

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](mailto: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.



## Improving Your Communication

March 2014



On February 12th the staff of FSPEI showed their support to stop family violence by wearing purple. Thank you to everyone who supported Family Violence Prevention Week activities!

ask questions that really matter) and some information on assertiveness versus aggressiveness.

For those who will be taking time off for March break, we hope you have a wonderful vacation with your family and friends and profit from the time together!

For more information be sure to visit our website at [www.familyservice.pe.ca](http://www.familyservice.pe.ca). We are here to help you!

February was a very busy month at Family Service PEI. From appointments, to groups and education presentations our staff were certainly occupied, especially with the holiday, storm days and numerous bouts of sickness which seemed to sweep the whole Island! Luckily we are all still standing and ready to tackle another jammed packed month.

With March comes some very new changes and projects for our organization. Be sure to stay tuned for the full details. One thing that we can tell you is that we are currently hiring- you will find the full job posting below. We look forward to welcoming a new person to our team in the near future.

The topic for our newsletter this month is communication. Communication affects numerous areas of our life, and is a key skill in ensuring success. We have included information on communicating with your financial advisor (as tax season is upon us), communication in your intimate relationships (how to

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"Good communication is just as stimulating as black coffee, and just as hard to sleep after."

*Anne Morrow Lindbergh*

## Assertive Versus Aggressive

By: Family Service PEI

Are you assertive enough in your everyday life? Being assertive is a necessary communication skill to practice in order to avoid being taken advantage of, and to protect yourself from harm and wrongdoing. Being assertive involves expressing your feelings honestly and comfortably, without violating the rights of others. It is a way of effectively expressing your likes, dislikes, interests, opinions and feelings in a way that people will easily understand. Being assertive also involves being able to politely disagree with others, saying no to others' demanding requests, and taking a stand for what you feel is right.



### Contact Us

Charlottetown  
902-892-2441

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902-436-9161

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### [Learn the Difference](#)

## 10 Questions To Ask Your Financial Advisor

By: The Financial Planning Standards Council

Financial planners can help you plan for retirement, find the best way to finance a new home, save for your child's education or simply help put your finances in order.

Whatever your needs, working with an appropriately qualified financial planner is a crucial step in helping you meet short-term and long-term goals that will help ensure your future financial well-being.



Finding the right planner is extremely important because your choice will almost certainly affect the security of your financial future. The following questions will help you interview and evaluate financial planners to find a competent, qualified professional with whom you feel comfortable and whose business style suits your needs.

### [10 Questions](#)

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



The last banking day for DRP clients for the month of March is Monday the 31st.



## The Questions That Will Save Your Relationship

By: Glennon Melton

When I was a mama of three very tiny, very messy, very beautiful rug rats, we had DAYS THAT WENT ON FOR LIFETIMES. Craig left at

6:00 a.m. every morning and as I watched his showered, ironed self leave the house I felt incredibly blessed and thrilled to have so much time alone with my babies and incredibly terrified and bitter to have so much time alone with my babies. If you don't believe that all of those feelings can exist at once - well, you've never been a parent to many tiny, messy, beautiful rug rats.

### *The Questions To Ask*



Family Service PEI is looking to immediately fill an open full time permanent Credit Counsellor position in our Charlottetown location. This position includes benefits and a competitive salary in the not-for-profit sector.

*For more information please click here!*

To apply please submit your resume AND a brief sample of your written work to:  
director@familyservice.pe.ca or 106-155 Belvedere Ave.; Charlottetown PEI; C1A2Y9

Closing date: March 10, 2014; Noon.  
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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