



Our next class begins March 30th!

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
March 30th - June 8th
8:45 - 10:45 AM
CES Conference Room
FREE Childcare Provided**

Facilitated by Joy Lenares, Family Empowerment Facilitator



**Growing
Stronger
Together**

**Registration NOW open for the Spring class!
ColchesterC3.jumbula.com/#/caregiver-programs**