

Be S.A.F.E.

Be Secure, Aware, Free and Empowered



The Be S.A.F.E. class is a set of awareness, assertiveness and verbal skills with safety strategies and physical techniques that enable someone to successfully escape, resist and survive violent attacks. The course provides psychological awareness and verbal skills, not just physical training.

Does the Be S.A.F.E. class work for your safety? YES! It can increase your options and help you prepare responses to avoid, slow down, de-escalate or interrupt an attack.

Empowerment is the goal of this class. When you feel free and empowered you are better able to go where you need to and do what you need to do without fear or unease, because you have options, techniques and a way of analyzing situations that will help you to



BE S.A.F.E.
Tuesdays 6-7pm

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