

# Personal Safety Workshop

**Presented by City of Portland**

Come join us for an Introductory Personal Safety and Self-Defense workshop to learn the empowering skills to help keep yourself and your young ones safe and strong! Snacks provided for all attendees

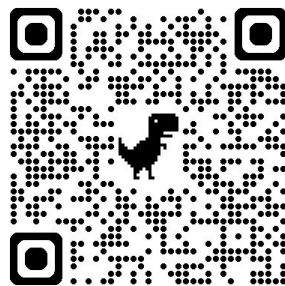
The class will cover assertive communication and de-escalation skills. Learn how to tap into intuition and options for escape and safety planning. This is open to all community members ages 11 and older. Community members ages 11-14 must be accompanied by an adult.

The City of Portland is committed to providing meaningful access. To request translation, interpretation, modifications, accommodations, or other auxiliary aids or services, contact 311, Relay: 711.

Traducción o interpretación | Chuyển Ngữ hoặc Phiên Dịch | 翻译或传译 | Письменный или устный перевод | Traducere sau Interpretare | Письмовий або усний переклад | 翻訳または通訳 | Turjumida ama Fasiraadda | ການແປພາສາ ຫຼື ການອະທິບາຍ | الترجمة التحريرية أو الشفهية

311

**Snacks will be provided for all attendees**



**Wed., Mar. 25**

3:30-5:30pm

**HOLGATE LIBRARY**

7905 SE Holgate Blvd  
503.988.5123



**SAFE BLOCKS PROGRAM**  
BUILDING COMMUNITY SAFETY

All abilities are welcome. For disability accommodations, call 503.988.5123 or email [help@multcolib.org](mailto:help@multcolib.org) 2-3 days before a program.

