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**Nellie’s Presents Goddess Martial Arts**

Nellie’s would like to invite you to the Women Experiencing Abuse & Violence (WEAV) Program’s first installation of Goddess Martial Arts

Women of all ages and abilities are invited to experience easy to learn/apply, trauma-informed Violence Prevention strategies and skills, including:

***Safety Awareness***

***Effective Communication Skills***

***Verbal Assertiveness***

***Non-Aggressive Conflict Resolution***

***De-escalation Techniques***

***Basic Physical Defense Strategies***

**When:**

Session 1 Thursday November 25th 2021 11:30am to 1:30pm

Session 2 Thursday December 2nd 2021 11:30am to 1:30pm

Session 3 Monday December 6th 2021 11:30am to 1:30pm

Session 4 Monday December 13th 2021 11:30am to 1:30pm

**Where**: 765 Queen St E, Toronto, ON M4M 1H3

(Intersection at Queen St E and Broadview )

Dress Comfortably!

Lunch & TTC Tokens will be provided for all participants