

SafeForce

Building confidence. Building safety. Building strength.

At Resilient Hearts, we believe every young adult deserves to feel safe, empowered, and confident in their day-to-day life. That's why we're excited to launch SafeForce, a two-part initiative designed specifically for young adults with developmental disabilities. This 5-hour workshop helps participants build real-world safety skills, strengthen their self-advocacy, and feel more confident in their bodies and communities.



What Does it Offer?

Abuse Prevention Education

Participants learn how to recognize unsafe situations, set healthy boundaries, understand their rights, and speak up with confidence. This class is taught in a supportive, trauma-informed environment tailored to different learning needs.

Practical Self-Defence Training

After building knowledge, participants put empowerment into action. This hands-on session teaches simple, accessible, and effective self-defence techniques to promote body awareness, confidence, and personal safety.



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Participation Fee: \$180

Participants can use their PDD funding to access this training