
*Georgetown University
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*University of Pittsburgh
Graduate School of
Public Health*

*Los Angeles Regional
Family Planning
Council, Inc.*

**GUIDE FOR
NATURAL FAMILY PLANNING
TRAINERS**

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The Institute for International Studies in Natural Family Planning
was renamed in 1990 to The Institute for Reproductive Health.

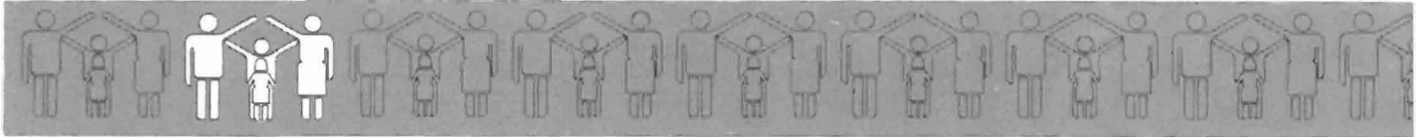
**Natural Family Planning
(NFP)**

Methods for planning and preventing pregnancies by observation of the naturally occurring signs and symptoms of the fertile and infertile phases of the menstrual cycle, with the avoidance of intercourse during the fertile phase if pregnancy is to be avoided.

World Health Organization, 1982

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The Institute for International Studies in Natural Family Planning was established in 1985 by the Georgetown University School of Medicine Department of Obstetrics and Gynecology, the University of Pittsburgh Graduate School of Public Health, and the Los Angeles Regional Family Planning Council, Inc., supported by a cooperative agreement with the United States Agency for International Development (USAID). The Institute is committed to promote and support the development of effective research, training, communication, and service delivery programs in natural family planning and breastfeeding.

Working collaboratively with health organizations and professionals in the United States and abroad, the Institute supports natural family planning and breastfeeding projects in Africa, Asia, Latin America, and the Near East.

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