

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.



Welcome to 2014

January 2014



Welcome to 2014! We trust that you had a healthy and happy festive season surrounded with friends and family. Despite enjoying a lovely vacation over the holiday season, all the staff at FSPEI are happy to be back in action! With the New Year comes a renewed sense of energy and motivation, which we hope will allow us to better serve you and the greater community.

To start the New Year off right, we would like to introduce you, our audience, to our new and improved website. Although this site has been active for a few months, we have not had the opportunity to highlight some of the new features. Through this website, it is our hope that people can access the information they require easily and get in contact with us should they have questions or concerns. We encourage you to take some time to browse the new site and become familiar with our services!

FSPEI New and Improved Website

Our re-vamped website has been designed to make it easy for you, the user, to get the information you require. The main page includes 6 bubbles highlighting our main services:

- 1- Therapeutic Counselling
- 2- Credit Counselling
- 3- Debt Repayment Plan
- 4- Group Counselling
- 5- Workplace Wellness
- 6- Community Education Sessions

The main slider, in addition to the page headings, emphasizes that we are Island owned and operated, as the photographs are all PEI based. In addition, you will find numerous pictures of our current staff throughout the website, allowing you to get to know us better.

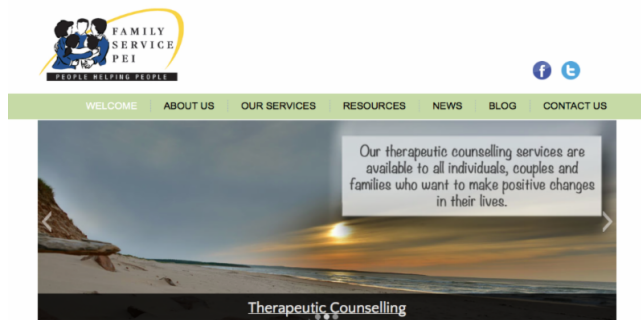
If you are wondering more about FSPEI we have extended this section to provide you with

Become A Facebook Fan & Follow Us On Twitter



How Can We Help You?

We offer affordable & effective individual,



Family Service PEI offers two distinct programs: Credit Counselling and Therapeutic Counselling.



We are here to help you develop an action plan to target the most stressful issues in your life.



Mission

Strong individuals, families and communities

In pursuit of this mission we will bring results in the following areas:

1. Individual, family, and couples counselling;
2. Financial counselling including choices for appropriate intervention options.
3. Ensuring clients have access to appropriate services and programs.

Vision

To be a stable, well-funded, and collaborative agency that promotes a safe environment and enhances the well-being of individuals, families and communities through the development and delivery of a diverse range of services that are comprehensive, flexible, subsidized and offered by qualified employees who are committed to improving the lives of clients, and their ability to function in their families and communities.

Share this:



mental health and wellness, and much more. We also have made it easy for you to find our office and contact us through our Contact page.

We hope that you will take the time to visit our new website, as we believe it will not only help those who require our services, but it will provide the general population with information to increase their personal health and happiness.

[Visit the Website](#)



30 Things To Start Doing For Yourself

By: Marc Chernoff

Our previous article, 30 Things to Stop Doing to Yourself, was well received by most of our readers, but several of you suggested that we follow it up with a list of things to start doing. In one reader's words, "I would love to see you revisit each of these 30 principles, but instead of presenting us with a 'to-don't' list, present us with a 'to-do' list that we all can start working on today, together." Some folks, such as readers Danny Head and Satori Agape, actually took it one step further and emailed us their own revised 'to-do' versions of the list.

So I sat down last night with our original article and the two reader's revisions as a guide,

information on:

- 1- Mission & Vision
- 2- Our History
- 3- Confidentiality
- 4- Board of Directors
- 5- Staff
- 6- Testimonials
- 7- Affiliations
- 8- Sponsors/ Donate

We have increased our resources to include calculators, tips sheets, feedback forms, quizzes and a calendar. The calendar is very useful for seeing when we have

events taking place, what evenings we are open for appointments, when the remote Brudenelle office is open, or when the last day for DRP payments is.

As per usual our Blog will connect you with various articles, some our own, some shared, which can provide you with information on family life, personal finance,

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

Brudenelle: 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 Clients the last

and a couple hours later finalized a new list of 30 things; which ended up being, I think, a perfect complement to the original.

banking day for January is the 31st.

Here it is, a positive 'to-do' list for the upcoming year - 30 things to start doing for yourself:

30 Things

Gail's 12 Steps to Getting Organized Financially

By: Gail Vaz Oxlade



Set-Up

1. Gather all your paperwork. Create a file folder for each of the following:

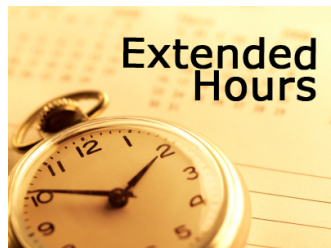
- * Chequing accounts * Savings accounts * Retirement accounts * Investment accounts * Credit card accounts * Loans * Personal lines of credit * Mortgage * Insurance: life, disability, health, critical illness, home, car * Estate: wills & powers of attorney * Tax returns

Get Organized

Transforming Your Anxious Mind

Do you feel overwhelmed, restless, nervous and apprehensive? Have you ever consider if your thoughts and beliefs are stressing you out? Would you like to learn how to transform your anxious mind and learn how to manage anxiety in a healthy way? This support group will help you understand and manage anxiety.

[Click here for more information!](#)



Reminder of Evening Appointments!

We know that it can be hard to find time in the day to attend appointments. That is why we are now offering evening appointments in our Charlottetown office. Appointments will be available on Monday evenings. To book a therapeutic or credit counselling appointment please call 892-2441.

Additionally, our credit counselling services are now available in Brudenelle, just outside of Montague. To book a free credit counselling appointment in this office please call the number above, or toll free at 1-866-862-2441.

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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