

Classes available in Seattle area	Type of Method	Website	Online classes?	Cost	Local Contact
Billings Ovulation Method	Mucus only	Billings.life/en	Yes	\$135	Kristen and Timothy Putnam putnams@nfpaware.com 918-401-0637
Couple to Couple League	Sympt o-Thermal	ccli.org	Yes	\$135	Monica and Michael Bernstein spouses@seattlebees.org 206-523-1903
Creighton Model	Mucus only	Creightonmodel.com	Yes	\$500-\$600 plus materials	Talia Gonzalez Talia_cynthia_g@hotmail.com 206-420-4925
FEMM	Sympt o-Hormonal	Femmhealth.org	Yes	\$75 plus materials	Lauren Wooding laurenw@3wmedical.org 206-588-0311
Marquette Model	Sympt o-Hormonal	https://www.marquette.edu/nursing/institute-natural-family-planning/model.php#:~:text=The%20Marquette%20Model%20brings%201st,determine%20the%20woman's%20fertile%20window.	Yes	\$150 plus materials	Ella Rosswurm, RN, BSN, MMCP Ella.rosswurm@anchoredfertility.com 425-985-2353
Sympto-Pro	Sympt o-Thermal	Symptopro.org	Yes	\$120 plus materials	Christine Cavanaugh christine@epicteacher.org 206-353-9880