



**Family Ministry Office  
Diocese of Hamilton**

For Support Call: 905-528-7988 ext. 2250

## Difficulty Conceiving

### Some facts:

- ◆ 1 in 7 couples will have some difficulty getting pregnant immediately.
- ◆ 8 out of 10 couples having regular sexual relations will get pregnant within a year, and half of those who don't will get pregnant in the second year.
- ◆ Doctors will usually suggest looking at fertility issues if a pregnancy does not occur within one year.
- ◆ Issues may be due to the male or female, and occasionally both.
- ◆ There are a variety of reasons becoming pregnant may be difficult for some couples, so it is important to seek medical support.
- ◆ This can be a very challenging time emotionally, so it is important to speak to each other and seek support, if necessary, so your relationship is not negatively impacted.
- ◆ Speak to your doctor, or contact one of the organizations on the back for help.



**Family Ministry Office  
Diocese of Hamilton**

For Support Call: 905-528-7988 ext. 2250

## Difficulty Conceiving

### Some facts:

- ◆ 1 in 7 couples will have some difficulty getting pregnant immediately.
- ◆ 8 out of 10 couples having regular sexual relations will get pregnant within a year, and half of those who don't will get pregnant in the second year.
- ◆ Doctors will usually suggest looking at fertility issues if a pregnancy does not occur within one year.
- ◆ Issues may be due to the male or female, and occasionally both.
- ◆ There are a variety of reasons becoming pregnant may be difficult for some couples, so it is important to seek medical support.
- ◆ This can be a very challenging time emotionally, so it is important to speak to each other and seek support, if necessary, so your relationship is not negatively impacted.
- ◆ Speak to your doctor, or contact one of the organizations on the back for help.



**Family Ministry Office  
Diocese of Hamilton**

For Support Call: 905-528-7988 ext. 2250

## Difficulty Conceiving

### Some facts:

- ◆ 1 in 7 couples will have some difficulty getting pregnant immediately.
- ◆ 8 out of 10 couples having regular sexual relations will get pregnant within a year, and half of those who don't will get pregnant in the second year.
- ◆ Doctors will usually suggest looking at fertility issues if a pregnancy does not occur within one year.
- ◆ Issues may be due to the male or female, and occasionally both.
- ◆ There are a variety of reasons becoming pregnant may be difficult for some couples, so it is important to seek medical support.
- ◆ This can be a very challenging time emotionally, so it is important to speak to each other and seek support, if necessary, so your relationship is not negatively impacted.
- ◆ Speak to your doctor, or contact one of the organizations on the back for help.

"The church has compassion for couples suffering from infertility and wants to be of real help to them. At the same time, some 'reproductive technologies' are not morally legitimate ways to solve those problems." (Life-giving Love in an Age of Technology, USCCB)

Medical technology is acceptable when it is used to facilitate or support conception through the marital union; the organizations below can help you to conceive.

### FertilityCare System CREIGHTON MODEL

The Creighton Model Fertility Care System is an advanced procreative education model that combines family planning with reproductive and gynecologic health.

**Contact Information:** 416 465 2868 or 1-866-509-9252  
[www.fertilitycare.ca](http://www.fertilitycare.ca)



The Billings Ovulation Method teaches a woman to interpret her natural signs of fertility through all her changing life stages from puberty to menopause. The Billings Ovulation Method is easy to learn and highly successful when used to achieve or avoid pregnancy.

**Contact Information:** 905-683-9055;  
[www.naturalfamilyplanning.ca](http://www.naturalfamilyplanning.ca)



Serena specializes in the teaching of the Sympto-Thermal method of Natural Family Planning. Serena respects the natural fertility cycle and is committed to the empowerment and support of couples.

**Contact Information:** 1-888-373-7362  
[www.serena.ca](http://www.serena.ca)

The Church "reminds them that the ethical value of biomedical science is gauged in reference to both the unconditional respect owed to every human being at every moment of his or her existence, and the defense of the specific character of the personal act which transmits life."

(10)

*Dignitas Personae*

"The church has compassion for couples suffering from infertility and wants to be of real help to them. At the same time, some 'reproductive technologies' are not morally legitimate ways to solve those problems." (Life-giving Love in an Age of Technology, USCCB)

Medical technology is acceptable when it is used to facilitate or support conception through the marital union; the organizations below can help you to conceive.

### FertilityCare System CREIGHTON MODEL

The Creighton Model Fertility Care System is an advanced procreative education model that combines family planning with reproductive and gynecologic health.

**Contact Information:** 416 465 2868 or 1-866-509-9252  
[www.fertilitycare.ca](http://www.fertilitycare.ca)



The Billings Ovulation Method teaches a woman to interpret her natural signs of fertility through all her changing life stages from puberty to menopause. The Billings Ovulation Method is easy to learn and highly successful when used to achieve or avoid pregnancy.

**Contact Information:** 905-683-9055;  
[www.naturalfamilyplanning.ca](http://www.naturalfamilyplanning.ca)



Serena specializes in the teaching of the Sympto-Thermal method of Natural Family Planning. Serena respects the natural fertility cycle and is committed to the empowerment and support of couples.

**Contact Information:** 1-888-373-7362  
[www.serena.ca](http://www.serena.ca)

The Church "reminds them that the ethical value of biomedical science is gauged in reference to both the unconditional respect owed to every human being at every moment of his or her existence, and the defense of the specific character of the personal act which transmits life."

(10)

*Dignitas Personae*

"The church has compassion for couples suffering from infertility and wants to be of real help to them. At the same time, some 'reproductive technologies' are not morally legitimate ways to solve those problems." (Life-giving Love in an Age of Technology, USCCB)

Medical technology is acceptable when it is used to facilitate or support conception through the marital union; the organizations below can help you to conceive.

### FertilityCare System CREIGHTON MODEL

The Creighton Model Fertility Care System is an advanced procreative education model that combines family planning with reproductive and gynecologic health.

**Contact Information:** 416 465 2868 or 1-866-509-9252  
[www.fertilitycare.ca](http://www.fertilitycare.ca)



The Billings Ovulation Method teaches a woman to interpret her natural signs of fertility through all her changing life stages from puberty to menopause. The Billings Ovulation Method is easy to learn and highly successful when used to achieve or avoid pregnancy.

**Contact Information:** 905-683-9055;  
[www.naturalfamilyplanning.ca](http://www.naturalfamilyplanning.ca)



Serena specializes in the teaching of the Sympto-Thermal method of Natural Family Planning. Serena respects the natural fertility cycle and is committed to the empowerment and support of couples.

**Contact Information:** 1-888-373-7362  
[www.serena.ca](http://www.serena.ca)

The Church "reminds them that the ethical value of biomedical science is gauged in reference to both the unconditional respect owed to every human being at every moment of his or her existence, and the defense of the specific character of the personal act which transmits life."

(10)

*Dignitas Personae*