

NATURAL FAMILY PLANNING

We request that you take classes for Natural Family Planning as a part of your marriage preparation. At the present time there are two options:

1. Take an online course through the Couple to Couple League. Register using this link: <https://register.ccli.org/>. The course is available in English and Spanish. The cost for the basic course is \$135. *If the cost of the course causes difficulty, please let us know. The parish will reach out on the behalf of the couple and pay upfront for the classes and we in turn provide a promocode for the couple to use when registering for the classes.*
2. Call the Holy Family Catholic Clinic <https://holyfamilyclinic.com/> in West Linn, Oregon (503-994-4353) and ask to speak with Dr. Grace Jazrawi. The cost of this would be through your health insurance company, like a regular doctor visit. If you indicate you are from St. Mary in Corvallis, she will be willing to work with you.