



## Summer Fun Part 2

August 2013

Welcome to the month of August! All of us here at Family Service PEI hope you are having a great summer, we know we are! This past month we had a staff day for team building at Avonlea Village, it was a lovely day filled with many laughs. Also, we visited Montague Rotary to give a presentation about our services and how they could be beneficial to their community. We are always keen to better serve all Islanders!



This month you will find three articles, all with very distinct subject matter. Since school is just around the corner, we wanted to present you with ways to deal with your child's back to school jitters and tips to help. Also, if you want to teach your kids about money but are not quite sure how to approach it, we have some hints. Remember, the summer is the perfect time to take advantage of teaching moments with your kids! Finally, we have another sexual and intimacy article written by our own Christina Campbell on rapid ejaculation. As always we remind you that this subject matter is not appropriate for all audiences.

With September rapidly approaching we encourage you to call to book your appointments early. The fall is always a busy time of the year for us, but we will do our best to meet everyone's needs!

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.

\*\*Picture- FSPEI staff, Ellan, Suzanne & Maureen, coincidentally in their summer work uniforms!



## 7 Ways of Dealing with your Child's "Back to School Jitters"

Restless nights. Loss of appetite. Tummy aches. People say those are some of the signs your child may be feeling anxious about going back to school. But don't worry, this is quite normal. Anxious feelings are expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. Prior to the first day of school, your child may cling, cry, have temper tantrums, complain, and become irritable. Here are some ways to get your child ready for back to school...

[Click Here for 7 Tips](#)

## Tips to Consider When Talking to Your Kids About Finances

Written By: TD Wealth Management

It's that time of year when textbooks go back on shelves, pencils and pens go back in their holders and staplers sit stagnant on desks - school is out for the summer. But, that doesn't mean learning should end when the final bell rings.

The summer months can be a great time to teach children about financial literacy. From budgeting for a trip to the grocery store, to keeping track of expenses or saving for a special purchase, instilling early savings habits and money management practices can have a positive impact on kids' financial future.

For some parents, offering too much information or not enough is where it can get tricky. So, how do you find the right balance?

[Link to Article](#)

## Learning About Rapid Ejaculation

Written By: Christina Campbell

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

Become A  
Facebook Fan &  
Follow Us On Twitter



### 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](http://www.familyservice.pe.ca)

*Fee subsidies are  
available to ensure you  
receive the*

result of positive feedback from previous articles, and will cover topics that negatively affect couples.

*service you need,  
regardless of your level  
of income*

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 using the contact page on our website.

[Link to Article](#)

## **We Get Around!**



**On July 31 we had the opportunity to visit the Montague Rotary Club and give a presentation about our services. It is always our mission to serve all Islanders, and we look forward to becoming more active in the East. Thank-you to the Montague Rotary Club, we hope to see you again soon!**



On July 11th, all of our staff and their families had the opportunity to spend the day at Avonlea Village in Cavendish. We square danced, sang, visited farm animals, and dressed up! It was the perfect environment to bond with each other. On days like this it's great to learn more about your staff, share stories and most importantly laugh!

### 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

Denise Lockhart, Director

Phone: 902- 892-2441

Email:[director@familyservice.pe.ca](mailto:director@familyservice.pe.ca)

Web:<http://www.familyservice.pe.ca>

Like us on Facebook 

Follow us on  twitter



[Forward this email](#)