



Burwood Community Welfare Services  
Inc.



STAY SAFE  
Personal Safety Australia  
Sydney Self Defence Centre

## We are running it again 28<sup>th</sup> April 2022

Women’s Safety and Self Defence Group with Relaxation & Breathing Techniques



### In a safe, empowering and fun environment ...

you will get to meet other women and learn about things like effective decision making, relationship dangers, exit strategies, body language, physical self-defence and relaxation strategies.

THIS WOMEN’S ONLY WORKSHOP IS BASED ON THE THREE TENETS OF PERSONAL SAFETY:

- DETECT – AWARENESS SKILLS, SELF-GROWTH, FEAR MANAGEMENT AND CONFIDENCE TRAINING;
- DEFUSE – NEGOTIATIONS SKILLS, BODY LANGUAGE, TALK LANGUAGE, DECISION TIME; AND
- DEFEND – YOU HAVE NO CHOICE BUT TO RESPOND FOR YOUR OWN SAFETY
- RELAXATION & BREATHING



The group **will** be facilitated by Chris Fatcher-Coles and his wonderful team. Chris strives to create a safer community for all.

Chris is a White Ribbon Ambassador, Australasian Martial Arts ‘Hall of Fame’ Lifetime Achievement inductee, and was nominated Australian of the Year 2017.

**When: Thursday 28<sup>th</sup> April 2022**

**From: 9:30am –12:00pm.** To book or find out more information please contact Rhonda on 0423 265 349 or email [rhonda@bcw.org.au](mailto:rhonda@bcw.org.au)

**Where: @ 2 Wyatt Avenue, Burwood**

**Cost: FREE**

Morning Tea will be provided  
Childcare available  
COVID Safe check in is required