

Bully-Proof Workshop

Is your Child Bully-Proof?



Bullying is major issue children are forced to deal with, in fact over 150,000 kids a day in Canada miss school because of fear from bullies! A child's inability to stand up for him/herself is rooted in their fear of being physically hurt...the answer? Teach the victims the skills to protect themselves and the rest will follow.

Your child will be introduced to techniques which are defensive and do not include any striking. Strategies to diffuse confrontations with words and techniques to neutralize a threat and gain control without resorting to punching or kicking will be demonstrated and practiced.

When?

**Family Day:
February 20th, 2012**

Where?

**Terwillegar Rec Centre
2051 Leger Road
www.thebjjprogram.com**

Times:

Session 1: 10:30-11:30a.m.

Session 2: 11:30-12:30p.m.

Session 3: 1-2p.m.

Session 4: 2-3p.m.

To Register:

Call: Curt Malin 780-884-5487

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