



# FUNDACION PARA EL EMPODERAMIENTO PERSONAL

LATEST NEWS FROM OUR FEP FAMILY



## WRAPPING UP 2019

The FEP Family celebrated another year of community at our annual Christmas/Year End celebration.

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## GEN19 WOMEN'S REFLECTIONS

We had the opportunity to check in with the women of our latest generation, GEN19. After completing 7 months of their group program they took the time to share their reflections thus far.

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## FIRST GRADUATED MEN

As part of our year end celebration we had the honor of graduating our first two men who completed the 3 year men's group therapeutic program.

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# Gen19 Women's Reflections

## Quotes from Interviews

"I have joined and started in every generation since FEP start but this is the last, this is the group I'm going to graduate with. This time I am going to do it."

**"I came because I wanted to find myself."**

"My husband describes me as a fire because of how explosive my aggression is. Now he describes me as a little light."

**"I have already learned to not worry what others think about me, but what I think about myself."**

"More than coming to learn, I want to take what I learn to share with others."

**"The people of Las Cañadas were abandoned. The community has completely changed for the better since the Foundation came into it"**

## GOALS

"I want to grow, and be a better me"

**"I want to leave my abusive relationship. This is the only place & time I have to be open and share my thoughts and feelings. For 1.5 hours a week I can be happy and open"**

"I want a happy life. I want a second chance for a good relationship with my husband."

"I want to reconnect with my parents. I want to **forgive my mother** and **have her hug me.**"

"I know I made a lot of mistakes raising my children. I can't go back but I want to **learn tools** to **break the cycle** for my grandchildren."

"My goal is to be more patient with myself"

**"My goal is to be able to feel outside the foundation how good I feel when I am at the Foundation."**

## FUTURE

"My dream future would have my children have a good family when they get older, a real family, not the family I created for them."

**"All I want for my future is to be able to communicate with my family. I was never told or shown that I had worth when I was growing up, or given love. I want to learn to provide that for my family."**





# FIRST GRADUATED MEN

## MOISES & PEDRO

FEP celebrated a **milestone** November 29th, 2019. We had the great honor to **graduate** our **first two men** who successfully completed the 3 year men's personal development group therapeutic program. As part of their graduation ceremony the men **shared how their lives have changed** in the three years they have invested in themselves. Here are the summaries of their shared journey.

**Moises:** I came to FEP because of an invitation from my aunt. At that time I was disappointed with life, angry at everything and everyone. **I didn't believe in love or anything.** I still remember the first interview, I was asked if I had a life plan, or at least knew what I wanted or needed, I had never thought about that, so I decided to join the foundation. After learning some things in the process I realized that my environment was changing too. I was able to have a normal conversation with my mom, and my relationship with my coworkers has gotten better. I could **see more opportunities** to do my job better. Step by step I learn to complain less and do more for my world. I've learned tools to handle my challenges with my family in a better way. **I learned the importance** of having **communication with God.**

**Pedro:** I came to FEP thinking that my wife's purpose in my life was to serve me, but step by step I **learned my wife's value** and to **be thankful** for everything she does for me. Honestly, I decided to join FEP to prove that my wife was in the wrong, but I realized that by opening myself to **do things differently** my life could be better. I learned that by **opening my spirit** to accept different ways of thinking or at least being more tolerant I could get a **better result** in every part of my life. I am very **grateful** for the foundation and God for the **opportunity** to learn many things about myself, and also for allowing me to learn English and computer skills.







# WRAPPING UP 2019

ANNUAL CHRISTMAS PARTY/YEAR END CELEBRATION

An evening of entertainment presented by all the members of the foundation with every group sharing their talents through song and dance. All decorations are beautifully created by the members through countless hours of work to create a festive evening.

Families came together to celebrate as one big FEP family. It was an evening of memorable entertainment, great conversation, wonderful food, and the blessing of fellowship.



TO LEARN MORE ABOUT FEP AND HOW YOU CAN GET ENGAGED



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[WWW.FEPFOUNDATION.COM](http://WWW.FEPFOUNDATION.COM)

