

DON'T BULLY ME!



Parent-child

*Bully-proofing courses & workshops
Group & private sessions*

(438) 392-4683

gmanoli@videotron.ca

www.manoli.ca

Many children are bullied and humiliated daily in front of their classmates. Rarely do they seek help. They dream of standing up to the bully, but simply don't know how.



WE BULLY-PROOF CHILDREN

- We empower them with 'hands-on,' scenario based, bullying simulations.

WE TEACH CHILDREN

- Not to use physical violence & to tell everyone about it.
- How to confidently deal with verbal, degrading insults.
- How to handle physical attacks without hurting or striking the bully.
- To face the bully and confidently say "Leave ME Alone!"
- What to do if the bullying persists.



BULLY-PROOFING PROGRAMS

Bully-proofing & Karate program

On-going program offered 2 X a week at the Beaconsfield Rec. Centre. Parents can train alongside their child or sit & watch.

Parent/child course: 9 h

We travel to your community center, home or work place to offer this course. Mats & min. 12+ participants required.

Parent/child workshop: 2 h

Private & small group training

GEORGE MANOLI

- One of Montreal's leading authorities in personal safety education.
- Bachelor of education degree.
- Black belt in Karate and Judo.
- Karate instructor, Beaconsfield Rec. Centre.
- Author of 3 personal safety manuals.
- Law enforcement officer – SPVM.

OTHER PROGRAMS DEVELOPED

- Air Canada: Unruly passengers
- Bombardier: Assertiveness training
- Montreal Police force: Gun retention & defence

Self-defense for Women & Teens

Assault prevention courses & workshops
'Hands-on' attack simulations
Assertiveness training for rape & assault survivors



Beaconsfield Bully-proofing Karate & Jiu-Jitsu Club

Children, teens & adult classes
We train on Thursdays & Saturdays
Beaconsfield Recreation Centre – 1974 City Lane

COME TRY 2 FREE CLASSES