



WINTER 2021

FEP NEWSLETTER

Latest News From Our FEP Family

Celebrating FEP Member Achievements

Nothing brings us more joy than to share the amazing accomplishments of FEP members. We couldn't think of a better way to kick off 2021 than with some inspiration from graduated member, Mily.



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Celebrating FEP Member Achievements

EMIGDIA CID JAVIEL (MILY) - GRADUATED GEN14 MEMBER

We had the pleasure to meet Mily in 2014 when she interviewed to join the **first generation** of woman at the Foundation.

"I was very shy. I didn't want to talk and I **didn't want** any **attention** drawn to me. I was very sensitive about people talking about me."

Mily shares her self reflection from over 6 years ago.

Today we have the great privilege to share Mily's beautiful journey in reaching some of her **life goals**.



In December 2020 Mily completed a major life achievement by receiving her **graduation certificate** from Preparatoria (high school).

After nearly 3 years of **hard work** through online learning, Mily can proudly celebrate this incredible accomplishment.

This great achievement didn't come without its own set of **challenges**.

"I **wanted to quit** so many times. It was **overwhelming** taking care of my family, and all of my **responsibilities** at home. In the beginning the only time I had was in the evenings. At the time my husband didn't know what I was doing at night and why. He wasn't supportive in the beginning." Along with challenges of **balancing all** of life's responsibilities, in the final stretch of learning during the pandemic, her computer crashed. Mily tried to navigate working at a cyber cafe during Covid, which posed it's own challenges.

"**I wasn't sure I would finish.**" Fortunately a laptop became available for use through the Foundation, and Mily was able to get back to her regular school routine to finish her schooling.

Mily credits completing this goal to being **self motivated** "It was always a **dream** of mine. I always wanted to be a professional.

When I was young I asked my parents to help me so I could finish prepa, but they didn't support me because they didn't see the value.

I am now the **first person in my family** to finish preparatoria!"

" I feel
stronger.
I am a more
prepared
woman, ready
to face the
world"





After time, her **family** became a great **source of support** for Mily.

"My **husband would recognize** what **I needed** to get my homework done. When he would come home from work, instead of asking what was for dinner, he would go and take care of dinner so I didn't have to stop doing my homework."

"Also, my niece who is finishing prepa helped me with some of my homework. She also told me **I was an inspiration** for her to work as hard as I did, and that she **believes** she can do it because her Aunt did."

Mily believes graduating from the foundation was another great achievement. "It was the **pride** that I could complete something, and it helped motivate me to **picture life differently in the future.**"

"Being a member and graduating taught me to be **consistent**. It helped me to **improve my communication** with my children, and build a better relationship with my husband."



"We are grateful to continue to be part of the foundation. It is a way we connect as a family. My **children** will have so many **more opportunities**. They have knowledge that will bring so much value like understanding their emotions, communication skills and self esteem.

What does Mily look forward to in her future "I used to want to be a nurse. Now I want to have more balance with family life. I have **joined university** as part of a **business admin program**. This will allow me the professional career I dreamed of, and time for my family."

"**I did all of this for a better life.** I want to travel, to know different places. That was motivation for me to continue with my education." Although Mily shares she still has personal challenges, she now recognizes what those challenges are. She now is confidently able to reach out for the support she needs.

Mily is **truly an inspiration** to her family, FEP Members and the community for her **determination, commitment** and **work ethic**.

"I am proud of myself! It helps me focus on what I want, and not want."





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UPCOMING ACTIVITIES

1) After much anticipation for lockdown to be lifted in Puerto Vallarta, we were so pleased to **welcome members back** to the Centre again this week.

2) With the recent announcement from the Mexican government to not re-open schools until August, our **remote learning support program** will continue to provide **access and homework support** our children and mothers navigating online education.

3) With **revisions** integrated into our **Personal Development Program** to ensure safe COVID protocols, we are happy to restart **our core program** to support members with group **therapeutic** programming.



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