

## WEN-DO Women's Self-Defence



Women of all ages and abilities will learn straightforward self-defence techniques including choke and body hold releases, effective blocks and strikes and defences against weapons. In an environment that recognizes and celebrates our diversity we talk about violence against women and children, safety strategies and increase our **AWARENESS** and to **INCREASE** personal safety.

We recognize that a woman's experience of violence, and her access to related services, may be affected by her age, race, cultural background, sexual orientation, identity as a transgender woman, physical and mental ability, economic situation, and many other aspects of her experience.

- We strive to make our classes as relevant and as accessible as possible to a diversity of women and girls, and to incorporate an anti-oppression analysis into our teaching;
- We strive to provide both specialized classes geared to the needs of particular groups of marginalized women and general classes open to all women which have integrated the needs of marginalized women into the curriculum

**When:** May 18 – June 22, 2016 (Wednesdays)

**Time:** 5:45 p.m. - 8:15 p.m.

**Location:** Women's College Hospital, Labyrinth Room 1415

**Register:** call or email Lynotte Cruickshank at **416-323-6040** or [Lynotte.Cruickshank@wchospital.ca](mailto:Lynotte.Cruickshank@wchospital.ca)

**“I came to this course in fear and I left with self confidence!”**