

Learning the "Couple to Couple League" Method of NFP

The Couple to Couple League (CCL) is an international, Catholic, non-profit organization dedicated to teaching Natural Family Planning to married and engaged couples. It is essentially a volunteer organization whose services are provided by professionally-trained volunteers who are supported by a small staff at the international headquarters in Cincinnati, Ohio. CCL has been instructing Natural Family Planning since 1972.

CCL teaches the sympto-thermal method of NFP which entails the understanding and interpretation of temperature, mucus, and cervical changes. All of these symptoms, when crosschecked, provide a woman with a very accurate interpretation of her individual cycle and a full picture of fertility awareness.

What Makes CCL Distinct

The Couple to Couple League stands out through its uniquely Catholic approach and its couples-teaching-couples methodology. CCL integrates the Theology of the Body throughout our instruction, helping couples understand not just the mechanics of fertility awareness, but the profound theological and spiritual dimensions of marital intimacy and God's design for marriage.

Central to our approach is that husbands and wives learn together, taught by certified married couples who share their own lived experience. This couple-to-couple model recognizes that NFP is far more than fertility tracking—it's a pathway to deeper communication, mutual respect, and marital unity. When both spouses actively participate in learning and practicing the sympto-thermal method, they develop skills that strengthen their entire relationship and help them live out the fullness of their marital vocation.

The Learning Schedule

The Couple to Couple League teaches the Sympto-Thermal Method of Natural Family Planning through flexible learning formats to accommodate different schedules and preferences. The main NFP class series consists of three sessions, each approximately two to two-and-a-half hours long, typically spaced one month apart. Couples can choose from live onsite classes (traditional in-person instruction with a certified teaching couple and other students), live online classes (virtual classroom sessions), self-paced online learning (interactive modules completed at your own pace), or one-on-one coaching for those with special circumstances or shortened schedules.

The standard course fee for the main NFP series is \$170 plus shipping, which covers all necessary learning materials, the student manual, a one-year CCL membership, and ongoing support including chart interpretation assistance. CCL also offers supplemental classes for specific life transitions, including postpartum and perimenopause courses, each priced at \$100 plus shipping. For more information or to register for classes, visit www.learnnfp.org or call (513) 471-2000. Spanish language courses are available through Liga de Pareja at www.ligadepareja.org.