



People Empowering People

Wednesday Mornings
October 8th - December 17th
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.

10 weekly sessions - Parents will strengthen their toolbox by engaging in learning and discussion!

- understanding
 - ourselves & others as parents
 - our children
 - our community and its leaders
- communication skills
 - active listening
 - problem solving
 - the helping role



PEP Class of 2024



PEP Class of 2023

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

Facilitated by Joy Lenares, Family Empowerment Facilitator



**Growing
Stronger
Together**

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