



East Hartford Public Schools



PEP TRAINING SESSIONS



The People Empowering People program helps **PARENTS** develop personal & family skills, with a strong community focus.

JOIN US AS WE HOST THIS SERIES

January 19th — March 23rd

The PEP program is a personal, family and leadership development program with a strong community focus. PEP is designed to build on the unique strengths and life experiences of participants and emphasizes the connection between individual and community action.

PEP helps participants focus on their own personal strengths. They enhance their communication skills, problem solving abilities, parenting and relationship skills, and they achieve a greater understanding of, and become more involved with their communities.

The program is conducted by a bilingual UConn Extension trained facilitator.

The program provides 10 two-hour sessions on the following topics:

- » Values clarification
- » Communication skills
- » Problem solving
- » Parenting
- » Understanding the helping role
- » Leadership skills
- » Action planning
- » Community opportunity

TO REGISTER

Contact Mary Beth Kuzoian at (860) 622-5515 or kuzoian.mb@easthartford.org

**JOIN US!
FREE SESSIONS**

Dinner & Childcare available



MEETS EVERY THURSDAY

January 19th – March 23rd
5 PM - 7:30 PM

Office of Family and Community Partnerships
Parent Center

ECLC at Hockanum

191 Main Street
East Hartford, CT