



6-8th grade girls
Self Defense for the Body & Mind

PJ's for Peace

- Bring your pillow, sleeping bag & phone!
- Rootbeer floats and munchies!
 - Learn risk and protection strategies

Program Provided by
Jodi King, retired Police Officer
and Girl Scouts of Newbury Park

This program completes the Cadette Journey book *AMAZE*, except the Take Action Project and final celebration. Completing a Journey is a pre-requisite for the Girl Scout Silver Award.

To have your own PJ party or
to attend one contact:
The Women's Self-Defense and
Empowerment Group

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