January Fertility Awareness Classes
at Guiding Star Wakota

Who are these classes for?

Free sessions are for women or teens who want to learn more about their menstrual cycles and their fertility.

Intro sessions are for women who would like to start using fertility awareness or who are interested in changing methods.
Follow-up sessions are arranged individually with the instructor.

All classes in-person at Guiding Star Wakota:
1140 S. Robert St. West St. Paul

All about Your Cycle for Teens (parents are welcome)- free

Saturday, Jan 28 10-11AM I Emily Kirkwold, PharmD
Registration required:
https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-january

Fertility Awareness 101 - Free

Wednesday, Jan 18 12-1PM I Katie Coughlin, RN
Registration preferred but not Required:
https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-january

Fertility Awareness in Perimenopause- Free

Tuesday Jan 3 10-11AM I Julie Mickelson
Registration preferred but no Required:
https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-january

Creighton Model Intro Session - $40

Saturday, Jan 21 9:30- 10:30AM. | Alice Schwantes
Registration required: https://www.tcnfp.org/class-schedule-2/

SymptoPro Intro Session - $40

Wednesday, Jan 18 1-2pm | Katie Coughlin, RN
Registration required:
https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-january

Fertility Education and Medical Management (FEMM) Intro Session - $40

Tuesday, Jan 10th, 6-7:30p.m. | Karen Dosh, RN
Registration required:
https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-january

Marquette Method Intro Session - $40

Saturday, Jan 28th 8-9am. | Emily Kirkwold, PharmD
Registration required:
https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-january

We are happy to accommodate your schedule with prior request, please email fertilityawareness@wakota.org, who will help you coordinate with the instructor's schedule.
Child Watch Available on weekday 9AM-5PM

Financial assistance available upon request
Questions? Email: fertilityawareness@wakota.org