

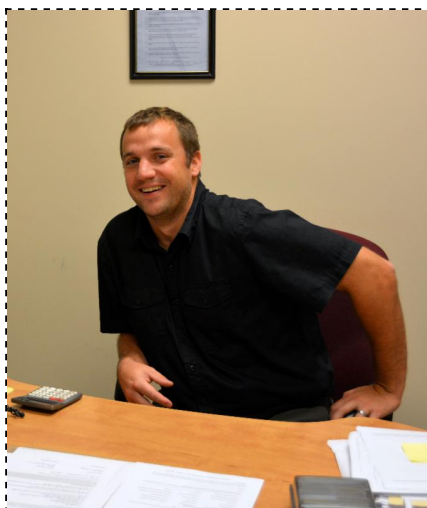
Hi, just a reminder that you're receiving this email because you have expressed an interest in Family Service PEI. Don't forget to add director@familyservice.pe.ca to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



Winter Weeks

February 2014



Our Certified Credit Counsellor, Patrick O'Connell can help you with budgeting, money management, and paying down debts.

The heart of winter is now upon us, and although the days are getting longer, the cold weather and grey days can at times seem never ending! The best way to fight the winter blues is to keep active and busy. There are many things happening around the province this month to get you and your family out of the house. In this month's newsletter we will highlight some of those events, including lunch n learns, Family Violence Awareness Week activities and support groups. It is our hope that you will find some activities to keep you on the move!

On the other hand, if you are at home it is a great time to start preparing for filing your income tax returns, if you haven't already started. We will offer you some income tax tips to make this year's process easier and hopefully more rewarding! While you are deep into your personal finances, it may be the perfect time to re-evaluate your financial situation with our certified credit counsellors. A credit counselling appointment is completely free, and we are now offering this service in Charlottetown, Summerside and the Montague area.

For more information be sure to visit our website at www.familyservice.pe.ca. We are here to help you!

5 Reasons to File a Tax Return

By: The Investor Education Fund

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If you owe tax, you have to file a tax return. If you don't owe tax, you still might want to file a return to take advantage of certain tax credits.

1. You owe tax or want to receive a refund: If you are a resident of Canada for part or all of a tax year, you must file a tax return if you owe tax or want to receive a

refund.

2. Recover any tax you overpaid from your pay cheque: You may have had too much tax deducted from your pay cheque and not benefited from all the deductions and tax credits you were entitled to.

3 More Reasons

5 Common Tax Mistakes to Avoid

By: The Investor Education Fund

1. Moving expenses

You can only claim moving expenses that your employer hasn't already reimbursed you for. If you have been reimbursed for some or all of your moving expenses, you must include this as income on your tax return.

2. Public transit costs

You can't claim day passes, tokens or tickets. You can only claim a monthly or annual transit pass.

More Common Mistakes



What Does Family Violence Look Like?

With Family Violence Prevention Week quickly approaching (February 9-15), it is everyone's responsibility to be educated, raise awareness, and reduce stigma surrounding family violence.

What is family violence?

The Canadian Justice Department defines it as, "Any form of abuse, mistreatment or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship." More specifically, family violence can be broken into 5 forms:

How Can We Help You?

We offer affordable & effective individual, couple & family counselling. We also have a therapeutic counsellor specialized in sexual and intimacy issues.

Our credit counselling program can help you with budgeting, money management and paying down debts. It is free to see our credit counsellor and it does not show up on your credit report.

For Confidential Counselling services call:

Charlottetown:
902-892-2441

Summerside:
902-436-9171

Brudenell:
Toll free:
1-866-892-2441

Visit our website to learn more about our staff and how they can help you:
www.familyservice.pe.ca

Fee subsidies are available to ensure you receive the service you need, regardless of your level of income



Note to our DRP

Physical

Inflicting or attempting to inflict physical injury. Example: Grabbing, pinching, shoving, slapping, hitting, biting, arm-twisting, kicking, punching, hitting with blunt objects, stabbing .

Withholding access to resources necessary to maintain health. Example: Medication, medical care, wheelchair, food or fluids, sleep, hygienic assistance. Forcing alcohol or other drug use.

[Learn More About Family Violence](#)

Aging Well: Making the most of our senior years

Family Service PEI is pleased to announce the implementation of FREE information and support groups for seniors, thanks to a grant from the PEI Seniors' Secretariat. The group program will be offered in Summerside, and is open to seniors who want to make positive changes in their lives.

This group will focus on age related issues:

- Relationships and Family**
- Loss and Grief**
- Coping with change**
- Other topics as requested by group members**

Come meet new people and gain support of others

[Click here for more information!](#)

Clients the last banking day for February is the 28th



For more information on FVPW events please [click here.](#)

* Feeling stressed, overwhelmed and having trouble coping?

Come to our 1 hour Lunch n' Learn sessions!



You will learn:

- * Stress relief and mindfulness practices
- * 12 tips on improving your sex life
- * General information and tips for dealing with stress

* \$10/person, per session. Bring your own lunch!

* Sessions to be held at Catholic Family Services Bureau (129 Pownal St.) weekly in February, beginning on February 5th

* Contact **Family Service PEI** to register. Call **902-892-2441**
Or email info@familyservice.pe.ca
Come to 1 session or come to all!

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.

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