



Spring 2016 Newsletter

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Easter Season Brings New Life

by Corinne Korchinski-Fisher

As the Easter Season and Spring bring new life, we are filled once again with the energy it brings to reflect on where we are, and open ourselves to the new ventures that lay ahead of us.

Before Easter this year my husband and I had the great gift of welcoming our first child into this world. This experience reminded me how truly blessed we are to be born into the circumstances we have been. This has inspired my passion for FEP even more. We have the opportunity to be a witness to the perseverance, strength and faith of the participants of the Foundation. We also get to be a small source of support as they create change in their lives in spite of of the circumstance they have been born into.

This reflection was met with joy as I received the contributions from our

Spring Newsletter. I am pleased to introduce and share with you contributions from a few of our newest women. These women joined the Foundation in the fall of 2015 as part of our Generation 2015 group. These women have completed the initial self awareness process, and the introduction of creating a "Life Plan". They continue with weekly group therapeutic work, as well the opportunity for individual, couple and family therapy.

Please enjoy some of the life stories and reflections from these strong and beautiful women that we are honored to have chosen to become part of the FEP Family.



Generation 2015

Contributions from our second generation of Women's Group Page #2



Program Updates

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Generation 2015 Women

by FEP Members

Elena

I am a mother of 2 daughters, I am a person with common virtues and defects. I like to fight for me and my family. I always look out for the welfare of others and when someone needs help I'm willing to offer it. I consider myself a transparent person who enjoys new challenges. What brought me to FEP was the motivation to be a better mother, wife and a better human being. At this early stage I found good friends, exceptional human beings and most importantly I have found myself. I hope to achieve in the future to find emotional stability that allows me to be better and have a better quality of life.

Lucina

I am a woman able to overcome any obstacle that arises in my life, but sometimes I feel I collapsed and I have no strength. I am a woman able to face the adversities of life, I am strong and brave. I came to FEP seeking support, solutions and guidance to cope with everyday life with my children, and also came seeking advice to learn how to lead my family. I was invited by a person who is a witness to the changes she has made in her life since she became part of the Foundation. I hope to achieve in the future changes in my life that allow me to be happy. I am very motivated by the changes I've started in my life.

Maria

I am a person with many dreams, I am very hardworking and eager to keep fighting. With the help of God I am happy next to my son Moises. I try to live my life as if it were the last day of my life. I am very grateful to God for the people He has placed in my path because they make me feel I'm worthy.

I came to the Foundation looking for a better way of life. I brought many things that did not allow me to develop and be at peace with myself. I had a lot of hatred in my soul because I did not forgive those who have hurt me and I dragged a lot of resentment for years. Today I thank God that I'm living happier. With FEP I found interest in loving me, I see my most positive experiences and I value every step I take in my life. I hope to achieve purity in my soul from every negative feeling, that I achieve all my goals and lose all my fears.

Alejandra

I am a wife and mother of 2 beautiful children. I decided to come to the Foundation because my sister invited me and I needed help to solve problems with my husband.

In this first stage of my personal development I have managed to be more attentive and have obtained peace in myself. I hope in the future to be an independent woman and more sure of myself.

Elsa

I was born in Guadalajara Jalisco, I am 44 years old and I'm the number 9 of 11 siblings. I married at 17 with my current husband have 4 children for whom we have always fought together, I work in all kinds of ways just to get my kids ahead. I consider myself a sick person, with very poor health, however, I fight and I do not give up. What brought me to FEP was an impulse of desperation, I felt my life was out of control. My children have been separated from their partners for years, and others with their partners living in an atmosphere of chaos in my own home.

What has motivated me to continue in FEP is that Tere, Hugo and all my companions have helped me see how important I am, I'm worthy and I should enjoy my life. I am very happy because in this short time I have learned many things about me and I hope to continue learning and help those around me to be better with my example. I am grateful to God for the teachings that He puts daily in my way.



