

# ACS Soldier and Family Readiness Program

# Total Self-Defense for Women



- Training on how to identify dangers and how to keep you, your home, and your children safe.
- A workshop about giving power to women - not about scare tactics.
- Learn realistic steps to safeguard the people and the things we treasure most—family and home.
- Topics include: home security, identity theft, personal and internet safety and protecting children.

Children under 16 years old are not permitted in the classroom.  
Child care is available. Registration required.

## Level I

- Mornings ----9 a.m. to 11:30 a.m. 9 Jan, 13 Mar, 15 May, 17 Jul, 11 Sep & 13 Nov
- Evenings ----6 p.m. to 8:30 p.m. 15 Feb, 12 Apr, 14 Jun, 9 Aug, 11 Oct & 13 Dec
- Heritage Village ----10 a.m. to 12:30 p.m. 6 Jan & 15 Oct

## Level II (Must have completed level I)

- Mornings ----9 a.m. to 12 noon 30 Jun & 15 Dec
- Evenings ----6 p.m. to 9 p.m. 15 Mar & 24 Sep



**Soldier Support Center, 3rd Floor; Normandy Drive; Fort Bragg**  
**To register and get class details, please call (910) 396-5521/4175**  
**[www.fortbraggmwr.com/acsclasses](http://www.fortbraggmwr.com/acsclasses)**