



**EAST GRINSTEAD
TOWN COUNCIL**

Personal safety & self defence Workshops

Ages 11+

DELIVERED BY
Actively Safe



THURSDAY 15 FEBRUARY 2024

**10AM - 1PM
AGES 11 - 13**

**2PM - 5PM
AGES 14 - 17**

Physical self defence
Situational awareness
Confidence strategies
De-escalation techniques
Use of force & the law

Meridian Hall, East Court, East Grinstead, RH19 3LT

BOOK NOW:

<https://eequ.org/experience/4533>

