

# WE BELIEVE

THAT NO ONE IS DESERVING  
of sexual assault.

# NO ONE.



## SAFETY & EMPOWERMENT SKILLS

Hosted by Reflective Wellness

Saturday October 5th, 2019

9:00AM – 4:00PM

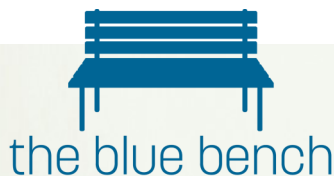
(Lunch Break 12:00PM-1:00PM)

13731 E Rice Pl. #200

Aurora, CO 80015

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

- Our instructors, experienced in self-defense skills, train participants in techniques designed to be effective against a perpetrator regardless of the perpetrator's size and strength.
- Equal time will be spent on teaching effective verbal and physical self-protection techniques, including hand strikes and releases.
- 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, with specific attention to the dynamics of sexual violence that disproportionately impact community members who are female-identified, trans-identified, gender non-conforming, non-binary and gender expansive.
- Suggested Donation Amount for course: \$15



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)