



SUMMER 2023

FEP NEWSLETTER

Latest News From Our FEP Family



FUNDACION PARA
EL EMPODERAMIENTO
PERSONAL

Gilberto's Journey at FEP

After watching his wife and children flourish in FEP programming, Gilberto made the decision to join Generation 2022 Men's Group.

Gilberto took the time to share why he feels now is the time to invest in himself.



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Meet Psychologist
Ana Lilia

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Gilberto's Journey

Over the years, Gilberto tried joining the men's group at the Foundation. For a various reasons, the connection never grew to a commitment... until now.

"This is my time. Time for me, and I want to do this for myself".

Gilberto's wife joined the foundation in 2016, with his children beginning the process the following year. He witnessed such positive changes in his family, he believed it was his turn to contribute to the positive growth in his family. Gilberto's had a strong desire to be more helpful with his daughters as they entered adolescence. This desire helped to solidify his commitment in joining the newest generation of men, Generation 2022.

"My process with the Foundation has been excellent. I have learned so much. I am losing the fear to talk to people and slowly gaining confidence all the time. I share my life with other people, and share with the psychologist".

Gilberto considers his greatest accomplishment, so far, to be singing in front of the entire FEP members, staff and board of directors at the annual year end celebration.

"I have to show my daughters that I can face my fears & challenge myself, and do things I have never done before."



Gilberto believes he has already gained confidence early on in this process, and has different tools to communicate better with his wife and children.

"My family is very happy with the changes so far. I look forward to Thursdays and coming to the sessions."

What is Gilberto's goal in continuing to participate at the Foundation?

"I want to be free, to be completely myself, without fears. The courage to do things I have never done before. Just to be free"





Meet Psychologist Ana Lilia

Our most recent addition to the personal development staff, psychologist Ana Lilia, reflects on her first year working at FEP, and her life leading up to where she is today.

When we first met Ana Lilia, one of the things that stood out immediately was her **resilience**. In her calm confidence, she **shared her life journey**, and it was evident she has the strength and fortitude we witness in the members at the Foundation.



Having her first child at 16, and a second at 17 with a spouse struggling with addiction challenges Ana Lilia still managed to **persevere** in her **desire for education**. She completed High School, followed by graduating University while working for the government program that funded her tuition.

"My **Mom was my inspiration** and greatest support to complete my schooling while raising my two young children and working". Ana Lilia shares.



In Spring 2022, Ana Lilia interviewed for the open psychologist position at FEP. Through the interview process, she gained the confidence that she could **contribute**, and grew to be more interesting in the **work being done at FEP**.

"I enjoy working with the members, and the groups **challenge me to be better**. I am learning how to be a better facilitator and therapist as I grow with them. I truly feel I am able to **help people** through this journey."

Ana Lilia shares with her children what happens at the Foundation, and uses the learnings to help engage and teach them. She believes the **power of FEP** is the tools the Foundation provides so **members can face their life challenges**, and empower them through the **values** that guide the work being done.

"Members have a strong desire to change their lives. They are given the attention, time, follow up and are **cared for**. This helps their **motivation to invest** in the process."

"I love how at FEP everyone **serves with humility**, no matter what role or social status one is perceived to have." Ana Lilia hopes FEP is able to expand the number of people we serve because "It is so needed. More people **need to know the purpose of the Foundation**."

"At every point in my life there have been people around that have help support me to accomplish my goals. I am **grateful**. I have **faith** that things will happen as they should during my time here."





SUMMER 2023

UPCOMING ACTIVITIES

1) Summer Camp

July 24th kicks off our 10th Annual Summer Camp. A time of year looked forward to by both the kids and staff alike!

2) New Generation

Fall 2023 we have the goal of adding our 6th generation of families to FEP.

3) Personal & Professional Workshops

We continue to assess our members needs in order to expand our personal and professional workshops to compliment our core programming.

Some workshops topics include Financial Literacy, Positive Parenting and Grief.

4) Regular Programming

After a decade of operation, consistent evaluation and reflection, we continue to stay focused on our core therapeutic program to provide opportunities for our members personal empowerment journey.



TO LEARN MORE ABOUT FEP AND HOW YOU CAN GET ENGAGED



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