



Couple to Couple League Kicks Off NFP Awareness Week With Launch of New Classes in Spanish

New live and hybrid classes include unique one-on-one coaching experience

Cincinnati, OH, July 11, 2022 – The [Couple to Couple League](#) (CCL) and the [Fertility Science Institute](#) mark NFP Awareness Week (July 24-30) with the launch of their newly updated Spanish class offerings, now available at [Ligadepareja.org](#). Classes include the organization’s flagship *Know Your Fertility* course, plus specialized courses for postpartum women and perimenopausal women.

“Conoce tu fertilidad (Know Your Fertility) program is more than an NFP class in Spanish. It is a program designed to foster an NFP supportive community, developed by and specifically targeted to Hispanic families today,” said Erick Carrero, CCL Director of Strategy and International Programs.

[Recent legislation](#) depriving women of health insurance coverage for Fertility Awareness Based Methods of family planning has made learning and utilizing NFP less accessible for many couples, placing a demand for more educational options that meet their individual health needs.

"The growing number of Hispanic women in the Church find it increasingly difficult to find support for managing their fertility in a natural, modern, scientifically-based way. Healthcare programs are all geared to artificial/hormonal methods of family planning that not only go against their faith but can have negative effects on health," Carrero said. "Our Fertility Science Institute Directory has more than 600 educators and medical professionals across the globe, and we continue to add providers who offer multiple languages in their practice so we can refer our students when they need help. Their NFP training empowers them to get the fertility care that they deserve."

CCL has redeveloped training based on this growing need and aims to continue to let this program be for and by the Hispanic community. Classes are available as in-person classes, live online and hybrid for Spanish speaking couples at [Ligadepareja.org](#). All classes provide personalized consultations and access to the organization’s app, CycleProGo.

"We are so excited about our newest updates because our custom-built Spanish app and online classes bring the best tools to our Hispanic students that are backed by years of research. Additionally, all of our programs have personalized one-on-one coaching by our certified teachers, which makes all the difference," Carrero said.

Students can authorize coaches to see their information and chart on the app, so that coaches can guide them as they learn NFP, providing that personalized approach that makes Couple to Couple League a trusted source for NFP training and methodology.

"We can give encouragement as couples complete their charts and assist them if they didn't quite understand initially," said Silvia Schmidt, CCL Senior Manager of International Development and Fertility Science Institute Coach. "This quick, personal review of charts on our app is an extremely effective way to help students learn NFP successfully. It also gives us a chance to witness to couples -- to let them see that NFP does work and they do have someone in their corner who will offer them family planning that is good for body and soul!"

For more information, view a complete press kit in [English](#) and [Spanish](#).

Erick Carrero and Silvia Schmidt are available for interviews in Spanish. To request an interview, contact Carrie Kline at carriek@revolutionizingmissions.com.

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The Couple to Couple League is an international non-profit organization established in 1971 that is dedicated to inspiring, educating, and supporting couples in family planning that is natural, effective, healthy, and consistent with God's plan for life, love, and marriage.