

FREE! FREE! FREE! FREE! FREE! FREE! FREE!

GAIN SKILLS IN:

- Awareness
- Boundary setting
- Verbal self-defense
- De-escalation
- Physical self-defense

Join us for a free class in

SAFETY & SELF-DEFENSE

Stay for dinner after the training!

Hosted by the Teen Center, located at the First Congregational Church in downtown Morrisville

Sponsored by



Lamoille FAMILY CENTER

Friday, March 11th from 3-8pm

Please complete the form below and submit it to the guidance office

Name _____

Birthdate _____ Grade _____

Email _____

Phone number where you can be reached on the day of the training _____

In case of emergency, please list the name, phone number, and relationship of a person to contact

By signing this form, you agree to participate in all training activities. Please note that you are responsible for your transportation to and from the training.

Participant signature _____

Parent/guardian signature _____