



## FUNDACION PARA EL EMPODERAMIENTO PERSONAL

### November 2014 Newsletter

Fundacion Para El Empoderamiento Personal, with great excitement, would like to share with you the launch of our website. We invite you to visit the site to learn more about the foundation and share with friends that may be interested in getting to know Fundacion Para El Empoderamiento Personal.

[www.fepfoundation.com](http://www.fepfoundation.com)

We have been so pleased with the programs currently offered in Cañadas. Our contracted psychologist, Teresa de Jesus Manzano Gomez, works every Monday to provide individual and group therapy. We launched an 8 week group therapy program in November that was developed by Teresa for the Foundation. She so beautifully named the 8 week program '*I love myself & I am responsible for my actions*'. This program expands upon the initial group work that the women had completed with Hugo. The group therapy with Teresa expands on the women's journeys towards self-awareness, self-acceptance and ultimately self-love. The women will understand and identify rejection and how rejection has affected their lives. Teresa will discuss



victimization with the women, and how victimization can negatively effect their personal development. The goal is for the women to no longer see themselves as victims, but instead learn how to take responsibility and control of their own lives. In order to complete this process they will learn how to forgive themselves and others. This forgiveness will allow the women to transcend the burden of viewing themselves as victims. We will be concluding the 8 week program with the introduction of spirituality. The initial hope is to gain an understanding of each woman's relationship with "God" or a "Higher Power". We want to determine if the women who have a history of faith viewing God as one of unconditional love, or a God as a vengeful force used to promote obedience.

It will be important to present a God who loves unconditionally, especially for those who have only known of a disciplinary God. Teresa, who is a very spiritual woman, will journey with the women in Cañadas to share with them that God loves them in spite of their imperfections. Once the women believe they are worth being loved unconditionally by someone, that someone being God, they will be more capable of giving unconditional and healthy love. The group therapy program has been very well-received and embraced by the women. It has allowed many to open and share more freely, positively helping to shape the perception they have of themselves. The group therapy has also brought forth some specific cases identifying where the women will require individual therapeutic care. We are so blessed that Teresa is able to provide this necessary service to the women as well.

Roughly a week ago we invited all the husbands of the women involved in therapeutic services to meet one on one with Hugo. We are pleased to see that 8 of the men have already responded and have chosen to learn more about the Foundation and the opportunities that exist for them by becoming involved. Hugo has already met with a few of them, 3 in particular that are very interested in a program where they can grow in their personal development. Kerny Korchinski has been partnering with Hugo in this process. We went in to the process with no expectations. The instant interest generated is truly a testament to what a blessing it is and has been for us to be connected with the amazing people in Cañadas.

I would like to share with you a quick heartwarming story Hugo shared with me from a recent work week. Hugo had met with one of the husbands and the following Monday, his wife came to the foundation for a group therapy session. She approached Hugo and asked: “*Hugo, what did you say to my husband?*” Hugo replied: “*I didn’t say much, I listened and got to know your wonderful husband.*” The women replied: “*I don’t know what you said to him, but he came home after his meeting with you and he hugged me.*” (she began to cry) *My husband often hugs me, but this was different. He hugged me like he has never hugged me before. It felt so deep and stronger than any hug he had ever given me.*”

Where ever the Foundation’s journey takes us all from here, we have succeeded. This for me was a testament that the Lord has put us exactly where we are meant to be as he so often does.

What is Next for the Foundation?

We will continue to work with the women through both individual and group therapeutic services. We are



currently meeting with the women to gain an understanding of when introducing professional development opportunities, such as basic computer training, will be most appropriate for them in their lives.

With God's grace, we will develop and implement a men's program for all interested participants. One step at a time, we will continue to understand how this might look and who will be involved.

In the New Year, we are hoping to initiate an interactive program where volunteers can come spend time with the children to engage in educational and recreational activities. Currently a group of children come to the Foundation every two weeks for a 'book club'. There, they have access to books so they can practice their reading for 30-45 minutes. Soon, we would like to incorporate volunteers to read simple English picture-books with the children who are interested in learning English. Then, we will have the children and volunteers complete bilingual worksheets together. We would end the educational component with a fun activity; such as physical games, or table games and crafts.

With many of you enjoying some time in Puerto Vallarta area during the upcoming months, please feel free to contact Corinne if you wish to volunteer with Fundacion Para El Empoderamiento Personal. Please contact via email at: [c.kfisher@fepfoundation.com](mailto:c.kfisher@fepfoundation.com)

All future emails with newsletter updates will come from the FEP email mentioned above. Please add this address to your contacts, so it does not hide away in the junk folder.

We would like to take the time to sincerely thank you for continuing to journey with us. We could not be more grateful for all of you who have supported, believed in and prayed for its success.

God Bless each of you and your families.

Corinne Korchinski-Fisher

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