YOU’LL LEARN WAYS TO:

• Read body cues and trust your instincts
• Manage stress and strong emotions
• Set verbal and physical boundaries
• Keep your cool when feeling anxious or angry
• Develop assertive body language
• Practice simple, effective physical techniques
• Share tools for communication and consent

WHERE:
NorthStar Youth Outreach Center
At Maplewood Mall, 3001 White Bear Avenue, Maplewood

WHEN:
10:30 AM – 3:30 PM
Saturday, March 30
Accessible for all ages and all levels of experience and ability.

SCHEDULE:
10:30AM-11:30PM - Boundaries and Self-Care
11:30AM-12:30PM - Verbal and Physical Safety Skills
1:30PM-2:30PM - Boundaries and Self-Care
2:30PM-3:30PM - Verbal and Physical Safety Skills

The first 20 youth who attend workshops will get a $5 gift card for a treat at the mall. All participating youth receive two bus tokens. Snacks and beverages all day.

Instructor Diane Long, of Kaleidoscope Healing Arts, has been teaching Sex-Positive Self-Defense and practicing holistic health for over 25 years to help people prevent, interrupt and heal from violence and oppression.