



SPRING 2022

FEP NEWSLETTER

Latest News From Our FEP Family



FEP Adolescents At University

Celebrating of our future FEP leaders. Six of FEP Youth share how they are fulfilling their life goals by continuing their education at University.

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Diaz Ortega Family

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FEP Adolescents at University

HELEN, ISIS, ADRIANA, KRISTEN, XIMENA & VALERIA SHARE THEIR STORIES

It was said often when we started FEP in 2014, "I can't wait to see where the journey takes these kids". Fast forward 8 years, those 9, 10, 11 year old children are now thriving young adults.

We are so proud 8 of our FEP Youth are either actively in University, or are completing their registration to begin September 2022. Six of them were able to join us to share more about this accomplishment in their lives.

In group photo from left to right:

- Helen: Business Admin
- Isis: Culinary Arts
- Adriana: Medicine
- Kristen: Business Admin
- Ximena: Psychology
- Valeria: International Commerce

Our FEP Children, now our FEP University Students

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FEP Adolescents at University

HELEN, ISIS, ADRIANA, KRISTEN, XIMENA & VALERIA SHARE THEIR STORIES

Why University?

"I wanted a career where I can help people because that is what I like to do."

"Since I was little I grew up thinking I had to go to university, but after time it became my goal"

"I joined University because I wanted to be more prepared for life, and wanted to specialize in something that I like"

Who & What Encourages You?

"My family has been my biggest encouragement, and of course the Foundation."

"I want to feel good and proud of myself"

"My parents support me a lot, and I am working hard to reach my goals. My work is very flexible with my schedule to support my school needs"

"My Parents have helped me so much in this process"

Lessons learned at FEP that helped reach this milestone?

"Being Responsible, being on time and learning to open up through therapy"

"I have a more open perspective. I learned to plan and have goals"

"I have learned to control my emotions."

"The importance of a life plan was the key thing I learned, not just to dream, but to make a plan. Extra activities at FEP after school helped me to be responsible and create good habits."

How can FEP support you to reach your education goals?

"Learning English."

"It is so liberating to have the psychologists here to listen to things I can't share with my parents. It continues to help me with my emotions"

"Thankful to have access to the internet, and have the staff to help me understand parts of the process."

Goals after University?

"A good position in a good company is the end goal"

"I want to specialize in Clinical Therapy to help people."

"I would like to continue studying in another country."

"I want to focus on my studies and career, and see what the future brings"

Education Level of Parents

- 1 Set of Parents Completed a Technical Education
- 1 Set of Parents Completed High School
- 3 Sets of Parents Completed Middle School
- 1 Set of Parents Completed Elementary School

"I will be the first person in my family to go to University."





Diaz Ortega Family

NANCY, RICARDO, TADEO & ALFREDO

Nancy and Ricardo have been married for 17 years, 9 of those years living in the community of Las Cañadas. Both share openly their **marriage has gone through very difficult times**.

Undoubtable the most challenging time in their life together was when Ricardo was unjustly imprisoned for being involved in an vehicle accident while working in which a person died.

"The most honest conversation I've ever had with God was locked up, alone in that prison cell" shared Ricardo.

Nancy **joined the foundation in Generation 2019** through an invitation from her sister-in-law Mily, a GEN14 graduate.

Ricardo joined the men's group in 2019, invited by Nancy, who enthusiastically shared that he should know about the program that the foundation offers to the families of the community.

"I was a little **fearful and skeptical** when I attended without a clear idea of why I should participate in the program." says Ricardo. "When I went to the introductory sessions I still couldn't find a strong enough reason to participate in the program. To be honest, the main motivation at the beginning was my wife's enthusiasm for me to be part of the foundation. It wasn't until the **first block** that I **found my purpose of staying** in the personal growth program. I found out this wasn't about my wife or my kids, but about myself."

Nancy shares her motivation for continuing to participate at FEP. "During the process I have **learned skills** that I did not know I could develop, the **most important to communicate better** with the people around me. I can socialize and interact with other people without frustration because they think and act differently from me. I have learned to have a **better relationship with my family**, and to organize my time better at home"

For Ricardo "My group at the foundation gives me the opportunity to **de-stress by sharing my burdens** with them, and also getting different points of view on the same topic. The environment that exists at the Foundation holds the **hope** that we can create a **better world for our children**."

Sons Thaddeus and Alfredo share "I like the foundation because I can learn, play and **be myself**. I like the English classes and the games we do in the sessions with the psychologist. I have learned about **respect and my emotions**. It gives us the opportunity to live and share with other children, and at the same time **learn in a fun way**."

The family **hopes to graduate** from the process, remain connected with the foundation, and that their children have the **opportunity** to continue learning in a healthy environment while challenging them to **improve in all aspects** of their lives in a gentle way. They want to continue contributing to their community within their possibilities and abilities to create a better environment.



For Ricardo he **hopes to be more tolerant** with his children and have a more loving and honest relationship with them.

Ricardo and Nancy are a couple who contribute a lot in their respective groups. They are a very responsible family with a high level of commitment, always striving to improve. They are **persistent in their individual and family growth**, and are an example of discipline for other members. They strive to apply what they learn in their own lives, and in their collective family lives.

Ricardo and Nancy lead a Christian congregation in a small community where Ricardo is the preacher, and Nancy leads the women's group. Both comment that the process they live at **FEP has helped them empathize** with the people who attend their church, and that through FEP sessions they learn tools that allow them to be better leaders.

"We must understand the human part of our congregation to be able to prepare them for their spiritual growth."

"Getting to the Foundation is like being somewhere out of Las Cañadas. Everything is clean, tidy and all the **people are transformed** into someone **friendly and generous**. Its Magical!"





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CURRENT & UPCOMING ACTIVITIES

1) With restrictions now lifted in Mexico, no one is more excited than our FEP Children. Programming is back to what they had loved and embraced. The vibrant energy is back, and we can see those beautiful smiles again.

2) Workshops such as Time Management has resumed. We will continue to offer more and different workshops beyond our core Personal Development Therapeutic Curriculum, such as financial literacy, communication with your children, grief and more.

3) English Teacher Damian has been in full swing of classes for the last 3 months. Members have strongly connected to Damian's approach, and are growing in their skills quickly. We look forward to expanding the availability of English to more of our members soon.

4) Although children are back in class full time as of 2022, we continue to provide computer and homework support as they bridge the gap in their learning development due to the 2 year suspension of in class learning. Karina continues to provide an environment the children look forward to coming to and learn in, and are succeeding in their educational goals.



TO LEARN MORE ABOUT FEP AND HOW YOU CAN GET ENGAGED



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