

National  
Domestic  
Violence  
Awareness  
Month



RIISING TOGETHER THRU EDUCATION



Join us in **OCTOBER** for our series to raise awareness of domestic violence.

Our speakers will share on topics such as: what DV looks like, who it impacts, resources to prevent and heal, and education for change.

**Classes are 6:00 - 8:30 with a Q & A/discussion time after.**

Please register for each session here:



**OCTOBER**

**3**

**TUESDAY**



### **PROJECT BE FREE - Katya Wojcik**

#### *Understanding Coercive Control*

Psychoeducation and conversation on a deeper understanding of what coercive control is, how to identify it, and how it can show up in relationships and connections we have. Unpacking how this type of control can then impact our mental health and safety.

**OCTOBER**

**10**

**TUESDAY**

### **Renton PD - Tina Harris & Chelle Hunsinger de Enciso**

#### *Domestic Violence in Our Community from a System Based Advocate*

Discussion on the power & control of abusive relationships, the barriers to services and the social misconceptions of "why don't they just leave". Also exploring challenges in the legal system: making a report, getting a protection order, or filing for a parenting plan.



**OCTOBER**

**17**

**TUESDAY**



### **SUCCESS MARTIAL ARTS - Josh Henkel**

#### *Securing Your Personal Safety*

Join Nancy and Josh Henkel for a hands-on self-defense seminar. We'll focus on prevention strategies, having a safety mindset & easy-to-learn escapes. You will leave this event feeling safer & more empowered to deal with attack situations. And, we'll have a lot of fun. No previous experience needed. Wear comfortable clothes.

**OCTOBER**

**24**

**TUESDAY**

### **SELF DISCOVERY SELF DEFENSE - Marcie Wombold**

#### *Self Defense and Domestic Violence Prevention & Response*

Combine self-discovery principals with self-defense instruction. Learn how your mind and body work in stressful situations, the role of self-awareness in self-defense, and practical self-defense strategies to keep yourself - and others - safe! Come (re)discover your strength and inner power!



**OCTOBER**

**26**

**THURSDAY**



### **RAIDER TACTICAL - Julia Valencia & Gary Drake**

#### *Mindset and Awareness, Safety Planning & Tactics, Use of Force*

This presentation will cover: Awareness, Safety Planning & Preparedness, and principles of self defense. Julia and Drake have been involved in training for more than two decades. They promote fitness and tactical training as a means of taking care of themselves, their work partners, and the citizens they serve, inspiring others to do the same.

**Location: 625 S 4th Street, Renton, WA 98057**