

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!

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Tis' the Season

December 2013



Welcome to another festive season! As the 2013 year comes to an end we hope that you have time to reflect on all you have accomplished. It has certainly been an exciting year for us, and it's not over yet!

November was a busy month as it was Financially Literacy Month. We were able to conduct numerous presentations all over the Island-including in Summerside, Charlottetown, Souris and Montague. We want to thank all the groups and organizations who provided us with the opportunity to increase financial literacy on PEI!

We are very pleased to announce that our Therapeutic Counsellor in Summerside, Maureen Croken, has been carrying out group support sessions with seniors at Parkhill Place. These sessions are able to take place thanks to a grant from the PEI Seniors' Secretariat. We look forward to starting senior's groups in Charlottetown in 2014.

As always, we invite you to learn more about our programs and services by visiting our [website](#). We are here to help you target the most stressful issues in your life. Don't wait until the New Year to get the help you need, reach out today!

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Do You Lie to Your Spouse About Holiday Spending?

By: Andrea Updyke

A few years ago, my husband and I decided to create a pretty strict budget. We wanted to pay down our student loans and be realistic about the fact that I was no longer bringing home a full-time salary. It was time to tighten the ol' purse strings and it took a lot of planning. We did the usual things like cutting spending, cancelling cable and other non-essentials, and saving a bit each month for emergencies.

[Continue Reading](#)

33 Parent Tips For Saving Money At Christmas

By: Nicole Avery

Through out this series we have been discussing how much we spend on kids at Christmas and Christmas overall. A common theme has been that readers would like to be spending less than what they currently do. In the quick survey I conducted I asked for readers tips on how to save at Christmas time. Below are a collection of tips from other parents, that might help you spend a little less this year!

[Read Tips](#)

Surviving Loss During the Festive Season

Living through loss is something that everyone will experience throughout life. For some people, coping with loss is a difficult and painful experience. There is no right or wrong way to grieve; each individual is a unique being who copes with loss in their own way. How you grieve depends on many factors, including your personality, your life experiences, and your coping style (www.helpguide.org). However, for many people, dealing with loss during the festive season can be extremely challenging. As family and friends draw near, people can be left feeling down and grim, reflecting on what they have lost in their life during the past year.

[Continue Reading](#)

Enhancing Your Intimate Relationship- 1 Day Workshop In January

Do you feel like you are out of sync with your partner? Do you want to improve the way you interact and communicate? Would you like to enhance the feeling of connectedness and intimacy you feel with your partner? Then this relationship workshop is for you.

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

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

[Click here for more information!](#)

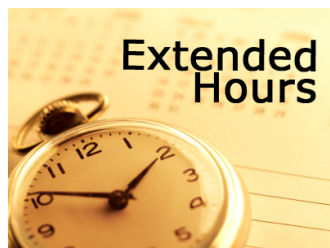


Family Service PEI
Cordially invites you to attend our
Christmas Open House
To be held
Wednesday, December 18th, 2013
2:30pm- 4:30pm
155 Belvedere Ave, Charlottetown
&
Thursday, December 19th, 2013
2:30pm- 4:30pm
109 Water St, Summerside
Please join us for refreshments and a merry good
time!
Come One, Come All!



Note to our DRP
Clients the last
banking day for
December is the
31st

To view our Holiday
Hours please visit
the Calendar page
on our
website.



We're Changing to Better Serve You!

Due to demand, we are pleased to announce that 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.

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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