

Registration Form

Basic Teacher Training Workshop Part 1
January 22-24, 2010
Town and Country Centre
275 Jensen Drive NE, Airdrie, AB

FEES (includes workshop supplies):

Single person fee: \$225.00
Married couple fee: \$275.00

Fees for accredited teachers or for registered trainees who have previously attended a Part I workshop: \$50.00/person or \$100.00/couple

No charge for clergy
FREE FRIDAY NIGHT PUBLIC SESSION

Total Payment Enclosed: \$ _____

Please make cheques payable to:

Natural Family Planning Association (AB)

CANCELLATION POLICY

Cancellations TWO or more weeks **BEFORE** the workshop will receive a full refund.
Cancellations **AFTER** the TWO week deadline will receive NO refund.

Name: _____

Address: _____

Telephone: _____

Email: _____

____ I am a teacher trainee.

____ I am an accredited teacher

Please mail registration form and payment to:

Natural Family Planning Association (AB)
c/o LeeAnn Kinderwater
Box 2052
Stettler, AB T0C 2L0

Accommodations

Holiday Inn Express
64 East Lake Ave. N.E.
403-912-1952

Ramada Inn and Suites
191 East Lake Cr.
403-945-1288

Super 8
815 East Lake Blvd.
403-948-4188

Comfort Inn & Suites
133 Sierra Springs Dr. S.E.
403-948-3411

Please check below if you would prefer billeting instead of hotel accommodations

Billeting required

REGISTRATION DEADLINE:
Friday, January 8, 2010

Natural Family Planning Association (Alberta)

Toll free: 1-866-796-3722

E-mail: info@billingsnaturalfamilyplanning.org



Billings
Billings Ovulation Method

Natural Family
Planning Association
(Alberta)

**Basic Teacher
Training Workshop
Part 1**

January 22 – 24, 2010

**Town and Country
Centre**

**275 Jensen Drive NE
Airdrie, Alberta**

Workshop Registration

Registration starts at 6:30 Friday night

The workshop registration fee includes lunch and supper on Saturday and lunch on Sunday. Breakfast is not provided.

Schedule

Friday: Registration at 6:30 PM, Session from 7-10 PM

Saturday: 8:30 AM – 8:30 PM (with evening chart assignment)

Sunday: 8:30 AM – 3:00 PM

A full weekend schedule will be provided at registration on Friday. Mass will also be scheduled.

Who Should Attend This Workshop?

- Individuals or couples aspiring to become Billings Ovulation Method instructors.

Free Friday Night Session 7 – 10 PM

Friday night session available for those who are seeking more information on the Billings Ovulation Method or wishing to use the method personally. This is also suitable information for clergy, medical professionals, and those involved with marriage prep, RCIA, and youth ministry.

**The NFP Association believes that:
"Every woman has the right to knowledge and understanding of her fertility and reproductive health.."**

Topics to be Covered

Part 1

- Scientific Understanding
- The Hormones – work of Prof. J. Brown
- The Cervix – work of Prof. E. Odeblad
- Overview of the Billings Ovulation Method
- Six Requirements of Fertility
- Rules of the Billings Ovulation Method
- Charting with Symbols
- Normal Cycles
- Recognition of the Peak
- Basic Infertile Pattern of Dry
- Cycles of Average Length, Short and Long
- Thinking of Patterns
- BIP of Discharge/Combined BIP
- Average Length Cycles; Cycles over 35 days
- Different Types of Bleeding
- Natural Indicators of Ovulation
- Breastfeeding – Helping the Lactating Mother

Part 2

- What to Expect in Peri-Menopause
- Sub-Fertility
- Post Hormonal Contraception
- Rapidly Changing Pattern of Discharge
- Recognizing Abnormalities
- Condom Charts/Pregnancy Investigations
- Assignment Review
- Review of Science and BOM Application
- Clarification of Unanswered Questions
- How Much Information to Give in the Initial Instruction



There will be no provision for childcare, however, nursing babies in arms are welcome to attend with their Moms!

Workshop Facilitator: Mrs. LeeAnn Kinderwater

As one of our Association's pioneer teachers, LeeAnn soon recognized the essential value and need for personal instruction by well-trained Billings Ovulation Method teachers and has since made this her mission. She was accredited in August 1989 and has held various positions on our Board of Directors and currently holds seats on the Edmonton Archdiocesan Life Issues Committee and the national W.O.O.M.B. Canada Education Committee, and is a national and provincial past president for our Billings Organizations.

She and her husband Francis have been married for 33 years and have 6 children and 5 grandchildren. They present the BOM at family conferences, Marriage Preparation courses, R.C.I.A., C.W.L. and K of C gatherings, parish and public presentations, and regular teaching clinics. LeeAnn is also the friendly voice that you will meet on our provincial telephone line.

In August of 1993, LeeAnn trained with Sr. Hanna Klaus, MD and was accredited as a Teen Star teacher. She has since worked with many young people teaching fertility awareness.

Now acting as our Association's Director of Education and Public Relations, LeeAnn mentors teachers and trainees and facilitates training workshops throughout our prairie provinces. She is passionate about spreading the "Good News" of the Billings Ovulation Method and looks forward to working with new trainees at this upcoming workshop.