



Exploring & Solving Relationship Issues

June 2013

Welcome to the month of June! As the school year winds down we have been lucky to get in a few last financial literacy presentations. This past month we were at Westville Composite High, Three Oaks Senior High and Hernewood Intermediate. We would like to thank all the teachers that we worked with throughout the school year, their cooperation has allowed us to introduce students to concepts of money management, budgeting and saving.



This past month we had the opportunity to participate in Mental Health Week. We were able to promote mental health through social media and the response was fantastic! Additionally we joined forces with CMHA to carry out the Diasy Blitz event on May 8th. There were many people across the province who volunteered their time to make this event a success, a huge thanks to all!

On May 14th we had the opportunity to participate in the PEI Senior Citizens' Federation AGM. Through this event we were able to educate over 300 PEI seniors about the services we offer. Although many of the Clubs are slowing down for the summer, we are looking forward to visiting them in the fall to carry out presentations on financial issues and health and wellness. If you have a group that may be interested in a presentation, please do not hesitate to contact us to learn more.

And finally, this month's edition! With every relationship comes challenges; this month you will find three articles addressing very distinct problems in relationships, starting with parenting and cell phone use, then sexual and intimacy problems in relationships and finally elder financial abuse.

As always, we invite you to [visit our website](#) to take our FREE [credit counselling](#) and [therapeutic counselling](#) quizzes. Questions? Do not hesitate to contact us. Family Service PEI is here for you!

Parenting Cell Phone Use- Creating Your Household Mobile Culture

If you read any parenting blog, magazine or website there always seems to be content on children or adolescents and the use of cell phones. Each one seems to have conflicting information: What age is the right age? How often can they use it? Who can they call? What can they use it for?



The truth is, a cookie cutter approach to parenting around cell phone use does not work, and in fact it rarely ever does. So there you are left wondering, "What is the norm? Am I doing this right? Will this ruin my relationship

with my child?"

Ah- the joy of parenting!

A piece of advice; forget the blog, the magazine and Google and go back to the basics. Children are born without social knowledge or social skills, and they eagerly look for someone to imitate. That "someone" is more than likely you. You are your child's first teacher and role model. They learn by watching you and they behave by following your example.

[Creating Your Household Mobile Culture](#)

Sexual & Intimacy Article Series

We are happy to present a series of articles on sexual and intimacy issues, written by our very own therapist Christina Campbell who has an extensive history working in the field of sexology. This series is the result of positive feedback from previous articles, and will cover topics that negatively impact couples. Please know that the content is intended for a mature audience and reader discretion is advised. Should you have any questions or concerns please feel free to contact us.

Article #1: Erectile Dysfunction and Your Relationship- Part 1 of 2

[Link to Article #1](#)

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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

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.

Elder Financial Abuse: Protecting Yourself



It is our human nature to want to give and help others. Nothing makes us feel better than

knowing we have been of assistance to someone during a tough time, especially those we hold near and dear. The reality is that we must look after ourselves before we can help others, especially when providing financial assistance.

The bank of Grandpa/Grandma or Mom/Dad is open for business with a high influx of frequent clientele. The benefits: No credit check, no interest, no harassing creditors, and no consequences in the case of deferral. Borrowing from this bank is very enticing, so much so that lenders may find themselves in a position where they are being taken advantage of. Financial abuse is becoming a buzz word; abuse, exploitation, manipulation, mistreatment, cruelty; regardless of your term of choice, we need to realize that seniors are at increased risk.

[Learn More](#)

Collections Agency Act- Press Release

ISLANDERS TO RECEIVE BETTER PROTECTION UNDER AMMENDED COLLECTION AGENCIES ACT Family Service PEI Supportive of Changes

Family Service PEI is very supportive of the Prince Edward Island Government's amendments to the Collection Agencies Act. These amendments were developed after consultation with industry stakeholders and the public and will limit the allowable actions of debt settlement companies, including clear guidelines on the types of fees permitted and the requirement for written contracts that are shared and agreed to by all involved parties to be in place prior to the exchange of funds of any type.

"We have seen many Island families who have worked with these Agencies. The results they received, though costly, were often less than expected and in some cases non existent. This new legislation will help to change that," says Denise Lockhart, Executive Director of Family Service PEI.

The Government of PEI has taken its duty to protect Islanders to heart; the changes to legislation means that vulnerable debt



The Greater Summerside Chamber of Commerce
will be hosting their
16th Annual Golf Tournament on
June 07, 2013
at the
Summerside Golf &
Country Club
Be sure to contact the chamber for more
information!

holders will be less likely to be taken advantage of as they face the challenges associated with taking control of their finances and reducing their level of debt.

[Read Full Press Release](#)

You're Invited! Family Service PEI 2013 AGM

The Board of Directors of Family Service PEI cordially invite you to attend their
2013 Annual General Meeting

To be held at 6pm on Tuesday June 18th 2013
at the Lefurgey Cultural Centre,
205 Prince Street, Summerside, PE

Light refreshments will be served.

For catering purposes please RSVP
Ellan Dickieson by Friday June 14th 2013
Phone: 902-436-9171 or 1-866-892-2441
Or email: 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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