

Ateliers d'autodéfense et de prévention de la violence

F-7

TRAINING

BRIEF DESCRIPTION OF THE TOOL:

The *CRAN des femmes* is a community organization whose mission is the prevention of sexual assault and violence . Since its founding in 1995, the *CRAN* has offered workshops in violence prevention and self-defense to thousands of women and adolescents in Quebec.

A workshop on violence prevention and self-defense of the *CRAN* allows women:

- to recognize abusive situations more quickly when they occur
- to give oneself the right to react when afraid
- to develop ways to avoid freezing in dangerous situations
- to learn to deal with psychological as well as physical assaults
- to feel safer in one's life: at work, at home, on the streets, etc.

The approach developed by the *CRAN* is based on:

- increasing self-confidence and assertiveness
- real-life techniques adapted to the needs of women

Tool name	Ateliers d'autodéfense et de prévention de la violence
Document type	Promotional brochure for prevention and self-defence workshops provided by the organization
Type(s) of abuse	All forms of violence
Intended for	Adolescent females and women aged 13 to 113
Issued by (organization)	Le CRAN des femmes
City (region)	Quebec
Creation date	1995
Number of people reached	More than 11 000 women and adolescents since 1995
Contact person (contact information of the organization)	Claudine Thibaudeau Le CRAN des femmes P.O. Box 134, Stn. R Montreal, Quebec H2S 3K3 Phone: 514 850-0786 Fax: 514 850-0642 Email: info@cpvc-cran.net Website: www.cpvc-cran.net
Number of pages	1
	How to get the tool: Contact the organization
	Distinctive features: Electronic version available A training workshop for trainers is also available on request The course is also available to service providers

