



FUNDACION PARA EL EMPODERAMIENTO PERSONAL

Summer 2014 Newsletter

What a summer it has been! I hope you have been given the gift of a wonderful summer holiday wherever this message finds you.

The Foundation has had a very productive and profound couple months. Over the last 2 months we met with some of our most active women to give them the opportunity to share about their personal journey. I would like to take the opportunity to share some of these testimonies in their words.

The questions the women were asked were;

- What originally drew you to come to the Foundation?
- Why do you continue to participate, and what has the Foundation brought into your life?

"I joined the Foundation because others I knew had come and suggested I come to see for myself. After coming I saw that this was an opportunity for us to walk on our own and change our lives. It has opened our minds to see what we can have. Through this process it has also brought my sister and I closer as well"

Carmen - Mother of 1, 40

"I came to the Foundation looking to become integrated in the community. I felt outside the community, and wanted a group activity to be part of the community. I continued in the process because it felt good to come, it is exactly what I needed. During this process I have found myself, I am learning who I am and I am able to share that with my family. My level of communication has grown because I am now able to share what I think and how I feel. The more time I am spending on myself the less I worry about what others think of me, but more about what I think of myself. I have learned tools that I can use to organize my time, my life and give to myself. I have realized that I can't help others until I care for myself, and that is not selfish to take time for yourself, but it's being honest with yourself. I have learned that the answers come from inside us, and not from others."

Hilda - Wife, Mother of 2, 27

"I joined the foundation out of curiosity, and the chance that I could take a class I would like. I continue to come because it makes me feel good. I like to serve others and the Foundation gives me the chance to do this. The more I come the better my depression is managed because I feel like I have a purpose, and have learnt tools to understand how I feel. By coming to the Foundation I have also learnt to tolerate the negative way my mother communicates with me, not to accept it, but to understand I don't deserve it."

Mary, Custody of Nephew, 40

"I originally came to the Foundation because word of mouth in the community was there was an organization coming to help the community. I was looking for support to help make me stronger. I am learning to leave what happened in the past there, and I am learning to work on myself to grow and move forward. I have become aware of where I am in life, and I see the importance of continuing in my personal growth and serving others in the process." Brenda, Mother of 3, 34

"I came to the Foundation for activities for my children. The Foundation has giving me the opportunity to communicate with women in the community, and build relationships with them that I didn't have before"

Miriam- Wife, Mother of 2, 36

"I originally came to the foundation to find out what was going on. The most significant thing I for me is I am learning how to read and write. It is helping open up the way I think"

Silvia – Wife, Mother of 3, 33

"I originally came to see if there were classes for my children. I continued to come because the word personal empowerment intrigued me, so I wanted to learn more about what this meant. What I have learned is before starting this process is that I was sleeping through my life. This process made me realize I want more for my life. The most significant thing I have learnt is the limits we have in our life are placed by us, not from outside ourselves."

Karina - Wife, Mother of 2, 34

"I came to the Foundation looking for classes for my kids. Through this process I have been able to communicate more openly with my husband. The Foundation gives us the opportunity to share experiences with other friends that participate. The information we receive stimulates new thoughts and I want more information to challenge the way I think"

Emilia – Wife, Mother of 2, 28

"I joined the Foundation out of curiosity for the process. The most important thing I have learned is I need to put myself as a priority. I didn't realize I was insecure until I started to go through this. I believe it is very good because I am becoming more aware. I want to keep journeying to get an understanding of what I want out of my life for me"

Norma – Wife, Mother of 2, 30

"I joined the Foundation looking for help to gain more self-confidence and overcome shyness that I feel holds me back in life. I feel like the information we receive, and the conversations we have are directly related to my life. It has help me change some of the ways I think and some of the ways I act."

Mayra – Wife, Mother of 2, 30

"I came to the foundation looking for English classes for my children. Once I realized the process was about the women and not the children, I realized maybe this is the best way to help the children. The information from the Foundation has helped me with my anger issues, and I have begun to try calming down and thinking before I react. I want to learn anything and everything I can here."

Vasty – Wife, Mother of 3, 27

"I initially came to the Foundation to look for info or workshops for my adult children. I continue to come to the Foundation because I enjoy to help others, and share with them what I have learned in life. I believe I can be an example of how to provide for your family while being there for your children. I have been able to put into practicum the info I have received. Although it is not new information, it is important to be reinforced which has made it easier for me to implement."

