



# Free Self-Defense & Creative Writing Workshop



## Find the strength of your body and the power of your words.

The responsibility for preventing harassment and violence lies solely with the people causing harm, and a survivor is never at fault. At the same time, many people find it empowering to explore their power through self-defense.

The IMPACT program teaches people tools to resist violence and communicate assertively under stress. In IMPACT self-defense workshops, people learn by doing—you'll get to practice physical and verbal self-defense skills with an instructor who is trained to support survivors. Facilitators portray a realistic attacker and coach people through the process.

After learning and practicing the skills to resist violence, in-class writing exercises will give you the opportunity to explore the experience of learning to protect your body. This workshop is open to beginners, experienced writers, and everyone in between. People of all genders, ages, races, and abilities are welcome.

**Sunday April 2<sup>nd</sup>, 12-4pm**

**YWCA Cambridge 7 Temple Street, Central Square**

**Pre-registration is required. 781-321-3900 or [info@impactboston.org](mailto:info@impactboston.org).**

Please request disability accommodations or child care by 3/20 by calling Meagan at 781-321-3900.

**This workshop is free to participants thanks to our sponsors:**



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