

SELF DEFENSE CLASS

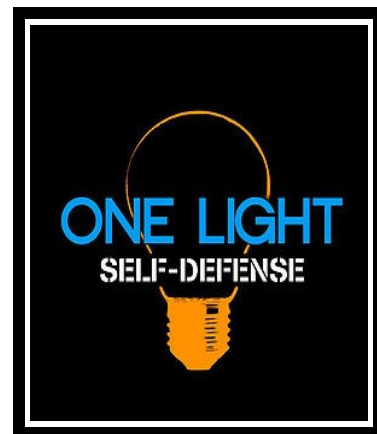
LEARN HOW TO PROTECT YOURSELF.

Students, school staff, realtors, corporations, women's groups, churches, and families have seized the opportunity to prepare themselves for a world that faces bullying, domestic violence, molestation, rape, and human trafficking.

PLEASE JOIN US. KNOWLEDGE IS POWER

WHEN: SATURDAY, JUNE 18TH, 2016 (SUGGESTED FOR 10 -ALL ADULTS)

WHERE: FAITH LUTHERAN CHURCH, 37635 DEQUINDRE RD, TROY



Questions? Send to:
catrowan69@gmail.com
586-214-5741

All Proceeds will go to Reclaim 13, a Chicago based organization devoted to ending the sexual exploitation of children through prevention and housing rescued girls to restore and promote healing. www.reclaim13.org
PLEASE CONSIDER AN ADDITIONAL DONATION WITH YOUR REGISTRATION OR AT THE EVENT.

Participants under 13 must be accompanied by an adult

COST: \$10.00 PER CLASS \$15.00 FOR BOTH!

TWO CLASSES OFFERED: BASIC AND ADVANCED, TAKE ONE OR BOTH

- FOCUSED TEACHING ON HOW TO STAY SAFE AND AVOID OFFENSES.
- INTRODUCTION TO HUMAN TRAFFICKING WITH TERMINOLGY USED BUT NOT DEFINED (good idea to discuss possible vocabulary with younger children if unfamiliar).
- LEARN HOW TO BE AWARE OF YOUR SURROUNDINGS AND SOCIAL SITUATIONS.
- SIMPLE AND ADVANCED TECHNIQUES TO RELEASE AND RUN FROM ATTACKS.

SCHEDULE

TAKE ACTION	EVERYONE IS A POTENTIAL VICTIM.
9:00-11:30	Basic Training and Teaching/Refresher class
11:30-12:15	Lunch-Bring your own or visit a local vender close by
12:15-2:30	*Advance (This will be more physically challenging)

***MUST TAKE OR HAVE TAKEN THE BASIC TO TAKE ADVANCE**

Adult or Parent's Name _____

Please Contact Cathy Rowan if there is a financial burden that would prevent you or your child from attending.

Email _____ Phone _____

Names of those attending: (Children 13 and older can attend by themselves but parents are encouraged to attend with children)
Add additional names on back

_____ AGE(if child) _____ Basic/Morning class _____ Advanced Afternoon class _____

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**Registration and fees are due June 11th. Please make checks out to Reclaim 13
Mail to: Cathy Rowan, 2605 Mellowood Dr. Sterling Heights, MI 48310. Remember to include your signed waiver or bring with you on June 18th. SPACE IS LIMITED.**