

# Our Mission Statement

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The NFPTAI (*Natural Family Planning Teachers Association of Ireland*) trains teachers in Ireland in the evidence-based Symptothermal Double-check Method of natural family planning (NFP) which is a Fertility Awareness Based (FAB) method of NFP.

We support our trained teachers, their clients, and health professionals with the most up-to-date information and scientific research related to NFP and fertility awareness.

We endeavour to inspire an attitude that values fertility awareness as a means to plan or avoid pregnancy and to develop and deepen the value of the human person, human sexuality, conjugal love and life.

We strive to bring understanding of the value of NFP as a safe, reliable, easy-to-use method of family planning to as wide an audience as possible in Ireland and internationally.

For further information, please do not hesitate to [contact us](#). [divider line\_type="No Line" custom\_height="20px"]

## Donate



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