

Adaptive
Recreation
presents

Safe, Strong & Free

A sexual assault
prevention class for
adults with
developmental
disabilities

Fridays 2:00-3:00
April 23 - June 11

This class is in-person at
the Hilyard Center
and follows strict COVID-19
protocols.

Register: getrec.org #13755
541-682-5311



Taught by
Alexis Reed,
Oregon DD
Behavior
Professional



Safe

Participants learn to use their
minds, their words, and their
bodies in effective self-
defense.



Strong

Participants learn to think and
act assertively, to understand
their value, and to speak up.



Free

Participants are empowered
to live a self-determined life in
which they give and receive
respect in healthy
relationships.