

## NFP Instructors

**\*Ask your local instructor about options for learning with her/him:  
one-on-one, small group, in-person, online, etc.**

### ***Boston Cross Check:***

Erin Buller  
**Arden**  
[ErinBullerBCC@gmail.com](mailto:ErinBullerBCC@gmail.com)  
(678) 520-4028

### ***Couple to Couple League:***

Simeon and Leah Willis  
**Arden**  
[willisnfp@hotmail.com](mailto:willisnfp@hotmail.com)  
(828) 651-9107 (no texts)

Joseph and Kathleen Hack  
**Charlotte**  
[hackhouse@bellsouth.net](mailto:hackhouse@bellsouth.net)  
(704) 548-1834

### ***Creighton Model:***

Gillian Swope  
**Gastonia**  
[gillian.izlar@gmail.com](mailto:gillian.izlar@gmail.com)  
(919) 452-5495

Elisabeth Laskowski, BS, CFCP  
**Huntersville**  
[creightonmodel@gmail.com](mailto:creightonmodel@gmail.com)  
(484) 332-9084

Leah Collins  
**Salisbury**  
[lakcollins07@gmail.com](mailto:lakcollins07@gmail.com)  
(980) 621-1289

Maria Perkins  
**Salisbury**  
[mariaperkin43@gmail.com](mailto:mariaperkin43@gmail.com)

Mary Poehailos  
**Winston-Salem**  
[marypoenfp@yahoo.com](mailto:marypoenfp@yahoo.com)  
(336) 408-1186

### ***FEMM:***

Elizabeth Harris  
**Asheville**  
[avlfeminstructor@gmail.com](mailto:avlfeminstructor@gmail.com)  
(828) 214-7789 (Google)

Emily Johnson  
**Charlotte**  
[emilyjohnsonNFP@gmail.com](mailto:emilyjohnsonNFP@gmail.com)  
(850) 776-8218

Kallah Oakes  
**Charlotte**  
[kaloakes@gmail.com](mailto:kaloakes@gmail.com)  
(864) 508-6237

Katie Collins  
**Charlotte**  
[katiercollins@gmail.com](mailto:katiercollins@gmail.com) or  
[stgabrielnfp@gmail.com](mailto:stgabrielnfp@gmail.com)  
(206) 390-4916

Katie De Rego  
**Charlotte**  
[kathleen.derego@gmail.com](mailto:kathleen.derego@gmail.com)  
(704) 561-1315 (Google)

Mary Ohlhaut  
**Charlotte**  
[mary@bunchofkids.net](mailto:mary@bunchofkids.net)  
(980) 866-2573

Melayna Alicea  
**Franklin**  
[melaynaalicea@gmail.com](mailto:melaynaalicea@gmail.com)  
(706) 726-8393

Betsy Hoyt  
**Huntersville**  
[betsy.edhsolutionsllc@gmail.com](mailto:betsy.edhsolutionsllc@gmail.com)  
(336) 425-6313

Maggie McGown  
**Huntersville**  
[maggiemcgown7@gmail.com](mailto:maggiemcgown7@gmail.com)  
(704) 941-0720  
\*provides *Spanish* instruction

Traci O'Conner  
**Shelby**  
[heirloomwoman@gmail.com](mailto:heirloomwoman@gmail.com)  
(951) 225-5091

***Marquette Method:***

Joan Pajak (also teaches FEMM)  
**Hendersonville**  
[joanelizabethrn@gmail.com](mailto:joanelizabethrn@gmail.com)  
(413) 325-4380  
Schedule an appointment [here!](#)

Hope Mikat  
**Winston-Salem**  
[hope@hopelactation.com](mailto:hope@hopelactation.com)  
(336) 471-9341  
[www.hopelactation.com](http://www.hopelactation.com)