



 **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

- **November 17, 2010**
- **December 15, 2010**
- **January 19, 2011**
- **February 2011***
- **March 16, 2011**
- **April 20, 2011**

**For February, We will be offering a Children's Self Defense Workshop*

Workshops are free and open to the public

**Call Ignacio Valdez or Sueraine Valderrama at the Alliance for reservations
661-322-0931**