

What people say about PEP:

“Working with PEP and UCONN CES has given me the opportunity to see the life behind the statistics and research while I was a grad student. I have been fortunate to work with seven intelligent, caring, wonderful women who have conquered fear and hopelessness to make changes in their lives, the lives of their children and their communities. . . my relationships with them have changed me, made me more aware of the capacities of people who are faced with difficult conditions every day, and shown me that a few people can make a difference.” *Facilitator*

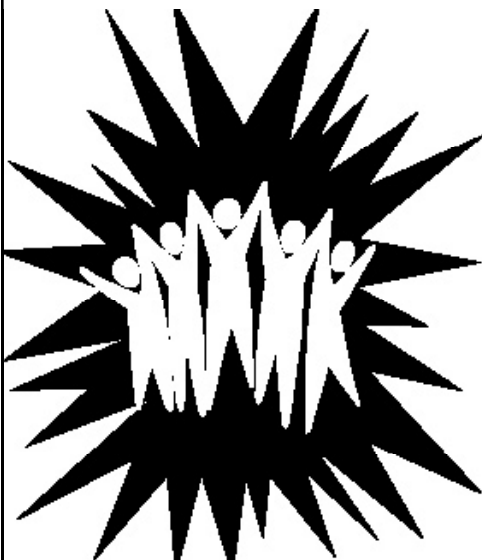
“PEP changed my life for the better. If it wasn't for PEP, I wouldn't have the job I have today. PEP helped give me the drive to want something better and gave me the confidence to believe that I could do it.” *Participant*

“My son says that I don't yell so much anymore . . . I yell less and listen more . . . I feel that I have untapped talents and I am more willing to share them. . .” *Participant*

For more information about the **P**eople **E**mpowering **P**eople Program, contact:

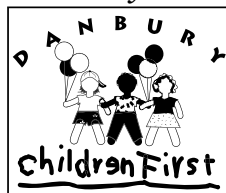
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PEOPLE EMPOWERING PEOPLE *Program*

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PEOPLE EMPOWERING PEOPLE

The People Empowering People (PEP) Program builds on strengths of parents. It provides opportunities and resources for them to gain experiences and skills while they take greater control of their lives.

PEP Focuses on:

- Building upon the unique gifts and capacities of each person
- Encouraging participants to express their issues and those of their communities
- Connecting the participants to their communities
- Changing and improving communities through PEP projects



How PEP Works:

Facilitator:

- Holds a neighborhood/community informational meeting
- Recruits and interviews participants
- Conducts ten weekly two-hour training sessions and approximately nine monthly follow-up training sessions.
- Supports participants in projects



PEP Participants:

- Generally devote one year to the program
- Participate in the ten weekly two-hour training sessions on values, communication skills, problem-solving, parenting, action planning, community assessment and community issues
- Attend monthly follow-up training and support meetings.
- Develop enhanced self-esteem and inner strengths.

PEP supports community action:

Trained PEP participants apply their knowledge by involving others in the projects that improve the quality of life. They share knowledge and skills with adults and children in their communities.



PEP is a program that is easily adapted to a variety of settings. Community agencies, the faith community, family resource centers and the prison system all have conducted PEP. The program has been implemented in eleven Connecticut communities and a women's prison, and is being replicated in other states.