

## NFP Instructors

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

**\*Wondering which method will work best for you? Learn more about the methods [HERE](#) or take this [QUIZ](#).**

### ***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  
**Huntersville**  
[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)

Ashli Williams (in training)  
**Fort Mill, SC**  
[Ashli.williams.sc@gmail.com](mailto:Ashli.williams.sc@gmail.com)  
(843) 610-1770

Abby Kramer (in training)  
**South Charlotte**  
[abigailkramer02@gmail.com](mailto:abigailkramer02@gmail.com)  
(828) 776-7546

### ***FEMM:***

***Olivia Shingledecker***  
(virtual/online only)  
[o.j.shingledecker@gmail.com](mailto:o.j.shingledecker@gmail.com)  
[@catholicgirltalk](https://www.visitationbirthkeeper.com/@catholicgirltalk)  
[@a.fertile.garden](https://www.visitationbirthkeeper.com/@a.fertile.garden)

Julieth Liliana Duarte-Jimenez  
**Asheville**  
[jlamdp@hotmail.com](mailto:jlamdp@hotmail.com)  
(828) 280-6148  
\*provides *Spanish* instruction

Katie De Rego  
**Belmont**  
[kathleen.derego@gmail.com](mailto:kathleen.derego@gmail.com)  
(704) 561-1315 (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)  
(206) 390-4916

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

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

Stephanie Shomette  
**Gastonia**  
[stephanie.femm@gmail.com](mailto:stephanie.femm@gmail.com)  
(828) 980-2509

Yuliana Garcia Morelos  
**Gastonia**  
[yuligarciam84@gmail.com](mailto:yuligarciam84@gmail.com)  
(704) 303-5319  
\*provides *Spanish* instruction

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

Virginia Venegas  
**Waynesville**  
[vvenegas6619@gmail.com](mailto:vvenegas6619@gmail.com)  
(828) 550-2226  
\*provides *Spanish* instruction

***Marquette Method:***

Hope Mikat  
**Winston-Salem**  
[hope@hopelactation.com](mailto:hope@hopelactation.com)  
(336) 471-9341  
[www.hopofertilityawareness.com](http://www.hopofertilityawareness.com)  
\*Focus areas: Postpartum, PCOS,  
Infertility, Trained in Mira Monitor

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Compiled by: Batrice Adcock, MSN  
NFP Program Director, Family Life Office, Diocese of Charlotte  
P: 704-370-3230, [bnadcock@rcdoc.org](mailto:bnadcock@rcdoc.org);  
<https://charlottediocese.org/faith-life/family-life/natural-family-planning/>



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