

RESOLVE INTRODUCTORY SELF-DEFENSE CLASS

September 13th | 1PM - 5PM | Santa Fe Teen Center

RESOLVE SELF-DEFENSE CLASSES TEACH PEOPLE TO:

- Recognize when your boundaries are being crossed
- Respond effectively to offensive, inappropriate and dangerous behavior
- Defend yourself when faced with physical violence

RESOLVE PARTICIPANTS FEEL:

- Greater self-confidence and self-worth Peace of mind from having practical and effective skills to defend themselves
- A sense of freedom to use their voices and reach their potential

4-HOUR INTRODUCTORY WORKSHOP

Saturday, September 13th

1:00PM – 5:00PM

For all genders, grades 6 - 8

Pre-registration Required

Scan the QR code below to sign up.



For more information contact: (505) 955-4101 | teencenter@santafenm.gov

SANTA FE
TEEN CENTER
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CITY OF SANTA FE
RECREATION DIVISION
santafenm.gov/recreation