

FREE TRAINING | REGISTRATION REQUIRED

WOMEN + NONBINARY | AGES 15 - 35

Empower Protect + Connect

POWER SKILLS BUILDING + SELF-DEFENCE

2025

WEDNESDAYS | WEEKLY
SEPT 10 - DEC 17

12 SESSIONS | 6:00PM - 8:00PM

FREE | MERRITT CIVIC CENTRE

* No session on October 22 and November 27, 2025.

The **Empower, Protect + Connect** program develops essential safety and empowerment skills, builds strength and confidence, and provides a safe and supportive space where participants can build community.

- Learn practical self-defence techniques for physical safety
- Develop situational awareness in everyday and high-risk environments
- Strengthen assertiveness and boundary-setting skills
- Rebuild personal confidence through trauma-informed practices
- Access emotional support and empowerment strategies
- Connect with local community resources and services
- Foster physical and emotional resilience in a supportive group setting

FORMAT

This 12-week program offers weekly two-hour sessions that include:

- Self-Defence Training (1 HOUR): Taught by certified instructors, with a focus on real-life scenarios and practical safety techniques.
- Counselling & Empowerment Workshop (1 HOUR): Facilitated by a Registered Clinical Counsellor and local organizations, offering trauma-informed support, strategies for personal growth, and community connection.

ELIGIBILITY

For women and nonbinary people (aged 15–35 years) affected by or at risk of gender-based violence. (Note: The program for men and nonbinary people will be from January 7 to March 25, 2026).

ACCESSIBILITY

If you require any accessibility accommodations, please contact recreation@merritt.ca.

COST

Free to attend. Registration is required as participants are expected to attend most, if not all, sessions.



Supported by the
Province of British Columbia



* CIVIL FORTFEITURE GRANT | MINISTRY OF PUBLIC SAFETY AND SOLICITOR GENERAL

► [MERRITT.CA/EMPOWER](https://merritt.ca/empower)

► [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)