



**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](https://ColchesterC3.jumbula.com/caregiver-programs)**