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Temptations

April 2014

April showers bring May flowers, or should it be April snow storms bring May flowers? Welcome to Spring everyone! March was a challenging month for us, and all Islanders as we battled the weather, March break plans, and children stuck indoors for days on end.

Despite the challenges, we had a very busy month. Ellan, our Education and Outreach Specialist had a great financial basics workshop with the Youth In Trades group in Summerside, along with presentations to Three Oaks High School students and at UPEI during their Mental Health Week. Christina, one of our Therapeutic Counsellors had the opportunity to participate in the Ocean 100 International Women's Day event, which apparently was full of laughs! In addition to business as per usual, we carried out interviews for a Credit Counsellor position and will be introducing you to a new staff member shortly!



"My Girl" - The Temptations

Our topic this month is temptations. When we first started looking for relevant information the first thing that popped up was "The Temptations" music group, hence the YouTube link. We hope this song puts a smile on your face as you read through some great information on how to recognize and resist temptations.

To learn more about our services and how we can help you, your family and friends please feel free to visit our website www.familyservice.pe.ca. A reminder that our Credit Counselling program is completely free and we offer fee subsidies for our Therapeutic Counselling program. We have here to help those in need!

The Temptation of Cheating- A Multi-Layered Act

By: Family Service PEI

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Temptations; they come in all forms, shapes and sizes. They are sometimes small, they are sometimes big, but one thing is sure- we will face them every single day. For those of us engaged in a serious relationship one of the many temptations we may face is cheating. Yes I said it- Cheating. It sounds like a dirty word, one

associated with bad people, evil and the dark side. But let's face it, we are all only human and some of us are much more easily tempted. So when does someone cross that line and enter the cheating world? Is it when I think about that person non-stop and become emotionally attached? Is it when we exchange naughty text messages, or when we engage in a sexual act? Point being- cheating is multi-layered, it occurs on many different levels, but one thing is certain- regardless of how you are doing it, it can be significantly hurtful to your partner in various ways.

Emotional, Digital & Sexual Cheating

Highway To The Danger Zone: How To Avoid Spending Money You Don't Have

From the Huffington Post

Most people have a strange relationship with money; even with good budgeting, there rarely seems to be enough to go around. But what do you do when your money burns holes through your pocket faster than it actually lasts in your wallet? It may be time to reevaluate your spending habits and, more importantly, come to terms with how much you can really afford. Here are a few financial tips to get you started!



Continue Reading

How To Avoid Temptations

10 Steps With Pictures: A WikiHow Article

Are you any good at resisting temptation? All of us succumb to a little temptation now and then, but some people are blessed with more self-control than others. Temptation is about wanting something that you really want, often something that isn't right or good for you.

10 Steps



Contact Us

Charlottetown
902-892-2441

Summerside
902-436-9161

Toll Free
1-866-892-2441

Please note that we have fee subsidies available for our therapeutic counselling program.



The last banking day for DRP clients for the month of April is Wednesday the 30th.



A big Thank You to our most recent student volunteer Kelsey Murphy who was with us for the past few months. Kelsey was completing a practicum for her BSW degree. She was a great help to us



and we appreciate all that she did. We wish her all the best as she completes her degree.

What Have Our Staff Been Up To?



Left: That moment when you walk out the door for work and discover the plow has come by and dumped 4 feet of snow at the end of your driveway. We are pretty sure it wasn't only our staff members shovelling this past month!

Right: Working on a Saturday. How can you say no to attending an event organized by the PEI Seniors' Secretariat? We had a great day learning about caring for ourselves as we age.

Upcoming Events



Family Service PEI is pleased to announce that we will be carrying out a project on "Protecting Yourself Financially As You Age". This project has been made possible through the Government of Canada New Horizons for Seniors funding.

The first phase of this project includes focus group sessions with older adults to get their input on what resources are required to protect finances as people grow older. This information will help in the development of a resource toolkit, to be available to all older adults, families and the general community.

We are currently recruiting older adults to participate in 1 hour focus group sessions during the month of May. Participants will be provided \$10 to help cover the cost of travel and sessions will take place in Summerside and Charlottetown.

If this is something you feel you would have the time to participate in, please contact Ellan Dickieson by

calling 436-9171 or emailing ellan@familyservice.pe.ca

Closing Headline

Thank you for taking the time to read our newsletter. We know your time is valuable and we want to ensure we are providing information that is useful to you. Please let us know if there are topics you are interested in knowing more about and we will do our best to write about them. If you have questions, concerns, or just want more information about the topics in this current newsletter, please feel free to contact us.

Contact Information

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