

A.C.T. A TRAUMA-INFORMED SELF PROTECTION COURSE

OCTOBER 6TH

9:00AM – 5:00PM



A.C.T:
Assess ○ Choose
Take Control

- Free 1-day workshop
- For women age 16+ with prior exposure to interpersonal violence

For info or to register, go to www.resolve-roc.org or call 585-425-1580

This course was designed to meet the unique needs of women who have previously experienced some form of interpersonal violence. It was developed and is co-lead by trauma therapists from RESOLVE of Greater Rochester and Brazilian Jujitsu trainers from On the Right. Women will be supported emotionally and physically and encouraged to choose their level of participation. Attendees will learn:

- About trauma responses
- To practice awareness and observation techniques
- How to ground themselves when tensions are rising (regulate emotions, increase distress tolerance)
- How to use their bodies for leverage and safely disengage when a situation escalates into an altercation
- To practice skills that help them experience how it feels to be strong and grounded

RESOLVE
Breaking the cycle of domestic violence


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RIGHT

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