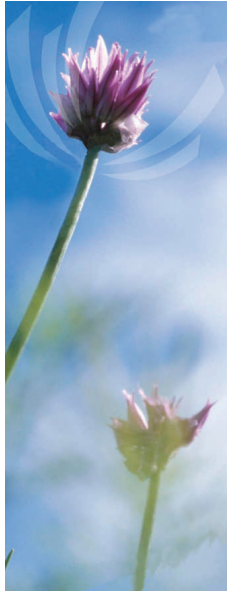


Vision

To provide quality professional community services to those in the Diocese of Rockhampton



Mission

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families



PD 321 Version 1: May 2011



www.centacare.net

For all appointments, re-scheduling and enquiries please call

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Also providing services in:

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Gladstone - gladstone@centacare.net

Natural Fertility Services

Family Life Education



Beginning of Life and Puberty Programs for Grade 5, 6 & 7





The Natural Fertility Service

The Natural Fertility Service (NFS) consists of two components: **Family Life Education** and **Natural Family Planning**. The service is available to all regardless of sex, race, creed or belief system.

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 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

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

- ➔ Sessions may cover a range of sexual and reproductive health issues based upon the needs of the group. For example, sessions may focus on New Life and Puberty in upper Primary levels and Fertility, Sexual and Reproductive Health issues in Secondary levels.
- ➔ Sessions are negotiated on an individual basis.
- ➔ Parent sessions are offered (separate to students) prior to student sessions to inform parents of the values-based context and approach
- ➔ Sessions are delivered by accredited educators.

Beginning of Life and Puberty Program Format

This package covers a range of issues relating to Puberty and the Beginning of Life; in an interactive process and in a variety of ways. In Catholic Schools content will be presented within a framework of Church Teaching.

Presentations from a **Values Based perspective** are available in the following areas:

- Physical and Emotional changes of Puberty
- Male and Female reproductive systems
- Development of a baby in the womb
- Personal Health and Hygiene issues.

Each session (approx. 2 hours in length) can be designed to meet individual needs, and the time allocated will be determined by the contact possible and the fee involved. It is most effective to offer this educative program in **smaller groups** (20 to 30 participants), as that generally facilitates effective group discussion. However, it is available for **larger groups** (50 to 70 participants) as the facilitators have experience in presenting these sessions.

The sessions incorporate a **multi-media presentation** including : PowerPoint, videos, visuals, worksheets, and question time.

Fees

A **2 hour session is \$130.00** (exc. GST) and **2 ½ hour session is \$150** (exc. GST). Prices are negotiable depending on the length of the session chosen.

Educator Profiles

All educators have extensive experience in providing quality professional sessions to students, teachers, parents and community groups in fertility education sexual and reproductive health.

Central Queensland Region

Noelle Melrose, the Coordinator, has passionately spread the message of the dignity of life and educated young people in sexual and reproductive health since 1992. She also works part time as a registered nurse and is married with three children and three grandchildren.

Rockhampton Area

Linda Eyles has been a Family Life Educator since 2007. She is a qualified school teacher and has worked in this capacity since 1983. Linda is married with five children and believes that understanding your fertility is part of the natural order of life.

Rebecca Farr has been a Family Life Educator since 2009 and delivered other education sessions for Centacare. She is a qualified school teacher and married with one child. Rebecca enjoys teaching students to understand their amazing body and the importance of reproductive health.

Mackay Area

Judy Townson has worked in this field since 1983. She is married with six children and enjoys working with students to help them understand their reproductive health. She also has a special interest in nurturing and educating couples to understand their fertility.

Therese Madam has been a Family Life Educator for over 30 years. She is married with four children and enjoys educating students in family relationships. She also has a special interest in teaching couples Natural Family Planning especially in the breastfeeding situation.