



**Collaborative for
Colchester's Children**

HEALTHY, HAPPY & SUCCESSFUL CHILDREN



People Empowering People™
UConn - PEP

People Empowering People (PEP)

People Empowering People is a personal, family and leadership development program for parents. Over the course of **ten** weekly sessions, parents will strengthen their “toolbox” by engaging in learning and discussion on the following topics:

- values -
- verbal and non-verbal 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 -
- community opportunity -

Participants from past years said:

- ◆ *“I can't say enough about this class. Anyone would benefit and grow and enjoy this time!”*
- ◆ *“The group of participants truly cared about the journey and each other's growth and development.”*
- ◆ *“This has been an invaluable experience!”*



Wednesdays beginning March 13th 6:00-8:00 pm

March 13, 20, 27 April 3, 10, 24 May 1, 8, 15, 22

Colchester Elementary School

You must be able to attend most sessions!

Facilitated by Camille Smith, Certified PEP facilitator

FREE CHILD CARE AVAILABLE WITH REGISTRATION!

Please register at dlepage@colchesterct.org with # and ages of kids.