Blanca

I am a charismatic, attentive and concerned woman. What brought me to FEP is I want to be a better person, a better mother and express my love to those around me.

In this short time I've been participating in the Foundation I have managed to give meaning and value to have a positive self – esteem and to show love in a better way to those around me. I hope to be a person who is not afraid to express what they feel and think, to express my children and my partner love I feel for them, and communicate in an appropriate manner.

Esmeralda

I was born in Compostela Nayarit. I am 18 years old, I live with my husband for 5 years, and I have a 3 year old. I decided to go out of my home very young with my current partner because my mother was very aggressive with me, I did not want to endure the beatings and mistreatment. We currently live in my in-laws where we share the house with 3 other brothers, their partners and children, I enjoy living with them. I decided to come to FEP because my mother-in law and I were invited, and knowing it made me interested. The talks in which I participate I like and motivate me to continue learning more about me. I very much hope that what I learn here I will take with me to have a better self - esteem, a better relationship with my husband and have a job.

Carmen

I was born in a small town of only 19 homes in the state of Nayarit, and I'm the number 9 of 11 siblings. Over the years I have had to struggle to achieve what I have proposed. I did community work educating older people in distant communities and got a scholarship to study the career I have now as a teacher which I really enjoy. I am a mother of 2 children ages 10 and 12 years old who have the same as his father but do not know him because I saw the need to separate when they were very young. Currently I have a partner with whom I have an unstable relationship, who I hope someday will have the courage to join the Foundation. I decided to come to the Foundation because I want to be a better person, to learn to love and respect myself while helping others achieve the same.

Berenice

I am 23 years old, I was born in Guadalajara Jalisco. At the age of 20 years I decided to form my own family. I have a 3 year old, in the moment my partner and I are separated. I wanted to come to the Foundation because I wanted my son with other children as it is very isolated alone, however, after my first talk I realized that who really help needed was me. Hugo and his colleagues have supported me to cope with my emotional life, and I have learned to control my temper and communicate better with my partner. I hope to achieve learn to have new goals in my life and obtain a functional family with both my partner and my brothers.





**FUNDACION PARA
EL EMPODERAMIENTO
PERSONAL**

Contact Information



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Where is Las Cañadas?

Las Cañadas is located roughly 20 Minutes North-East from Puerto Vallarta and 20 Minutes South-East from Nuevo Vallarta. It is a small community comprised of approx. 200 homes.

FEP Canadian Office

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For More Information

www.fepfoundation.com

Program Update

FEP is currently providing the following programs for the members of the Foundation:

- Women's Group Personal Development & Therapeutic Program
- Men's Individual and Group Personal Development Program
- Adolescence Personal Development Group
- Children Personal Development Group
- Individual, Couple's and Family therapy
- English Training
- Children's Learning Assistance Program

Upcoming Events

Summer 2016 will be a busy time for FEP. We will invite the children of the Generation 2015 women to become part of the children's program. This will kick off at our annual summer camp in July 2016. This will bring our children total over children involved in the camp this year. As well, summer of 2016 we will once again open the doors of the Foundation to welcome a new generation of adult members launching our third group, Gen16. Once again we have a waiting list of individuals waiting to begin their journey towards personal renewal.

Participation

Fundacion Para El Empoderamiento Personal has been blessed with people who joined together to serve the needs of others. There are many ways to become involved in the Foundation. To learn more about the opportunities to serve the members of FEP through volunteering, gifts in kind and donations please contact the Foundation.

Fundacion Para El Empoderamiento Personal is currently a registered charity in both Canada and Mexico, giving us the ability to provide tax receipts for monetary and gift in kind donations. We currently have our application in to become a registered charity in the US, and patiently wait for our approval. To learn more about how your monetary donations will serve the people of Mexico we look forward to sharing how funds are utilized please contact Executive Director.

Thank you to each of you for your interest and support of
FEP Foundation.



"I used to think prayer changes things, but now I know prayer changes us, and we change things"

~ Mother Teresa