



## WEN-DO WOMEN'S SELF DEFENCE

(since 1972 & founded in Toronto Canada)  
Basic Course with Deb Chard

This two-day course offers girls 10 years old + and women and women identified people of all ages and abilities the opportunity to practice easy to learn, easy to remember physical and verbal techniques.

Included in this program are responses to the most common assaults on girls and women such as wrist and arm holds, choke and body holds, weapons defense, ground and bed defense and gang and swarming situations.

Effective blocks, strikes, verbal self defense is a major component of this course. We include self defence situations related to outdoors, public transit, private vehicles, home, work, and school safety.

In an environment that recognizes and celebrates our diversity, we talk about violence against women and children breaking down the myths of who, where, why assault, harassment and abuse happens. We work to increase our Awareness and confidence to promote Avoidance and Action when needed.

This training is proudly presented by the Municipality of Greenstone and the Geraldton Family Resource Centre.

**2 Sessions will be held from 9.30 a.m. to 5.00 p.m.**

**Located in the Elderly Person Centre at the Geraldton Community Centre 200 Wardrope Ave.**

**Choose either: Saturday September 14, 2024, or Sunday September 15, 2024**

**There is no fee for this course and a light lunch will be provided.**

**\$20.00 to hold your spot and will be reimbursed when attending.**

**Registration Deadline is September 6<sup>th</sup>, 2024.**

To register for one of the sessions please contact Liette Cardinal, Community Services Administrative Assistant at (807)854-1100 Ext 2010 or email [liette.cardinal@greenstone.ca](mailto:liette.cardinal@greenstone.ca)

*"I have never experienced an environment like this where violence against women was acknowledged and talked about. I know I will remember this for the rest of my life. This course helped me reiterate my instincts, support my beliefs, and make me feel more powerful!" From one of Deb's students.*

