

# WE BELIEVE

THAT NO ONE IS DESERVING  
of sexual assault.

# NO ONE.



## SAFETY & EMPOWERMENT SKILLS FOR WOMEN AND GIRLS

Hosted by Reflective Wellness

Saturdays from 10AM—1PM

Sept 9, Sept 16, Sept 23, Sept 30

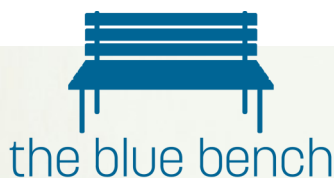
13731 E Rice Pl #200  
Aurora, CO 80015

*\*Participants should plan to attend all four sessions; content builds each session*

Gain confidence and realize your personal strength regardless of age or size.

- This class shares techniques designed for the unique strengths of female bodies.
- Equal time will be spent on teaching effective verbal and physical self-protection techniques, including releases and ground fighting techniques\*
- Experienced instructors are trained in self-defense skills proven to work well for women.
- The Blue Bench believes in empowering those who want to learn and practice self-protection techniques with the opportunity to do so in a safe space. Sexual assault is never the fault of the victim – it is only the fault of the perpetrator who makes the choice to assault another person.
- Suggested Donation Amount for full course: \$30

*\*Must attend class Sept 9 and 16 or equivalent previous course to attend Sept 23 and 30. Contact Caroline Yates with questions*



Putting an end to sexual assault through prevention and care.

*Formerly known as RAAP*

For more information, contact Caroline at The Blue Bench  
303-329-9922 X 315, [cyates@thebluebench.org](mailto:cyates@thebluebench.org)

*And/or*

Tisha Jackson, Reflective Wellness  
303-257-3746, [tjacksonlpc@outlook.com](mailto:tjacksonlpc@outlook.com)