



**Our next class begins January 18th!**

People Empowering People

**The UConn People Empowering People Program is an innovative personal and family development program with a strong community focus.**

**The program is designed to build on unique strengths and life experiences of the participants & emphasizes the connection between individual & community action.**

**Over the course of 10 weekly sessions, parents will strengthen their toolbox by engaging in learning and discussion on the following topics:**

**values, communication skills, active listening, problem solving, understanding the helping role, understanding ourselves and others as parents, understanding our children, our community and its leaders, action planning and community opportunity.**

**Wednesday Mornings  
January 18th - March 22nd  
9:15 - 10:45 AM  
Bacon Academy  
FREE Childcare Provided**

**Facilitated by Joy Lenares, Family Empowerment Facilitator**



**Growing  
Stronger  
Together**

**Registration NOW open for the Winter class!  
[ColchesterC3.jumbula.com/#/caregiver-programs](https://ColchesterC3.jumbula.com/#/caregiver-programs)**