



**Sexual Assault**  
Awareness Month



**Family Service League/SAVE of Essex County**, in collaboration with **PhyZeke Fitness** and the **YMCA of MONTCLAIR**, is hosting a **Self-Defense Empowerment Workshop** on:

**Saturday, April 1, 2017. 1:30-3:30pm @ the YMCA of Montclair - 25 Park Street, Montclair, NJ 07042**

A Self-Defense Empowerment workshop is about more than just punching and kicking. Participants are taught how to use their voices, minds, and bodies to protect themselves effectively. Workshops confront the real life fears that we face. Participants are given options, choices, and techniques for dealing with those fears in a safe and supportive environment.

**Sign-Up Today!**



**Registration:**

- ✓ \$10 participant fee
- ✓ Participants must be 18 years of age or older and must sign a waiver to participate
- ✓ Register at [www.familyserviceleague.org](http://www.familyserviceleague.org)

the  
**clothesline project**

Visit the **Clothesline Project Display** from March 24-April 2 at YMCA of Montclair-Park Street Branch.

The Clothesline Project is a vehicle for those affected by sexual violence to express their emotions by decorating a shirt. The shirts decorated by teens in Essex County will be hung on a clothesline to be viewed by others as testimony to the problem of sexual violence.



Family Service League  
60 South Fullerton Avenue, Suite 109  
Montclair, NJ 07042  
973-746-0800  
24/7 Hotline: 1-877-733-CARE(2273)