October is Domestic Violence Awareness Month
FREE Anti-Bullying and Self-Defense Classes!

Pai's Academy of Taekwondo & the Domestic Violence Advocacy Program are partnering to provide FREE classes throughout the month of October!

Pai's Academy of Taekwondo

DVAP Domestic Violence Advocacy Program

Please Join Us To:

Learn
Support
Unite Against Violence

FREE CLASSES!

Women's Self Defense and Anti-Bullying for Children

Schedule of Classes:

Anti-Bullying Class (ages 5-13): Friday September 23rd 6:15pm

Anti-Bullying Class (ages 5-13): Tuesday October 4th 6:00pm

Anti-Bullying Class (ages 5-13): Tuesday October 11th 6:00pm

Women's Self Defense Class (females age 13 & up): Wednesday September 28th 7:30pm

Women's Self Defense Class (females age 13 & up): Tuesday October 18th 6:00pm

Women's Self Defense Class (females age 13 & up): Tuesday October 25th 6:00pm

Call the Domestic Violence Advocacy Program at the Mechanicville Area Community Services Center, to register by September 30th:

(518) 664-8322