



A L L I A N C E

AGAINST FAMILY VIOLENCE AND SEXUAL ASSAULT

STRENGTHENING OUR COMMUNITY ONE STEP AT A TIME

Sexual Assault Awareness/Self-Defense Classes

Offered for Women -- Free

Call: 322-0931

The Alliance Against Family Violence and Sexual Assault offers a monthly two-part series of free sexual assault awareness/self-defense classes.

Open to women 14 years and older, the series of classes are held from 6:00-8:00PM on the 3rd Wednesday and Thursday evenings of the month (with some exceptions) at the Junior League of Bakersfield Community Center on 1928 19th Street.

Class size is limited to 30 participants. Women of all ages, from teens to senior citizens have taken the classes. Physical strength is not a requirement to learn defensive techniques.

The purpose of the free class is to prevent sexual assault by informing women about situations that are most common to sexual assault victims, to learn strategies about being assertive so that they can better avoid situations requiring them to physically defend themselves and to learn escape techniques that they can use if assertiveness is not enough. Participants are encouraged to attend with a friend or family member.

Scheduled dates

- April 16th and 17th
- May 21st and 22nd
- June 18th and 19th

Alliance offers a variety of free services to rape victims, including hospital and court accompaniment, case management and individual/group counseling.

Contact the Alliance at (661) 322-0931 to register.