



SUMMER 2021

FEP NEWSLETTER

Latest News From Our FEP Family



FUNDACION PARA
EL EMPODERAMIENTO
PERSONAL

Summer with FEP Youth

Sharing the joys and the challenges our children and youth have experienced learning from home, and coming together for the annual FEP Summer Camp

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FEP Youth Covid Reflections

WENDY VALDEZ SHARES YOUTHS REFLECTIONS - ADMINISTRATOR

It never ceases to amaze us how **strong our children** are. Day by day they teach us how they face difficult times and how to recover quickly from them. Although distance learning and social isolation has caused them more difficulties, it hasn't diminished their mood and joy that they always **readily share** with us.

However, the pandemic has also challenged them in many ways, like everyone. At first what affected them most was being away from their family; not being able to visit with their cousins, uncles, aunts and grandparents. The fact of being **estranged from their friends** and teachers also made them feel worse. As the days passed they saw that the situation was not going to improve, and with sadness they understood that it would not happen soon. For many it was difficult to take a **different role at home**. Now for many they had to take care of their younger siblings while mom and dad went out to look for work or food.

"At first it was fun to stay home for many days without having to go to school. But after the first few weeks, all of that turned into **fear, boredom** and with the added **frustration** at not having the means to do homework," says one 11-year-old member.

More than a year into isolation, teenage children have adapted to doing everything from home, but they remain hopeful that they will soon return to life as it was before the pandemic. Some express some sadness about returning to school because they know that not all of their classmates will be returning because they were not able to stay active students in the remote learning system.

They mention that they have **learned to value every moment** they spend with their family. They discovered that even in adversity **wonderful things happen**, such as being able to live and play with their parents since before the pandemic that didn't happen often. They feel that they are more patient now. They just hold on to that every day that passes it is closer to when they can be back with their friends. They also express the **importance of being healthy**. They must care for their body and mind to be able to fight against any disease or situation that puts them at risk. They also recognize that there is still hope, because there are still good people in the world willing to help.

"It is not up to us to choose what difficult time we will have to live. Our only possible option is to **decide what to do** with the time we have."

We know that nothing will be like before, it will really be better, because now **we are stronger**. When we see each other again, we will talk for hours about all the amazing things we have learned, about every difficult situation we face. We will lose the fear of saying what we feel and we will no longer take anything for granted, in our here and now we will **thank the creator** for the beauty of each moment.

"We know that nothing will be like before, it will really be better, because now we are stronger"





FEP Annual Summer Camp 2021

HUGO OREGON- DIRECTOR OF OPERATIONS

With great **pride** we can say that this has been one of the best summer camps at FEP. The reasons are many, one being our team has remained **creative** while understanding of everything that is involved with **working in a pandemic**.

When the children were first invited to participate in the summer course, many mothers mentioned the little desire of their children to attend. This was a **reflection of the emotional impact** that isolation has had on them. They have immersed themselves in the routine of being at home. There were also those who received the invitation with great joy, because the **summer camp** represents an **escape** to get out of their **responsibilities** at home and be able to **play** with other children.



As soon as we learned that the government committed to finding a way to get children back to school starting in September, the staff **focused** on finding the **best way to help children** and teens return to school. Undoubtedly, what has impacted them the most during the pandemic has been the lack of interaction with their peers and friends. After talking with mothers and children we decided the theme of this years **camp** was going to be **“Developing My Social Skills”**.

From the beginning, the children and adolescents understood the purpose of the activities and approached it with the **best attitude**. Each activity was a challenge to improve their skills to live harmoniously with other children and adolescents.

Mothers also participated in separate **activities** that helped them **prepare** their **children emotionally** for back-to-school.

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Developing My Social Skills

FEP Summer Camp 2021





Our day started at 9am at the foundation, the protocol routine (antibacterial gel, check temperature, face mask) and continued with our **10-minute yoga and gratitude routine**. Afterwards different activities such as crafts, games and skill challenges were held in small groups that tested the children and adolescents to put into practice their **skills to communicate** and interact with others respectfully.

The favourite activity is our annual "Rally" through the community. Teams must **overcome challenges** that push them to put their **social skills** into practice throughout the **community** in an amazing race type set up.



We had the highest attendance record, with excellent punctuality of the children, **enthusiasm** in each activity, which demonstrated the great **need** that existed for **face-to-face activities**.

"At **home**, sometimes I'm upset, sometimes I'm sad, sometimes I don't feel like studying, sometimes I scream or fight with my brother. **I no longer feel like I'm me** or I think this is a dream, everything seems meaningless" shared youth member, Santos. "But later, when the Foundation opened again for the **summer courses** I was **excited** because I knew I would play with my friends again and we would do a lot of **fun activities**. One of the parts that I liked the most was when they gave us the medals, because they seemed like gold. I know they were not, but it made me feel as if we were all in an Olympics and we had won the first place. I was excited because it was the first time I won one. Being at the Foundation makes me feel good"

We all took something different from this experience, but I think the **best thing** about it is the **awareness** of what is **really important**. We **learned to appreciate every moment** with the people around us and to be **grateful** for what we have.

Hugo Oregon Torres

" Being at the Foundation makes me feel good."





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UPCOMING ACTIVITES

- 1) After **18 months** of being **out of school**, children in Puerto Vallarta are **returning** to the classroom half time this Fall. We will **continue to support** them with access to **computers** and **remote learning support** during this transition.
- 2) After a long, patient wait we are so excited to **welcome** the **children** of Generation 2019 Women to begin their **personal development group** program.
- 3) Our **goal** as we transition to living with the reality of Covid is, at the right time, we will be able to welcome a **new generation** of members to the FEP Family for the **new year**.



TO LEARN MORE ABOUT FEP AND HOW YOU CAN GET ENGAGED



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