



FUNDACION PARA EL EMPODERAMIENTO PERSONAL

LATEST NEWS FROM OUR FEP FAMILY

BACK TOGETHER

Although things look different, the FEP family is reunited to serve, heal and grow amidst the pandemic.

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GROWTH DURING COVID

Out of the chaos and uncertainty Covid has brought upon the world, we have been presented beautiful stories of growth coming out of those challenges.

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SUMMER CAMP AT HOME

As everything has these days, our annual kids summer camp had a bit of a different spin. We are happy to share the impact this years camp still made with our members.

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GROWTH DURING COVID

Generation 19 member **Elizabeth** shares her families COVID journey.

I've always had a **difficult relationship** with my husband. With the little amount of time we spent together before Covid, there was *always fighting*. This was difficult for my 2 children, especially my 12 year old son who struggled with the *lack of a father figure*. Covid has been so beneficial for us as a couple and for our family. It caused my husband to be obligated to be home, and for us to be obligated to be with him. Being stuck in the home together **forced us to learn how to communicate** in a different way, and do things together.

Before COVID, my 12 year old son was scared to tell his father anything. He would cry before he would gain the courage to ask his father anything. Now, my husband and son can **share** and **express their feelings**. They talk openly with each other.

My husband had no father figure growing up. He believed he served his only purpose in our home to be a financial provider. Through this time he has had the opportunity to **learn** how to be a father to our son. The kids and I had to **lose the fear** to communicate with my husband. I believe my husband was afraid to communicate his feelings as well. His biggest challenge was to **allow himself to change** and communicate how he felt.

My husband is not the same man as he was before. I had the opportunity in lockdown to share how my feelings. My husband's job kept him away from the family a lot. During this time, my husband came to me and had a **discussion** about changing work so he could be with our family more. The man before would order me or tell me what was going to happen, not communicate with me and have us **make the decision together**. He has since changed jobs so we can continue to spend time as a family. During Covid as a family we built a special place on our roof to play games and spend time together.

A lot of people have talked about the financial impact of Covid, that wasn't the most impactful for us. We always had food to eat. My husband has always been a good provider and continues to be. Our challenges now are different now with school at home with no internet or computer. But it is **amazing to be together as a family**.

STAFF'S COVID REFLECTION

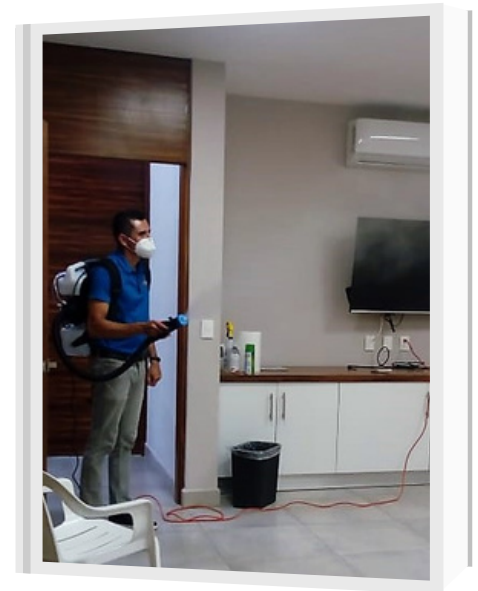
We all know **how hard isolation has been** because of the pandemic. Daily we hear countless situations... someone lost a family member, someone is sick, someone suffers discrimination because they got COVID, someone doesn't have money to pay for a doctor, another friend dies. These are just some of the stories we hear every day. It was **frustrating for the staff** and me to just be able to offer remote help to our members.

When we finally managed to get authorization from the authorities to open our FEP 'home' (as the members call it) the first thing we did was do an **analysis of the situation** of our members and their families. It was through those visits with them that I received a **great lesson**, which confirms to me that the path we have traveled for almost 7 years has been worth it. In most families, there is a **great resilience** to how devastating the situation could be.

When I heard expressions like "we had a hard time financially, but it was a necessary evil. My **family is now more united** than ever" "at last my husband after losing his job, had the **opportunity to meet and reconcile** with our children" "God gives us the opportunity to **see what is really important**." Each family shared their situation of pain, and also the **learning** behind it and how they have recovered.

I want to close this short experience by telling you... take care of your health! Take all necessary measures to protect you... but not only from COVID 19, let us **feed our hearts and spirits with good things**, let us **help** those who need it, **forgive**, and if necessary **free yourself from resentment**! May God provide you with **humility to give thanks** for the bad, and **wisdom to see the good** behind it.

Hugo Oregon - Director of Operations



SUMMER CAMP AT HOME

GENERATION 19 MEMBERS MARCELA & ZULEYMA

At FEP we feel proud we were able to celebrate our **6th Annual Summer Camp** in our COVID world. Although we were unable to meet together as we normally would, the FEP staff created a **stay at home** summer camp program to **connect parents and children** in a fun, educational, and meaningful way. This years theme was **"managing our emotions"**. Our team of psychologists put together two weeks of materials and activities for mothers to engage with their children on **understanding and managing our emotions** during a time when this was so needed.

Here are this years camp reflections from mother Marcela and daughter Zuleyma:

"Zuleyma is such an **inspiration** for me, not just watching her in this summer camp. Just through everything she does, she is an example for me. How she does things, how **independent** of a girl she is, just **how she is in life**"

"This makes me **happy and proud** to hear my Mom feels this way about me"

"Camp was a little weird because I **wasn't able to share** the summer camp experience with the other kids at FEP. To be honest it was getting a little boring being at home, so I **appreciated the activities** and having the opportunity to **learn from my Mom and Dad**. In doing the dream catcher activity I learned that my Dad had experience doing this, so we got to do it together. Summer camp **taught me to be patient** and **push myself to be better**."

"Having summer camp at home wasn't a challenge for me as a mother. I admire Zuleyma, it wasn't a lot of work, and **she is such a respectful girl**. Having the camp instead of cancelling **reconnected us to the Foundation**. The foundation means a lot to me. When I walk through the door I feel at home. I was so happy to reconnect the foundation after it was closed. I just **feel so good to be a part of FEP**. I am a new person. I have a better and healthier relationship with my daughter. I **handle my anger better** and **am thankful** for everything"

"Thank you for all that FEP does for me. Thank you for being a **safe place to learn**. I know as I grow up I will **become the best person I can** because of the support I get"





BACK TOGETHER

REUNITED AFTER COVID LOCKDOWN

1) Although it looks a bit different when we gather due to protocols of temperature, masks, and missing out on our hugs, it has been wonderful to **reconnect, grow and support** each other.

2) With public school going online, and only 6% of our children having access to computers to do their school work, FEP quickly shifted to support our members with **computer literacy**, school platform support and **homework assistance** with computer lab access.

3) Individual therapy was the first service we were able to initiate after the lockdown. A much needed **self care opportunity** for FEP members.

4) Mother's are also participating in a **computer literacy program** so they can more **effectively support** thier children's online learning journey.



TO LEARN MORE ABOUT FEP AND HOW YOU CAN GET ENGAGED



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