



FUNDACION PARA
EL EMPODERAMIENTO
PERSONAL

New Year 2016 Newsletter

IN THIS ISSUE

Annual Reflection

by Corinne Korchinski-Fisher

As we welcomed in the New Year, it caused us to stop and reflect on the year that has passed.

2015 was a wonderful year for Fundacion Para El Empoderamiento Personal. With all the support so graciously granted to the Foundation, FEP has been able to expand programming for our pioneer members as well as open programming to a new generation of FEP participants.

Our over 70 active members continue to regularly engage in therapeutic and personal development programs. Our members continue to embrace the opportunity for personal growth and a place to work towards a healthier family unit. Their work ethic, drive, positive energy and open spirit is an inspiration to all who cross through their paths. At the end of the year we were able to expand programming with English classes for the initial FEP group. English has been another example to witness how the group works together to

support each other to succeed while they take on this new challenge.

As we embrace 2016 we will strive to continue to provide services to meet the needs of individuals and families in Las Cañadas, Mexico. Our doors will be opened once again to new members for personal development programs. FEP also looks forward to providing additional professional development to the members for furthering the potential for them to relieve themselves of their financial burdens.

Thank you for being a part of FEP in 2015. We look forward to continuing this experience and blessings in 2016. Please enjoy two reflections from members of our original FEP group, as well as photos from the 2015 Christmas Posada festivities.



Our Story

Contributions from two participants of FEP
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Christmas Party 2015

Sharing photos from 2015 FEP Posada
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Our Stories

by FEP Members

Sarahi is a 37 year old mother of 4 sons. She is the sole contributor to assisting in her children's educational development as her husband is unable to read or write and spends little time at the home as he works two jobs to provide for his family. Sarahi study until secondary school (middle school) in the village where she was born until the age of 18 she fled from her home with her husband.

Sarahi's Contribution Sharing Her Life Story

I am Sarahi, a woman who grew up thinking she would only serve to be a housewife, to respond to my children and husband, because my parents told me daily that was what I was going to be. However, I wanted to be someone else, I dreamed of becoming a great doctor to help poor people and I wondered if women served only to become housewives how were there teachers, doctors, nurses etc. My mother was a woman who in the presence of my father never expressed her opinion, I don't know if it was because of fear or because my father beat her constantly. I think that was the other reason why I dreamed of becoming a doctor, to cure the wounds my father caused each time my mother was beaten. I grew up with a deep sense of helplessness not being able to help my mother while she was being beaten. This is also why I believe I have many fears and have the image of being less valuable. Until today I have had trouble expressing what I think because I have the feeling that my opinion has no importance so why express it? However I believe I needed to express what I thought, so I started to have communication with God, and that is where I found refuge and satisfied the need to express myself.

When I met my husband and got married I had many fears, one of them was that my husband was going to be like my father. But he always showed that he was different, and I wanted to be somebody different, we were both just looking for a better life.

With the passing of time my husband gave me permission to work outside of my home

that allowed me to grow in my self-confidence.

When I met the foundation I actually believe that I could learn new things and be someone else. The hope that was born in me for the possibility to achieve my dreams has no price, but has much value. The people whom I spent time with in the Foundation have demonstrated that my opinion has a lot of value, and little by little I am learning to face my fears, or at least I have learned to no longer feed them.

Today, I am convinced that to improve myself and be an independent person is something possible, and is not bad for those who surround me but on the contrary, I understand that if I grow all grow with me.



Contribution from Men's Group Participant Antonio Estrada

My arrival to the Foundation for Personal empowerment was thanks to a letter of invitation from the Foundation given to me through my wife. From the first meeting I had with Hugo I was motivated to integrating into a group for men from the community, in which we began to learn about topics related to personal development. I really liked the way it addressed the issues, and it made me realize how important it is to have goals and achieve them and above all it helped me to change my internal dialog. This was definitely very interesting for me.

Some of the goals that I have reached was that I lost the fear to formalize my business. I got my business license and currently pay taxes like any formal company. I decided to do this because of the support that Hugo gave me to identify that this represented a

major distraction in my personal development because I was always overwhelmed by the uncertainty of knowing that at any moment my business could disappear. I am definitely still working on the growth of my small business, but I know that the success of this depends on how I am personally. I am convinced that this would not have been possible without the continued support of the Foundation. Hugo has known at all times how to guide in order to achieve my goals step by step.

After achieving a certain tranquility in my business I believed I could achieve the same by doing the work in my family. I began to give importance to understand my daughters and my wife; this process has not been easy for me, but without doubt the fact they also participate in the programs has helped a lot. The information that my daughters share in the programs have helped Hugo to help me see critical points that were destroying my family life. To face my mistakes without excuses made me think sometimes to abandon the process, but thanks to my wife who was already involved in the foundation, I had the support at home to get better and move forward.

Currently my wife and I are currently working with Tere in couples therapy, which has been very positive to improve our communication and I hope to be able to develop habits that lead us to draw closer together.

Another aspect that is benefiting me in the foundation is the fact that I have the opportunity to learn English, which allows me to support my daughter Karla in her learning English, and inspires me to continue to grow professionally.





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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. 200 homes.

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For More Information

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Christmas Posada 2015



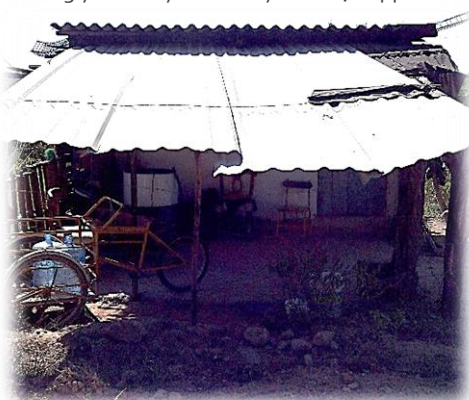
Join the Journey

Fundacion Para El Empoderamiento Personal has been blessed with people who joined together to serve the needs of others. There are many ways to become involved in the Foundation. To learn more about the opportunities to serve the members of FEP through volunteering, gifts in kind and donations please contact the Foundation.

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 Executive Director.

Thank you to each of you for your interest and support of FEP Foundation. May this New Year bring you and your family health, happiness and many blessings.

FEP Staff



"I used to think prayer changes things, but now I know prayer changes us, and we change things"

~ Mother Teresa