



A L L I A N C E

AGAINST FAMILY VIOLENCE AND SEXUAL ASSAULT

STRENGTHENING OUR COMMUNITY ONE STEP AT A TIME

Women's Self-Defense

Workshops

Classes now forming

"Learn To Defend Yourself"

The Alliance Against Family Violence And Sexual Assault

*Every third Wednesday of every month, 6-9 p.m. @ the
Alliance Against Family Violence Outreach, 1921 19th Street.*

Self-Defense Workshop Dates

- ***Jan 20, 2010***
- ***Feb 17, 2010***
- ***March 17, 2010***
- ***April 21, 2010***
- ***May 19, 2010***
- ***June 16, 2010***

Workshops are free and open to the public

Call Ignacio Valdez or Jessica Hernandez at the Alliance for reservations

661-322--0931