

Kids' Empowerment Workshop

For Children in Kindergarten, 1st & 2nd Grades

Sunday, November 14, 2010, from 2:00 pm–3:30 pm

RSVP to Becky Harding to secure a spot

Venue

Sun Dragon Martial Arts School (<http://sundragon.org/>)
4534 West Gate Blvd., Suite 101, Austin, Texas 78745
(South Austin—behind Buffet Palace near Central Market-Westgate)

Cost

\$10 per child
Pay at the door on the day of the workshop

In a direct response to several families talking with me and other board members about incidents of bullying and racist behavior toward our community, we have asked Sun Dragon Martial Arts School to offer one of their empowerment workshops to our children in kindergarten, first and second grades. In the past few weeks, some of our youngest FCC members have experienced some difficult situations at their schools. As FCC president and a parent, I just can't sit back and hear of these encounters without doing something to help. This workshop is a step in that direction.

Sensei Joy Williamson, the head instructor at Sun Dragon relates, "In this class, children will learn to speak up for themselves and others, and identify safe adults when they need help. We will practice strong body language, basic physical skills to get out of grabs, and how to tell the difference between tattling and reporting. The goal is for each child to feel less fearful and more empowered."

