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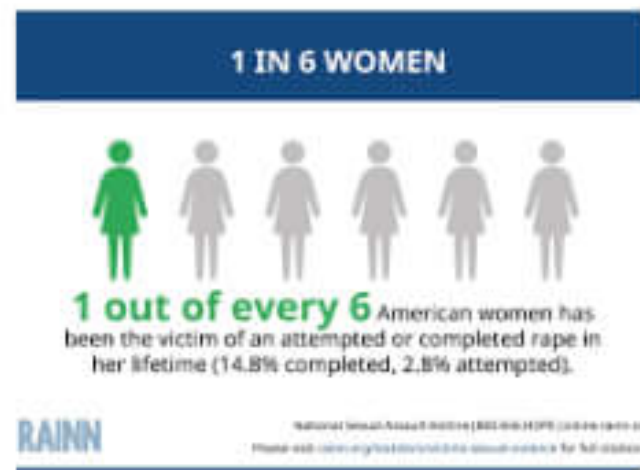
REFUSE TO BE A VICTIM

Educate and train yourself in self-defense.

[FIND YOUR WORKSHOP](#)

PROGRAMS

Women



Basic Self Defense Workshop

Empowers women years and up with mental and physical self-defense strategies. For ladies age 13 and up.

[WOMEN'S CLASSES](#)

Teens

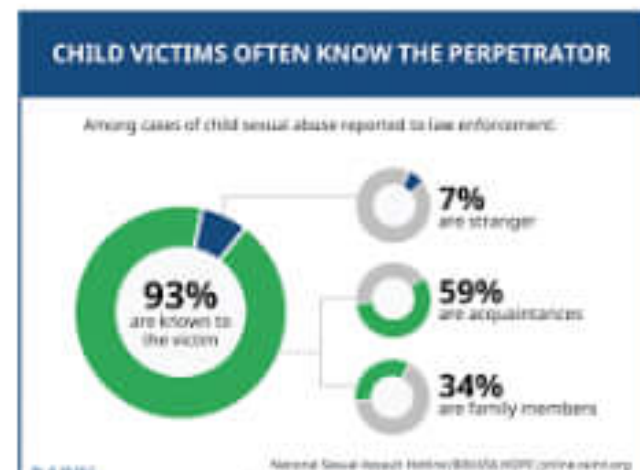


Dating and Violence Awareness & Self Defense Workshop

Educates teens years old on mental and physical aspects of dating violence and prevention. For ages 13 to 16.

[TEEN CLASSES](#)

Parents



Beyond Stranger Danger

Teaches parents the right questions to ask to ensure your child remains safe. For adults with children ages 4 to 12.

[PARENTS' CLASSES](#)

IMPACT SINCE 2008



GET INVOLVED

Partner

Our partners help with advocacy, fundraising, and practice space. Let's work together to build a safer community!

[PARTNER](#)

Volunteer

We rely on volunteers for workshops, administration, social media, and website maintenance. Come help empower people!

[VOLUNTEER](#)

Donate

Thanks to generous people like you, we can make our communities safer and end domestic violence. You can make a difference!

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