



A L L I A N C E

AGAINST FAMILY VIOLENCE AND SEXUAL ASSAULT

STRENGTHENING OUR COMMUNITY ONE STEP AT A TIME



self-de-fense [n]= is any available means of safely avoiding or escaping a potentially dangerous encounter.

An Empowering Workshop For Girls and Women ages 14 years old and up. This workshop teaches Awareness, Assertiveness and Self Defense Techniques. Every third Wednesday of every month, 6-9 p.m. at the Alliance Against Family Violence Outreach, 1921 19th Street.

Self Defense Workshop Dates

- July 20, 2011*
- August 17, 2011
- September 21, 2011
- October 19, 2011*
- November 16, 2011
- January 18, 2012

*For July & October, we will be hosting a Children's Self Defense Workshop; Due to the Holidays there will not be a Workshop in December

Workshops are Free and open to the public

Call Ignacio Valdez or Sueraine Valderrama at the Alliance for reservations

661-322-0931