

FREE



SAFETY & SELF-DEFENSE WORKSHOP

EMPOWERMENT-BASED TRAUMA-INFORMED

Our Safety & Self-Defense Workshop includes the following:

- Trusting and using your intuition.
- Assertive communication
- Establishing and setting boundaries.
- De-escalation strategies
- Benefits and risks of various escape options.
- Physical Strikes and Escape moves

November 12, 2025 from 7:00 - 9:00 pm

Note: Spots are limited.
Please RSVP with Grant Huling
SMILE Community Safety Committee Chair
community-safety-chair@sellwood.org



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