



Spring 2017 Newsletter

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Spring Brings Change to FEP

by Corinne Korchinski-Fisher

Spring is officially here and Fundacion Para El Empoderamiento Personal has new life in all aspects of its being.

Our third group to join the Foundation, Generation16, has completed their introductory workshop. They are now fully immersed in the personal development program. They are a beautiful group, many of which have gained much insight from the generations before them. This has helped provide a heightened level of awareness right off the start.

We are happy to share that we are able to expand the support in the area of psychological services. Ofelia has joined the team to provide additional support in the area of therapeutic services to our members, working along side our incredible Tere. We are thrilled to add another resource in this critical component of FEP.

New life has also been infused in our website. This give us the opportunity to express in more depth what is happen at FEP, including a short video sharing our philosophy.

The last piece of new life to FEP is in the form of our new facility!! The journey to acquire land, create and complete our new facility has been a challenging and intensive process. In saying this, April 8th we moved into our new centre and we couldn't be more thrilled to share this incredible facility with all the members. After the Easter holidays we will resume programming in the completed centre. The whole FEP family will in no time surely transform the building from a structure to a warm home.

In our Spring newsletter we are pleased to share some special ladies of the foundation.

Karla and Hannia are our eldest adolescent members. Through their two-year journey they have bloomed

from participants to role models for the younger members. These are absolutely fantastic young ladies who are embodying what it means to become empowered. We have had the pleasure to witness their personal growth, and look forward to continue to see the bright future that is ahead for them.

Vanessa, our English teacher, has been with us for just over a year. She is a smart, caring and enthusiast part of the FEP team who is doing wonderful work in her debut teaching position.

Thank you for joining us today to read our story. May Spring bring you joy and many blessings.



Member Contributions

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Hannia & Karla's Journey

By: Hannia and Karla



Hannia – 19 years old. My experience in the foundation has been very beautiful since it has helped me to be a better person. It has helped me to develop skills and talents I didn't know I could. It has made me feel very good as the Foundation try help each person be better, and they do it by showing that limits are in our head. This has made me see that the people who are responsible for our happiness are us, and that no one should influence our moods. They have also brought us closer as a family, and they made me realize that if I want a better family I need to contribute to the create the atmosphere in my family that I wish to have.

When I arrived at the Foundation I would describe myself as an insecure person. I didn't know what to do with me, I felt sad and disappointed of all, and was not able to hold a conversation with my parents since I was always on the defensive. I felt alone, less important and I also didn't love myself. Today in the Foundation they have taught me that I am important, and that it is important to love oneself and that is the first step to be able to love others. I'm important to my family and that I am not alone, that I am surrounded by people who love me and who want to see me happy. It is also important to enjoy the little things in life, since even the smallest thing can be astonishing. In addition, in each person there is always a lesson and it is up to us whether we utilize that lesson or not. I also have met people very important to me, I made true friends with whom I can be authentic whom won't judge me if I share my emotions.

I have also been taught that in each one of us there is a leader and it helps me every day to strive to be a better leader and to set goals that help me with direction in my life. The foundation became my second home, they have helped me in unimaginable ways and I am so grateful for everything they have done for me since they are my example and no doubt teach me different things every day. Thank you very much for being my home.



Karla – 17 years old. The Foundation has provided many positive things in my life, since I came to the foundation a year after my family attended. The first time I went was to a summer camp and from there I have not stopped going. In the foundation I have spent many good and happy moments that left me good memories, together with the good team that we have in the foundation, Tere, Hugo, the teacher Vanessa, the help of Mr. Pat and Mrs. Lou, and the Korchinski family.

I like going to the foundation because it is a place where they listen to you, they give you their help whenever you need it and there is affection towards all members of FEP, apart from that it feels a good vibe. I can not say that my life before FEP has been bad, but I have been providing the tools I need to polish my life, to improve it. I like that in the foundation they give us the tools to turn our lives to a fuller and happier life, the tools to accomplish our goals and move forward in any situation and in life.

In my life, something that I noticed the change is in the way I communicated with my dad, since now I have a better communication and I feel it was something that my life was missing to be happier. As well as my behavior change and attitude is something I continue to work on. It has also helped me to be more loving with my sister since before it was more distant with her, so I have improved my communication with her. FEP also has given me the opportunity to continue to fulfill my goal is learning the English language, thanks to the classes and conversation club we have with Mr. Pat and Mrs. Lou.

Thank you for all that FEP is done for all of us.

BRINGING ENGLISH TO FEP, MRS. VANESSA VELASCO

It is been one year and 3 months since the day Kerny, FEP's founder, invited me to teach English to the members in the Foundation and I have to say it was the day my perception of life changed at the same time as my own life. God blessed me that day.

I think that during this year I have grown on the inside as well as my students, from whom I feel very proud for their commitment in English classes and who motivate me every day to be a better person and of course a better teacher.

I have learned patience from them as well as cooperation, humility, encouragement and hope.

It has been amazing to see their improvement since day one and an opportunity for me to trust them and to trust myself.

We started with Generation 2014, one English level, all beginners and now we have 4 groups, children and adults beginners and children and adults level 1. We have a conversation club once a month and an English interaction every 15 days with the participation of our foreign volunteers.

Last year we had our first summer camp, there were activities and games in English. It was so much fun!!

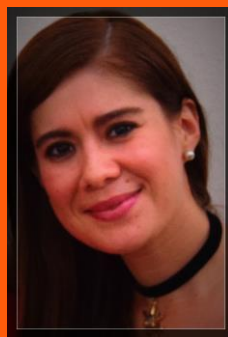
In December we had our Christmas party, with a very active participation from the students, they sang, shared sentences, quotes, prayers, etc.

This year we are trying to integrate the members from Generation 2015 who are interested in learning the language. I'm looking forward to it.

Definitely the foundation is a special place, brings out the best in you and motivates you to continue growing. We are a family, with flaws and virtues but always supporting each other.

Thanks FEP for giving me the opportunity to belong to this amazing Community Center.

Vanessa Velasco



**FUNDACION PARA
EL EMPODERAMIENTO
PERSONAL**

Participation

If you have the wonderful opportunity to visit the Puerto Vallarta area this winter, and you wish to take a tour or spend some time at the community centre in Las Cañadas, please email Corinne at c.kfisher@fepfoundation.com and we will arrange with you a time to share the FEP Community.

Fundacion Para El Empoderamiento Personal is currently a registered charity in both Canada and Mexico, giving us the ability to provide tax receipts for monetary and gift in kind donations. We currently have our application in to become a registered charity in the US, and patiently wait for our approval. To learn more about how your monetary donations will serve the people of Mexico we look forward to sharing how funds are utilized please contact the Executive Director.



**Thank you to each
of you for your
interest
and support of the
FEP Foundation.**

*To learn more about Fundacion Para El Empoderamiento Personal,
check out our video and updated website at*
WWW.FEPFOUNDATION.COM



FEP Mexico Community Centre

Las Cañadas, Puerto Vallarta, Jalisco,
Mexico

Where is Las Cañadas?

Las Cañadas is located roughly 20 Minutes North-East from Puerto Vallarta and 20 Minutes South-East from Nuevo Vallarta. It is a small community comprised of approx. 400 homes.

www.fepfoundation.com

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