Self Empowerment, Self Care, and Self Defense Workshop

Facilitated by Diane Long of Kaleidoscope Healing Arts
Advocate, Self-Defense Instructor, Somatic Therapist

What is Empowerment Self Defense?
- Acknowledges that sexual violence is solely the fault of the perpetrator.
- Grounded in self care, empowerment, and knowing your rights.
- Identifies and challenges the social norms and myths that facilitate sexual assault.
- Teaches a toolbox of strategies for avoiding, interrupting and healing from violence.

REGISTRATION REQUIRED
Email aurora@umn.edu to register
Please indicate your preferred session:
April 12 2-4 PM
April 24 9-11 AM

Empowerment Self Defense places no blame on victims of violence. It recognizes that violence continues to be perpetrated, and therefore aims to provide individuals and communities with more options to intervene and resist violence in all its forms.