

National
Domestic
Violence
Awareness
Month



RIISING TOGETHER THRU EDUCATION



Join us in **OCTOBER** for our series on raising 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 what we can do to change.

Please register for each session

OCTOBER

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TUESDAY



PROJECT BE FREE - Katya Wojcik
'Increasing ADVOCACY for those often SILENCED'
Katya Wojcik will be sharing on

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.



OCTOBER

17

TUESDAY



SUCCESS MARTIAL ARTS - Josh Henkel

OCTOBER

24

TUESDAY

SELF DISCOVERY SELF DEFENCE - 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

Mindset and Awareness, Safety Planning & Tactics, Use of Force
Combine self-discovery