



Relationships: Kids and Parents

September 2013

Wow, what an incredible summer it has been! It is hard to believe it is gone already, however we are very excited for the fall as we have many projects and upcoming events happening!

This past month Denise and Ellan travelled to New Brunswick to visit other Family Service Canada and Credit Counselling Canada Agencies. It is always beneficial to sit down with other professionals in our network and learn from what they are doing. We look forward to continuing to grow and foster these relationships moving forward.

As per usual we have been out and about in the community, with a presentation to the Summerside Rotary Club and another with Lacey House in Charlottetown. We have also been working hard to increase our presence in Kings County and look forward to working with stakeholders to better serve Islanders in this area.

Our fall is shaping up to be a busy one with fairs, expos, bank visits, presentations and groups. We highly encourage you to book your counselling sessions or presentations as early as possible! For more information 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.



Group Therapy Sessions Starting This Fall

This Fall Family Service PEI will be offering a variety of group therapy sessions, ranging from stress and anxiety to building better relationships.

Sometimes it feels like we are the only ones having a hard time... But sometimes the most helpful thing is to share ideas and struggles with others.

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How Can We Help
You?

We offer affordable &

Our groups provide individuals with a comfortable setting for sharing. Our hope is that by connecting, listening, and talking with others you will learn from their experiences and successes. An experienced and skilled counsellor facilitates all groups. The counsellor will offer new ideas and perspectives on a wide range of topics.

To learn more about what is to come, be sure to follow us on Facebook/Twitter and check our website.

How to Handle the Empty Nest Syndrome

Written By: Courtney Hope

Sourced from: <http://www.canadianliving.com/relationships>

If you have children it is inevitable that, at some point, they're going to leave home - whether to go to school, travel, get married or start families of their own. While all parents know this, it can still be a hard reality to face. After raising



children and having them close at hand for 18 (or more) years, seeing them take off on their own can be tough. But just what kind of adjustment can you expect when you're left with an empty nest?

To learn more about what it's really like once the kids are gone, we turned to the world of social media to ask some of our readers about their experiences of dealing with their empty nests.

[Learn from Others](#)

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

Should You Help Your Adult Children Financially?

It's hard not to offer financial help if your children need it. But make sure you're being smart about it by following these four tips for helping your grown kids financially.

By Bryan Borzykowski

Long gone are the days where people got a great job out of school, got married at 20 and started having a family early in life. Today, many people are living at home longer and mooching off their parents for what seems like an eternity. Even if adult children do have a family of their own, they're often still asking their parents for financial help.

It's tough for parents to say no, but at some point, they have think about saving money for their own retirement. However, parents don't have to cut their kids off completely. Here are four good ways parents can help provide financial support to their children.

[4 Tips](#)

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 banking day for September is Monday the 30th

Thank You To Our Summer Students!

This past spring and summer we have been very fortunate to have the assistance of three super young ladies. Shalynn Buss began with FSPEI in March in the Summerside office as a Three Oaks Coop student. She quickly became a huge asset to our team, and we were excited to transfer her into a summer student position come June.



In April, the Charlottetown office welcomed Victoria Burden on a student placement for her was human services program. Victoria also transferred into a summer student position and remained with us until July.

Last but not least we had Molly Pineau. Molly quickly picked up in the Charlottetown office where Victoria left off. She could be found at the front desk all summer, ready to greet clients with a smile.

Through the support of the provincial and federal summer student programs we were able to not only provide these three ladies with an excellent opportunity, but also carry out numerous additional projects and tasks within our organization. We would like to thank them all for their dedication, commitment and hard work! You will be greatly missed!

10 tips to Organizing Your Child for Back-to-School

By JILL ELLIS-WORTHINGTON

Marla Cilley, aka FlyLady (flylady.net) to her millions of fans, says that a peaceful morning starts with a regular nighttime routine. That routine starts as soon as the kids get home from school.

Cilley recommends unpacking the backpack and getting to homework right away. Family dinner and an established bedtime routine that happens early enough to allow ample rest sets the tone for a successful start to the next day.

[10 Tips to Follow](#)

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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