



Tackling Violence against Women and Girls (VAWG)

Women's Safety Events

Kent Police are committed to eradicating all forms of violence against women and girls.

We want all women and girls who live, work, socialise and attend schools in our communities to feel safe.

Kent Police in partnership with AMK Krav Maga – Self defence experts and Rock Solid – Health Wellbeing Transformation practitioners are running several self-defence sessions with partner agencies, ending with a walk and talk within the community. Join us!

Location: **St. Mary's Parish Centre, Cannon Street, Dover. CT16 1BY**

On the following dates:

- Monday 6 October 2.30pm-5.30pm
- Monday 20 October 2.30pm-5.30pm
- Monday 27 October 2.30pm-5.30pm
- Monday 10 November 2.30pm-5.30pm

This will be an active event please dress comfortably

These sessions are **FREE**. Please follow the QR to book yourself onto a session



We look forward to seeing you there.



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