Irma – Wife, Grandmother, 46

"I joined to Foundation to learn something. I realized in this process I am facing my fears, and what I am gaining is self-confidence. I had always focused on others thoughts and expectations, now I create my own expectations and goals for my life. I have learned the importance of being organized in order to achieve what I want. Before I started with the Foundation I was stressed about a lot of things, for example my relationship with my kids. Now I am more relaxed and I have better communication with my children. The Foundation came to the community at a tough time in my life. It came at the perfect time, it fits and is exactly what I needed."

Susy – Wife, Mother of 2, 33

"I originally came to find out about activities for my children. Through this process I have been able to build my self-confidence. I have also developed communication skills to communicate better with my children, without being so aggressive."

Ana Rosa – Wife, Mother of 4, 29

"I came to the Foundation to find myself as a person, not just a role in life. I have made friends and become more self-confident. I have realized it is important to open up. The Foundation has opened my mind to believe that different options are possible for my life. I want to keep coming and learning, and believe the Foundation is doing really good things for us"

Cati – Wife, Mother of 3, 41

"I joined the Foundation for the opportunity to have a relationship with others in a different environment. The information that is shared with us I feel directly relates to my life. I feel like it is possible for me to finish school, and that I can do something professional with my life. Instead of waiting for something to happen, I now want to take action in my life. I don't want to keep sitting and wondering what could happen. I look forward to more workshops to become more self-confident"

Araceli – Wife, Mother of 4, 21

"I joined the Foundation for more opportunities for my family. I am learning skills to better communicate with my children. This process has made me realized I make excuses why I can't do something, instead of why I can. Most significant for me is the opportunity to have time for myself, and the space to escape the daily stresses of life."

Julia – Wife, Mother of 4, 28

"I came to the Foundation so I could join some activities where I can interact with other people in the community. It could be an opportunity for socialize, and well as be introduced to foreigners. Coming to the Foundation has helped with my communication with my family. I am more confident, and have been able to apply for jobs which I never had the confidence to do before."

Mayra – Wife, Mother of 1, 21

"I originally came to the Foundation for support for my children and myself, learn computers, assist in my children's education and learn communication skills. It has been important to have a space to speak openly. I want to continue to gain confidence to say what it is I want to express. I have been given the opportunity to study primary school, and I am learning how to read and write. I was in a bad situation with my husband before I started to come to the Foundation. The information and the exercises provided by the Foundation I did with my husband, and it has provided us the opportunity to learn how to communicate better with each other."

Maribel – Wife, Mother of 3, 29

"Originally I came to the Foundation to see if there were activities for the children. Once I did the initial interview, I thought this might be something good for the whole family. During the process I got excited about learning how to think in a different way. I realized that I was living scared of everything because I accepted the life I am living. I now understand

myself and my children don't deserve to live that way. I believe no matter how old you are, you can accomplish something for yourself. I believe the Foundation will help us become more independent, and help us grow in our lives."

Otilia – Wife, Mother of 3, 35

"I joined the Foundation to learn something for myself. Growing up I was pulled out of school, and taught how to take care of a household and family. Through this process I have gained hope that I can work on myself to have a better life. I have gained confidence which has helped me communicate. The information we have received along with my current faith has helped me to connect deeper in my life and in my spirituality. The Foundation has been a blessing in my life."

Sahari – Wife, Mother of 4, 36

What an incredible journey these women have openly shared with us. In meeting with the women we have been given the opportunity to understand how deep the growth has been for many of them, as well as a clear path of what is next. In spending time with the women, we have learnt of trauma many have experienced through their lives. This led us to find a brilliant psychologist that shares the Foundations philosophy and has the experience to serve these women. She will begin individual therapy in the next few weeks with the women who have experience trauma that is holding them back from continuing in their personal development. We will also be working to find an appropriate professional to perform workshops for all the women in the Foundation. These workshops will focus in on self-esteem, communication skills, parenting tools, abuse and coping skills.

We could go on and on about these women, and how incredible they are. They have genuinely embraced what the Foundation represents – The Foundation for Personal Empowerment. Thank you all for being a part of this profound journey.

Next month I will share with you the experience we had from the summer camp with the children, as well where the vision of what is next.



God Bless to all of you, look forward to the next time we get to share again.