



Our next class begins *January 24th*

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
January 24th-March 27th
9:15 - 10:45 AM
Bacon Academy
FREE Childcare Provided

Facilitated by Joy Lenares, Family Empowerment Facilitator



**Growing
Stronger
Together**

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