

The Columbia County Sheriff's Office is pleased to offer a self-defense class to the public on Saturday April 11, 2009 in the Sheriff's Office Training/Conference Room at 901 Port Avenue, in St. Helens. The class will begin at 8:00 A.M. and will conclude at approximately 4:00 P.M. The class will be offered free of charge to Columbia County residents.

The course will be taught by certified defensive tactics instructors who received their certification through the Oregon Department of Public Safety Standards and Training (DPSST) and American Council on Criminal Justice Training (ACCJT). The course is designed to teach participants skills to protect themselves in situations that could result in serious assault or death. The course will be taught in "hands on" format. Topics will include personal safety strategies for the workplace and travel.

All participants are asked to bring a bottle of water and to wear comfortable clothing, socks and tennis shoes. Participants under the age of 18 are required to have a parent present and sign a release form in order to participate in the class. If you plan to send your child with another adult, please contact the Sheriff's Office prior to the class to ensure the accommodation can be made. Due to the mature nature of the information presented, this class is not appropriate for children 13 years and younger. Future classes will be provided to meet the needs of our younger citizens.

Class space is limited and individuals interested in participating must pre-register to attend. Registration forms are available at the Columbia County Sheriff's Office or by contacting Deputy Caldwell or Deputy Ritchie at (503)366-4611, Monday through Friday.