

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.



## FSPEI Update

October 2013



To begin, apologies for the late release of our October newsletter. We have been in the process of organizing and sorting details of Fall events, and we wanted to make sure we could bring you all this information at the same time!

That being said, September has been a whirlwind of a month! We have been planning group therapy sessions, working on a new website, expanding into Montague, visiting banks, and carrying out group and workplace wellness presentations. Not to mention business as per usual with our therapeutic and credit counselling!

This months newsletter serves more as an update as to what is happening within our organization and what new services we are offering. We strive to meet the needs of local communities, and you will see we have made numerous changes to our programming to accomplish this.

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.



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## Learn How to Beat Stress This Fall

Becoming present and in touch with your world: Reducing stress through Mindfulness practice

Mindfulness is a particular attitude toward experiences and a way to relate to life. Mindfulness works on alleviating our suffering making our lives rich and meaningful and it helps us to attune us to our moment to moment experience.

What you will learn from these 4 - 2 hour sessions:

- 1) What mindfulness means.
- 2) How to practice paying attention in a purposeful way, in the present moment
- 3) Specific mindfulness exercises you can practice in order to reduce stress and increase levels of peace and well-being.
- 4) Unhealthy thought patterns that can interfere with mindful practice.
- 5) How to acquire mindful communication with others.
- 6) How to develop your own stress-reduction mindfulness self - care plan.

Dates: November 7, 14, 21, 28 6pm-8pm

Total price: \$150 Payable prior to the first session

Location: Charlottetown, PE- Island Coastal Boardroom

For more information please call- 892-2441 or e-mail [info@familyservice.pe.ca](mailto:info@familyservice.pe.ca)

## Seniors Sexuality

Staying healthy and feeling your best is important at any age and that does not change just because you are aging. As we enter our senior years, we experience an increasing number of major life changes; how we handle and grow from these changes is the key to staying healthy.

Sex is an important part of emotional and physical health. In a relationship, sexual activity allows you to establish intimacy and express your feelings for your partner. It also benefits your physical health by reducing stress and making you feel good about yourself.

### [Continue Reading](#)



## Workshop: Enhancing your Intimate Relationship

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 both of 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

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 service you need, regardless of your level of income*



This session will help you and your partner:

- 1) Learn the 'ingredients' that make a relationship work.
- 2) Identify the types of communication that could be decreasing your level of happiness with your relationship.
- 3) Learn how to increase knowledge, fondness and admiration about and for your partner.
- 4) Identify your "solvable" conflicts and how to work toward resolution.
- 5) Learn how to increase your sexual satisfaction.

Date: November 2, 9am-3pm (with a 1 hour break for lunch)

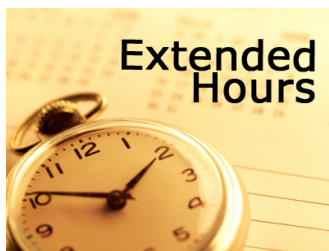
Total price: \$187.50 Payable prior to the first session

Location: Charlottetown, Murphy's Community Centre

For more information please call- 892-2441 or [info@familyservice.pe.ca](mailto:info@familyservice.pe.ca)

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

## 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, beginning October 21st. To book a therapeutic or credit counselling appointment please call 892-2441.

## FREE Group Therapy for Seniors in Summerside

### Overcoming Stress: Life Changes Related to Aging

We are pleased to announce that thanks to a grant from the PEI Seniors' Secretariat, we will be offering a 4 session group therapy program in Summerside during the month of November. The main focus for this group will be stress, specifically around life changes related to aging. Topic may include: caregiving, loneliness, family relationships, illness, and loss of independence.



This group is open to all seniors who want to make positive changes in their lives. The group will meet once per week for 2 hours for a total of four weeks- November 13, 20, 27 December 4th. To learn more about this group please call 436-9171.

## We're In Montague!

Thanks to a generous donation of space by the Annear brothers, we are pleased to announce that we are now offering FREE credit counselling in the Montague area, allowing us to better serve Eastern PEI.

Our credit counselling services include:

- A comprehensive and confidential review of your financial situation.
- Discussion of available options and alternatives for dealing with debt, including settlements.
- Assistance with budgeting and spending plans.
- Impartial information regarding finances and credit concerns.
- A realistic plan of action for resolving the problem(s).
- Referrals to other financial or social service organizations for support.

We are also available to conduct community based financial literacy presentations. These presentations may cover topics such as budgeting, money management, being a smart consumer, the wise use of credit, paying down debts and frauds and scams.

To book an appointment or presentation in Montague please call 892-2441 or toll free 1-866-892-2441



### 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

**Denise Lockhart, Director**

**Phone:** 902- 892-2441

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

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



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