



# Serena Teacher Training 2025

## Part 1 - Schedule

The Serena Teacher Training Program involves self-study and mentor couples who will meet with you either in-person or by video conference at regularly scheduled intervals.

### Teacher Training Part 1 - Schedule of Online Sessions Promoting Natural Family Planning

Sessions are planned for **Saturdays** at 12pm EST. and will last 1 to 1.5 hours. Each session has accompanying **readings** to be completed **prior** to each session.

To receive the first set of readings and to be prepared for the first session, **please register by February 15<sup>th</sup> @ [serena.ca/teach](https://serena.ca/teach)**

**Introduction to Serena & Teacher Training** **February 22<sup>nd</sup> 2025**  
An opportunity to meet like-minded people, learn about Serena and ask questions.

**Promotion of Natural Family Planning** **March 15<sup>th</sup> 2025**  
Tools & techniques to effectively talk about Natural Family Planning with others.

**Reproductive Anatomy & Physiology** **March 29<sup>h</sup> 2025**  
A review of what you know plus the opportunity to learn more.

**Family Planning Methods & Effectiveness** **April 12<sup>th</sup> 2025**  
Exploring the reasons couples choose various Family Planning Methods.

Part 1 will conclude by writing an **exam** & making a **promotional presentation**.

Email [info@serena.ca](mailto:info@serena.ca) and visit [serena.ca/teach](https://serena.ca/teach) for more information.

