



**NOW offering two sessions! Morning and Evening groups!**

# People Empowering People

An innovative personal and family development program with a strong community focus.

**Wednesday Mornings**  
**February 28th-May 8th**  
**9:15 - 10:45 AM @ Bacon Academy**  
**(no class 4/10)**

**Thursday Evenings**  
**February 29th - May 16th**  
**6:00 - 7:30 PM @ CES**  
**(no class 3/28, 4/11)**

- Understand your values, the helping role and ourselves & others as parents.
- Connect with your children, community and its leaders, action planning and community opportunity.
- Strengthen your skills in communication, active listening and problem solving.

Choose evening OR morning!



**FREE**  
Childcare while you take the class!

**Build on your unique strengths and life experiences! Develop connections between individual & community action.**

**Registration NOW open for the Winter classes!**

**ColchesterC3.jumbula.com/#/caregiver-programs**

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

