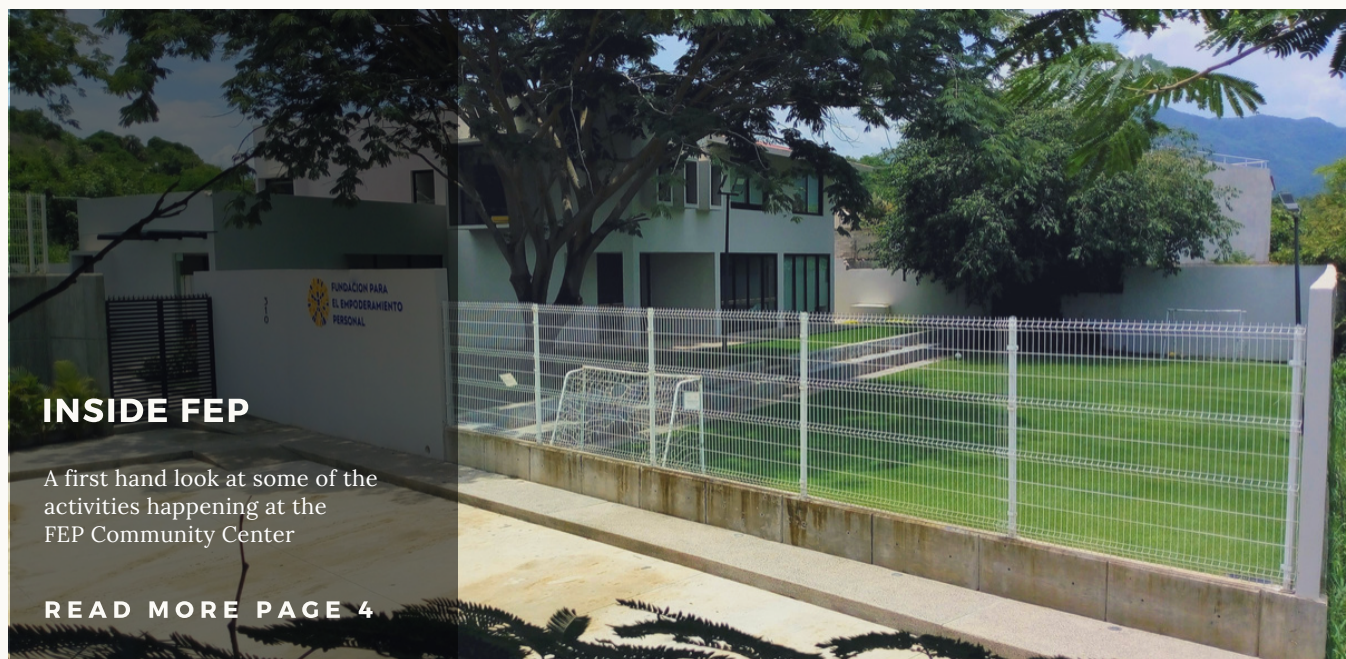




# FUNDACION PARA EL EMPODERAMIENTO PERSONAL

LATEST NEWS FROM OUR FEP FAMILY



## INSIDE FEP

A first hand look at some of the activities happening at the FEP Community Center

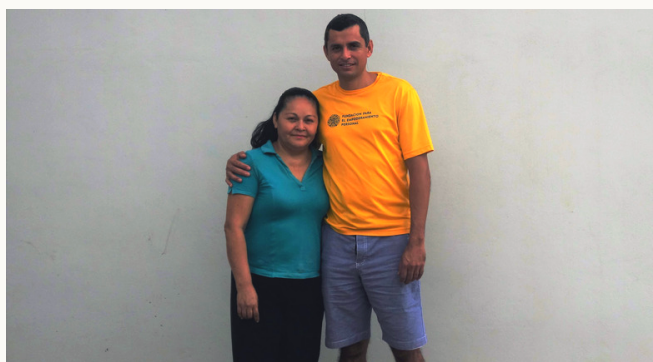
[READ MORE PAGE 4](#)



## MEET MOISES

Moises was one of the first men to join FEP in 2015. This young husband and father opens up to share his incredible life journey.

[READ MORE ON PAGE 2](#)



## ROSALINA'S RESILIENCE

Rosalina joined FEP as part of Generation 2016. Rosalina's life story is a powerful example of strength and resilience.

[READ MORE ON PAGE 3](#)



# MEET MOISES

FEP MEMBER 2015

Moises has lived a life far beyond his 27 years. Nearly dying twice, prior to the last surgery he had, the doctor let Moses' family know there was only a 25% chance of his survival. **"I felt I have always had a debt with God for keeping me alive"**

Moises childhood was full of violence; physical at the hands of his father, emotional and verbal by his mother and grandparents. *"I knew when I was young I needed to be respectful to my Dad, not out of respect but out of fear for what would happen if i didn't"* Sports became an outlet for Moises, liberating him from the feelings he felt at home.

**"I was very insecure** at school. I would wait until everyone was done eating before i started so they wouldn't watch me. I turned into a very nervous person" His nerves worsened to the point he began to put alcohol into coke cans to drink at school in order to complete school presentations.

