

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

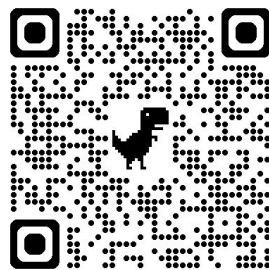
The class will cover assertive communication and de-escalation skills. Learn how to tap into intuition and options for escape and safety planning. This is open to all community members ages 11 and older. Community members ages 11-14 must be accompanied by an adult.

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. 18

5:30-7:30pm

MIDLAND LIBRARY

805 SE 122nd Ave

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 2-3 days before a program.

