



**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.”*
- ◆ *“Joy is a great facilitator, she offers empathy, compassion and her own personal experience and she is an excellent speaker. This has been an invaluable experience!”*

FREE!

Wednesdays beginning January 16th

9:00-11:00 am

Colchester Elementary School

You must be able to attend most sessions!

FREE CHILD CARE AVAILABLE WITH REGISTRATION!

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

