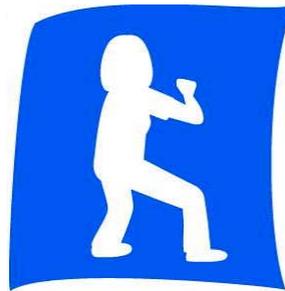


Girls' LEAP

Lifetime Empowerment & Awareness Program

Mother/Daughter Self-Defense Workshop



▪ What LEAP does:

▪ We offer self-defense and awareness programs **FREE of charge** throughout the Greater Boston area.

▪ **We welcome volunteers** from **all walks of life** to enhance and expand the reach of our safety programming.

▪ For more info, check out our website at www.girlsleap.org

▪ In this workshop:

▪ Girls (ages 8-16) will participate in the Girls' LEAP program for self-defense and safety skills while their mother/guardian/mentor will participate in the **RAD (Rape Aggression Defense)** program, taught by the Cambridge Police Department.

▪ At the end of each session mothers (guardians) & daughters will participate in the self-reflective portion of the LEAP curriculum together including activities with role plays, writing, and art.

Location:

Cambridge YWCA
7 Temple Street
Central Sq. Cambridge

▪ To **register**, contact the Girls' LEAP office by phone: **617-491-6050**

X245 or email:

leapmail@girlsleap.org

▪ Program Time:

Saturdays

10:00am-1:00pm

• Dates:

Feb. 5, 12, 26, March 5, 12

• Cost?

FREE of charge!

This program is funded by the Cambridge Police Department, and is sponsored in part by The Cambridge Women's Commission.