



ENGAGE, EDUCATE & EMPOWER
communities to end
VIOLENCE AGAINST WOMEN AND GIRLS

FREE

Empowerment through Self-Defence

Mother-Daughter Community Workshop



Action Breaks Silence collaborates with **Richmond Communities Against Violence Forum Project** to bring you a **FREE** Empowerment through Self-Defence Workshop

The workshop aims to:

Prevent abusive and violent behaviour against women and girls.

Break down the myths around violence against women and girls and “stranger danger”.

Dispel the “monster myth” and understand who the real perpetrators are.

Reframe ideas of femininity; and girls and women’s bodies, empowering participants to own their bodies and explore their dynamic strength both mentally and physically.

Build confidence in their own individual capacities and unleash their “inner warrior”.

Reframe victimisation and fear.

Educate around fear, the adrenal dump and verbal diffusion skills.

Identify target points on the perpetrators body and resistance strategies.

Venue

Turing House Sports Hall,
Hospital Bridge Rd,
Whitton,
Twickenham,
TW2 6LH

12 October 2025
10am - 2pm



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a **free** spot via our
Eventbrite page.

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