

It all starts here...

# Female Personal Safety

PCYC Mt Gravatt

## Ladies Only Personal Safety Workshop

Learn how to protect yourself  
and survive on the street

- What** Chillout activity to practical self-defense techniques.
- About** Young women will learn realistic & functional ways to defend themselves & communicate confidently in pressure situations.
- Girls - 12 - 17 years of age
- Who** 27 September 2018  
10.00- 2.00pm
- When** FREE
- Cost** 90 Klumpp Road, Upper Mt Gravatt
- Where** PCYC Mt Gravatt  
P 07 3420 4655  
E [jeanette.mcgee@pcyc.org.au](mailto:jeanette.mcgee@pcyc.org.au)
- Contact** Loose comfy clothing, water bottle and lunch.
- No footwear required on the mats.

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