

Family Planning with the Creighton Model

The Creighton Model is a unique method of family planning. It relies upon the observation of signs essential to fertility. The method is based upon the fact that during a woman's cycle, she will experience characteristics that indicate times of fertility and infertility. These signs can be easily observed and interpreted and indicate when a woman may avoid pregnancy and when she may become pregnant. In addition, the Creighton Model can be used to identify abnormalities in a woman's health.

Real Solutions to Real Problems

- Infertility
- Menstrual cramps
- Premenstrual syndrome (PMS)
- Ovarian cysts
- Irregular or abnormal bleeding
- Polycystic ovarian disease
- Repetitive miscarriage
- Postpartum Depression
- Prematurity prevention
- Hormonal abnormalities
- Chronic discharges
- Other health problems

Effectiveness

Given the proper training, motivation and cooperation, the Creighton Model can be as effective – if not more – than most other methods of family planning. Successful use of the Creighton Model requires cooperation between both partners and contributes to growth, communication, understanding and respect for their joint fertility and their relationship.

FertilityCare Practitioner

Besides being successful long-term users of the Creighton Model, Dignity Health's instructor has received professional training as a FertilityCare Practitioner. The curriculum for this education was developed at the Pope Paul VI Institute for the Study of Human Reproduction in affiliation with the Creighton University School of Medicine in Omaha, Nebraska. Our Practitioner, Veronica Pintor, is certified by the American Academy of FertilityCare Services.

In addition, physicians specially trained as FertilityCare Medical Consultants are available to review individual cases and advise FertilityCare Practitioners as well as ensure the quality of services provided.

The Learning Schedule

Adequate instruction is essential for gaining confidence in the method and obtaining the maximum effectiveness possible. The couple enters the program with an introductory session and continues in the program with a series of individualized follow-up teaching appointments. Generally, eight appointments are scheduled throughout the first year, with subsequent follow-up appointments recommended every six to 12 months as needed.

Introductory sessions and individual appointments are available. The introductory sessions are group presentations and are offered on a monthly basis throughout the year. Follow-up appointments are scheduled on an individual basis. There is a registration fee of \$40 for the introductory session. Individual follow-up appointments are \$50. Alternative financial arrangements, including partial scholarships based on need, are available.

Take the Next Step

Learn more about Dignity Health fertility care services and the Creighton Model by calling **916.733.6256** or emailing Veronica.Pintor@dignityhealth.org

Fertility Care Introductory Session Class Schedule

Dignity Health Women's Services – FertilityCare Services

English

Day of Week	Date	Time
Friday	1/17/2020	7:30pm
Wednesday	2/12/2020	7:30pm
Friday	3/27/2020	7:30pm
Tuesday	4/21/2020	7:30pm
Friday	5/22/2020	7:30pm
Tuesday	6/23/2020	7:30pm
Wednesday	7/22/2020	7:30pm
Friday	8/21/2020	7:30pm
Tuesday	9/22/2020	7:30pm
Friday	10/30/2020	7:30pm
Tuesday	11/24/2020	7:30pm
Friday	12/18/2020	7:30pm

Spanish

Day of Week	Date	Time
Saturday	2/22/2020	2:00pm
Saturday	4/25/2020	2:00pm
Saturday	5/30/2020	2:00pm
Saturday	6/27/2020	2:00pm
Saturday	8/29/2020	2:00pm
Saturday	9/26/2020	2:00pm
Saturday	10/24/2020	2:00pm
Saturday	11/28/2020	2:00pm

All Classes are located at:
Dignity Health – Collaborative Learning Center
1700 Tribute Road, Ste 100
Sacramento, CA 95815

Pre-registration is required – Introductory Session cost is \$40.

Please call or 916-733-6256 or 916-453-4518 to register