



Something
doesn't
feel right!

ALL
WELCOME

MUMS & DAUGHTERS SELF PROTECTION WORKSHOP

Due to popular demand, Community Northern Beaches will be hosting its 2nd FREE violence prevention empowerment workshop with Mel Thomas from the KYUP! Project for local mothers/carers and girls aged 10+.

In this fun, safe, hands-on workshop Mel will share personal safety tips and simple self-defence techniques any girl can use, no matter her size or skill level. Using relateable examples of real-life scenarios – such as public transport, public places and parties – girls and women learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

WE'RE
BACK!

FREE WORKSHOP
Saturday 19 October, 2-4pm

SPACES ARE LIMITED. DON'T MISS OUT!

BOOK YOUR PLACE TODAY AT: [HTTPS://WWW.TRYBOOKING.COM/BFANX](https://www.trybooking.com/BFANX)

PCYC Northern Beaches, 40 Kingsway, Dee Why NSW 2099



MEL THOMAS, THE DRIVING FORCE BEHIND KYUP! PROJECT

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and learn about positive relationships.

Mel Thomas is a writer, speaker, media commentator, mother of two girls and black belt with more than 15 years martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel was awarded a scholarship with the Layne Beachley Aim for the Stars Foundation and founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area.

Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

"Mel embodies passion and strength and shares my goal to assist all girls and women to fulfill their potential."

Layne Beachley –

8 x World Surfing Champion

PROUDLY SUPPORTED BY:



KYUP!PROJECT
www.kyupproject.com.au