



Donovan Richards Jr.
QUEENS BOROUGH PRESIDENT



Keeping Each Other Safe: A Self-Defense Workshop Series

Join us as Borough President Donovan Richards Jr. partners with Artemis Self Defense to host a three-part public workshop series on how to protect themselves, loved ones and strangers alike by identifying danger and diffusing attacks. Attendees of all experience levels will learn how to deconstruct the fight, flight, freeze or fawn responses, as well as receive defense and upstander training.

Sport attire and long sleeves are recommended. Attendees must provide proof of COVID-19 vaccination and wear a mask.

Every Third Monday, 6-8pm

September 19, October 17 & November 21

Atrium at Queens Borough Hall

RSVP at queensbp.org/rsvp



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