

Be Empowered.

Photo courtesy of impactchicago.org



Sign up for...

TEEN IMPACT

Self-Defense

Learn to defend yourself and express strength, courage, and assertiveness.

Four Class Sessions:

Nov 15, 16, 22, 23

11:30 a.m. – 3:30 p.m.

Knapp Center, 3145 W. Pratt

Here's what a few recent Teen IMPACT graduates had to say about their experience:

"Impact has made me a better young woman. It helped me to realize I have power and I need to use it more."

"Impact has changed me a lot in many ways. I am now able to defend myself not only physically but emotionally as well. I'm really glad I came."

"Impact has made a better person out of me. It has made me stronger and more courageous."

This is a specially-designed program for teen girls ages 15-19 with attention to the most common ways teen girls are harassed, abused, and attacked. Teen IMPACT covers the verbal and physical skills necessary to defend yourself in a variety of situations.

The full tuition for the course is \$260 with financial assistance available for anyone who cannot pay the full price.

For more information

Visit www.IMPACTchicago.org or contact Leslie at 773-338-4845 or leslie@impactchicago.org



Be Safe.

Photo: Daniel Teafoe