



People Empowering People

**Wednesday mornings
Jan 22nd - April 2nd
9:15 - 10:45 AM Free Childcare
Located at CES**

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
- action planning & community opportunity
- understanding
 - ourselves & others as parents
 - our children
 - our community and its leaders
 - the helping role

Facilitated by Joy Lenares, Family Empowerment Facilitator



**Growing
Stronger
Together**

**To register for this FREE program, go to:
ColchesterC3.jumbula.com/caregiver-programs**