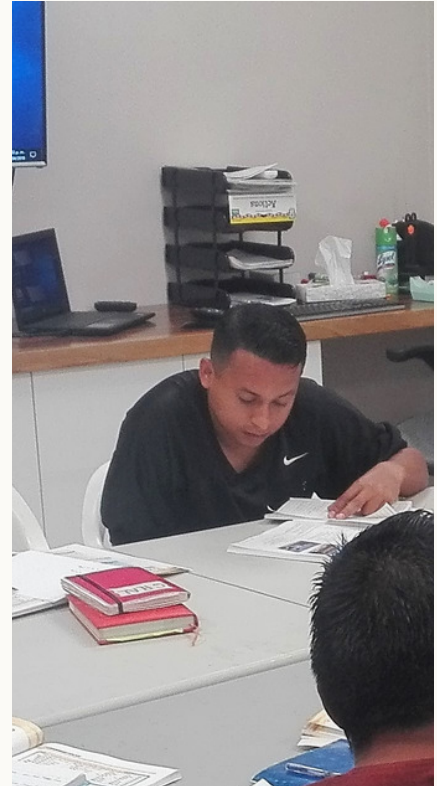
“

**I GREW UP WITH THE  
SOUNDS OF MY MOTHER  
SCREAMING**

”

After high school Moises moved from the small town he grew up in to the Puerto Vallarta area with his mother. Shortly after arriving, he witnessed his mother nearly be killed in a car accident.

*"Moving to a big city was scary. it was difficult for me to adapt. I suffered from depression. **I became secluded** and would hide from people.*



*"When I first learned about the Foundation, I was lost. At the beginning I was focused on coming to support my mother. I remember you (Hugo) telling me if I was here it was for me, not my mother"*

Prior to there being enough men registered for a Men's group, Hugo and Moises worked individually.. This was very good for Moises as it help him grow in a comfortable setting.

**"I learned to learn about myself.** Now I feel relaxed, and have self trust. I am more aware of the happy moments in my life. The interior piece of me is calm. I still have ups and downs, but am more calm."



*"Now I can see the happiness in and for everyone around me. **My Brother in-law and nephew told me they were proud and I was their role model.** That made me very happy and made me want to keep working on my personal growth.*

Moises hopes in the future to connect more with his family, especially his father. He wants to continue to work on his relationship with his wife. *"I want to grow as a couple. She has dreams, I have dreams, and I want to keep growing together"*  
*"I want to be more generous to those around me, and serve those around me.*

The most significant changes Moises feels he has seen in his life since joining FEP is that **"I am more clear about who I am and my emotions.** If I could choose one thing it would be I learned how to control my emotions. I am more positive, I don't focus on the negatives. I am more tolerant. I am more self sure"

“

**IN EVERY TOUGH  
SITUATION IN MY  
LIFE I KNOW GOD  
LEAVES A DOOR  
OPEN FOR ANOTHER  
SOLUTION.**

”





# ROSALINA'S RESILIENCE

FEP MEMBER - GENERATION 2016

When Rosalina first came to FEP, she was looking for support concerning her current marriage.

"I spent years looking for help for my children to develop and grow, **I knew I needed to take this opportunity** to work on my personal development."

“

I HAVE A LOT TO  
LEARN, BUT I WANT  
TO HELP OTHERS  
WITH MY STORY

”

"My Childhood Was Sad. I suffered abuse my whole life, and felt guilty about the abuse I experienced. When I came to the Foundation, and in group therapy, I heard others have the courage to share their stories of sexual abuse. It made feel okay to face my life. I realized **it was a place where we are not judged**, and it is okay to share. To hear others share their story of abuse, I took the opportunity to have individual therapy to deal with the emotions from the abuse I experienced"



Rosalina's first husband was an abusive alcoholic. In her early twenties with an elementary school education and 4 children, she had the courage to leave him.

**"My first husband told me I would die if I left him because I wouldn't be able to feed myself"**

Rosalina fought for custody of her children, raised them as a single mother while finishing elementary, middle school, high school and technical training school in 7 years.

“

I HAD TO FIGHT,  
FIGHT TO KEEP MY  
CHILDREN, AND  
FIGHT TO BE ABLE  
TO FEED THEM'

”

"Before coming to the foundation I was sad, and felt that there was something missing. I am a more happy and confident person now.

**I learned how to LIVE and learned how to FORGIVE.** I am thankful for my ex husband. If he didn't do what he did, I would not have found the courage to make the decisions I made for my life"

Rosalina shares since coming to the foundation her communication has improved. 'I take the time to listen. I stopped always being in a hurry. I learned to share more. **I learned to really listen, not just pretend to listen'**

Rosalina's future "I want all my (adult) daughters to join the foundation". In her near future Rosalina wants to become self employed. After that "I want to study to become a psychologist to **help others and give back"**





# INSIDE FEP

## RECENT FEP PROGRAM ACTIVITIES

**1 FEP's Amazing Staff :**  
Together facilitating all services at the FEP Community Center.  
Hugo - Director Of Programs  
Carmen - English  
Janeth - Administrator  
Ofelia - Psychologist  
Ana - Psychologist



**2 In The Community:**  
The FEP Childrens group share a message of joy with a treat they made around Las Canadas



**3 Serving Others:**  
FEP Member Hannia volunteering to help other members finish online high school



**4 Empathy:**  
In a women's group session on empathy, the women physically took a walk in someone else's shoes

**TO LEARN MORE ABOUT FEP AND HOW YOU CAN GET ENGAGED**



**FUNDACION PARA  
EL EMPODERAMIENTO  
PERSONAL**

**WWW.FEPFOUNDATION.COM**

