

Personal Safety Training

In Honor of National Crime Prevention Month

When: **Monday, October 26**
6:00 p.m - 7:30 p.m.

Where: East Precinct
Community Room
737 SE 106th Ave.
Portland, OR 97216

Cost: **Free**

LEARN PERSONAL SAFETY SKILLS INCLUDING:

Prevention strategies

Ways to recognize when you're being targeted for attack

Various options of ending an attack

The trainer will introduce a variety of self-protective options in a non-physical, discussion format.

The workshop is open to adult women and men who live in Portland. No RSVP necessary.

This personal safety class is sponsored by the Office of Neighborhood Involvement Crime Prevention Program and taught by the Portland Police Bureau's WomenStrength Program.

For more information or to request an ADA accommodation, contact Crime Prevention Training and Events Supervisor Kelly Ball at 503-823-9666 or kelly.ball@ci.portland.or.us.



For more information about Portland's Crime Prevention Month go to:

www.portlandonline.com/oni/crimepreventionspotlight