



P.O.W.E.R 'Play'

Personal Options with Empowering Results

A 6-week self-defense strategy series for People with or without disabilities. Space is limited. **Participants must commit to all sessions and complete a pre- and post- evaluation.**

Peer Support events operate under the Independent Living Environment and are committed to providing safe & inclusive spaces.

Date: Wednesdays, October 21 to November 25

Time: 3:30 PM - 5:00 PM

Location: **In-person** at Vibrant, 2398 Yonge St.

Cost: Free

Learn more or register for pre-evaluation:

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