The Columbia County Sheriff's Office is pleased to offer a women's self-defense class to the public every other Saturday in July and August this summer. The classes will be held in the Sheriff's Office Training/Conference Room at 901 Port Avenue, in St. Helens. The classes will begin at 9:00 A.M. and will conclude at approximately 3:00 P.M. The class will be offered free of charge to Columbia County residents and a light lunch will be provided at no charge.

Classes are offered on the following Saturday dates this summer: July 17, July 31, August 14 and August 28. The classes will run from 9 a.m. to 3 p.m. with a light lunch provided at no cost. Although the classes are free, a sign-up process is involved. Class space is limited, so early registration is encouraged.

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 15 years and younger.

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 going on line to the sheriff's web pages at www.co.columbia.or.us/sheriff . Questions can also be directed to Timmi Sue at the Sheriff's Office at (503) 366-4651.

Download the Women's Self Defense Class Flyer

Download the Women's Self Defense Class Application