



girlventures  
Outdoor adventures for inner discovery

GIRLS: Find Your **Strength ...**

# Self-Defense Series for Girls

**WHO:** Girls in Grades 6 - 9

**WHAT:** A 15-hour in-depth series encouraging girls to cultivate awareness, assertive communication, conflict-resolution, and build healthy decision-making skills through voice exercises and situational role plays

- *Learn techniques to empower and defend yourself physically, emotionally, and mentally*
- *Gain confidence in a supportive, all-girl environment!*

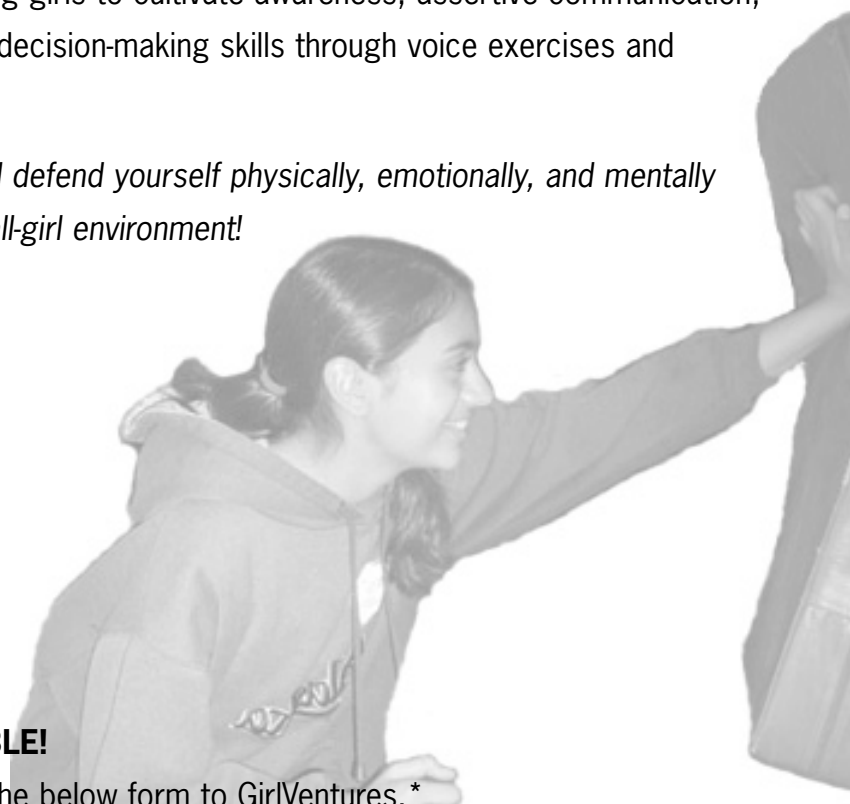
**WHERE:** Workshops are held at  
The Women's Building  
Mission District, San Francisco

**WHEN:** Monday - Friday, June 23 - 27, 2008  
1:00pm - 4:00pm

**HOW:** Tuition: \$0 - \$350

**TUITION ASSISTANCE IS AVAILABLE!**

\*Register today! Please mail or fax the below form to GirlVentures.\*



- 
- YES! Sign me up for the Summer Self-Defense Series.
  - Enclosed is my tuition check for \$350 made payable to GirlVentures.
  - I will need tuition assistance but want to reserve my spot now with a \$25 registration fee.

Name of Girl: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

School: \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_



girlventures  
Outdoor adventures for inner discovery

**Applications Due June 13, 2008**

Rolling Admissions. Apply early to ensure a space.

To learn more & register online, please visit us at  
<http://www.girlventures.org/programs/application-short-course.shtml>

GirlVentures  
Attn: Kyle Walsh, Director of Outreach & Admissions  
The Women's Building  
3543 18th Street #18  
San Francisco, CA 94110  
tel: 415.864.0780 fax: 415.861.3464  
email: [kyle@girlventures.org](mailto:kyle@girlventures.org)