



Strength in Numbers

Personal Safety Workshop for Women

who have been affected by domestic or family violence and/or sexual assault

**Qualified Social Worker and Indigenous Support Worker
providing emotional and cultural support**

**This workshop covers all aspects of personal safety
and self protection in an informed, inclusive, safe and supported space**

Discussions include

**Identifying different types of abuse and violence
Different types of avoidance, de-escalation and resistance
Demonstration and practice of physical techniques & strategies**

Not Fit? Have some limitations? No Worries!

**All activities can be modified to suit your physical abilities
There is no pressure for you to do anything you are not comfortable with**

Want to bring a female support person?

No problem - just register them when you book!

Includes child-minding, light lunch and workbook

Bookings - Scan here



Workshop Details

Palmerston Child & Family Centre

Date: Saturday October 8th

Time: 9.00am - 1.30pm

Contact Details

Personal Protection Strategies

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(business hours only)