



FUNDACION PARA
EL EMPODERAMIENTO
PERSONAL

Spring 2018 Newsletter

IN THIS ISSUE

Spring Spirit

by Corinne Korchinski-Fisher

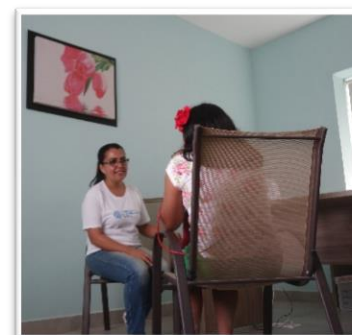
As the joy of Spring embraces us, the spirits of our members remain vibrant and robust. The FEP Community Centre continues to be full of activity with our weekly Personal Empowerment Program currently serving 11 groups, while English Training is back operating with 5 eager groups of youth and adults.

On February 23rd FEP had the wonderful privilege of opening the Centre for guests in the hope of sharing the spirit of the organization with them first hand. We hosted our first ever Engagement Evening where FEP Members, Staff and Board welcomed over fifty guests. An evening of fellowship, food and music was had while sharing an in depth look of FEP programs. This included stories from members and staff. Our

1st graduated group, GEN14 women, collectively help to put on the event with some speaking about their FEP journey. Their courage to speak in front of a group of strangers was a moment of great pride for the whole organization.

As FEP continues to work along side our families in our Personal Empowerment Program, our goal is to once again open our doors to serve more families in the community of Las Cañadas in Fall 2018. We currently have a waiting list for dozens of new families ready to join the FEP Family. Our priority is to add another psychologist to our team to ensure the quality of programming remains as we expand our membership.

We continue to be grateful for the blessings gifted to this organization, and thankful for all of you who support in so many ways. FEP wishes all of you a peace filled and joyous spring.



Meet Ofelia Perez

FEP psychologist shares her experience
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FEP Update

Summary of current programs
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1st Annual Engagement Event

Reflections by: Ofelia Perez

Ofelia Perez joined FEP in April 2017. She worked for many years as a psychologist with the Mexican government and was working in private therapy office when she began with FEP part time. FEP has been so blessed she connected deeply with our philosophy and people. In turn she has joined FEP full time as of January 2018. Talented doesn't begin to describe Ofelia, she is truly a gifted psychologist, and incredible person. In this newsletter Ofelia shares her contribution from our engagement evening.



Firstly, I want to share that before I became part of FEP I worked in an assistance institution where generally the help is given by providing different things. In the moment although it is good, in end it is momentary help because it does not end the need of the families who come back with the same request again and again.

When I first knew of the foundation I immediately thought it would be the same way to help people, however, I was realizing that the objective was to empower the person. It forced me to break my own paradigms on what is social assistance.

Working at FEP I have been able to come and follow a path already formed for me regarding the area of psychology. We have been working in group sessions with adults, adolescents and children sharing themes of human development, working in a theoretically and living way that creates an opening for each member of FEP to become more aware of what it is they are choosing with their life. With each session is a small step towards a healthier lifestyle, which truly translates to personal empowerment.

We are assistants as we work to improve a social change through personal empowerment. It is in mutual growth where we all learn and advance.

Ofelia Perez – FEP Psychologist



FEP Update

- 51 Adults & 55 Youth Actively Participate in the FEP Personal Empowerment Program
- 75% of eligible members also take advantage of English Training Services
- Over 1200 Volunteer Hours is Contributed by FEP Members Annually
- FEP Programs Operates 12 Months a Year to Support Members in their Personal Growth



- Current Programs Include:
FEP Personal Empowerment Program
Therapeutic Services
English Training
Child Program
Access to Adult Online Education Support
- Future Programs Include:
Computer Literacy Workshops
Extended Personal Development Workshops
Family Development Initiatives



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 FEP Foundation.



FEP Mexico Community Centre

Tortolo 310 Las Cañadas,
Puerto Vallarta, Jalisco, Mexico
48290

FEP Canadian Office

439 Garvie Road
Saskatoon, Saskatchewan, Canada
S7S 1A4

Where is Las Cañadas?

Las Cañadas is small community located roughly 20 Minutes North-East from Puerto Vallarta and 20 Minutes South-East from Nuevo Vallarta.

It currently consists of nearly 500 families and growing.

To learn more about Fundacion Para El Empoderamiento Personal, check out our video and updated website at

WWW.FEPFOUNDATION.COM