

Holistic Contraception

A conversation with Jane Bennett

Brighton

Thursday 1 November 2012,
13 Ship Street Gardens,
Brighton, BN1 1AJ
7-9pm*

Bristol

Tuesday 6 November 2012,
Natural Health Clinic,
10.30am-12.30pm*

and

7.30am-9.30pm*

London

Friday 9 November 2012,
Moving Arts Base,
6.30-8.30pm*

** In order to make the most of the time we have together please arrive 15 minutes before the scheduled starting time.*



For women and couples who are into health and wellbeing the standard contraception offered is often counter-intuitive and contradicts their other lifestyle choices.

Contraception methods based on the idea that your cycles and fertility are a problem, except for the few times when you want to conceive, are by definition not going to be fertility friendly.

Jane draws on 30 years of research, writing, counselling and teaching in the field of natural fertility management and holistic contraception and will explore:

- The difference between fertility friendly and fertility unfriendly methods of contraception and what this may mean to your wellbeing and relationship
- Whether synthetic hormonal methods of contraception (the pill, injections, implants, vaginal rings, the patch, IUS) are the only truly effective methods available
- The side-effects of hormonal methods
- What we mean by natural contraception methods and what are the viable natural methods available today
- How to make the most of success rates and how to assess the methods that will work best for you and your partner.

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The basis of effective contraception is understanding your fertility, understanding the methods you are choosing and choosing those that most suit your needs.



For enquiries and registration:

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Cost £18 per person, £15 concession.

Numbers are limited so register early to avoid disappointment.



Jane Bennett is a social worker with over 30 years experience as a facilitator, counsellor and educator and is passionate about celebrating menarche, menstrual wellbeing and holistic contraception. Jane is the author of *A Blessing Not a Curse* (2002) and *Girlltopia* (2010) and co-author of *The Natural Fertility Management Kits for Contraception and Conception* (2004) with Francesca Naish and *The Pill: Are You Sure It's For You?* (2008) with Alexandra Pope.