

NORFOLK COUNTY SHERIFF'S OFFICE

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FOR IMMEDIATE RELEASE

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Sheriff's Office and Marcotte Foundation Host Successful Self-Defense Class for Women

BRAINTREE, MA – On Tuesday, the Norfolk County Sheriff's Office hosted the first official self-defense class for women, in partnership with the Vanessa T. Marcotte Foundation. The class, which is free and open to all women, marks the beginning of a series of free self-defense classes to be offered throughout Norfolk County. Following a successful soft-launch in March, Tuesday night's class had over 25 participants.

"After the overwhelmingly positive response of our soft launch in March, I am proud that the NCSO and Vanessa T. Marcotte Foundation can partner together for this life-saving opportunity for our county's women," said Sheriff McDermott. "Helping people feel safe and secure is exactly why we partnered up with the Marcotte Foundation, and I look forward to continuing to provide these opportunities across the county."

Participants in the class learned a variety of self-defense techniques as well as strategies to improve situational awareness. The NCSO provided instructors trained by the Vanessa T. Marcotte Foundation who guided participants through the two-hour long program.

During the first class participants were able to learn a larger variety of self-defense moves compared to the soft launch that took place in March. Participants learned about situational awareness and how to handle confrontation physically as well as mentally.

The NSCO and Vanessa T. Marcotte Foundation plan to continue offering these trainings free of charge to area women across Norfolk County. The next class will be held on June 26th in Quincy at the Kennedy Center (440 East Squantum Street). The class is currently full but is accepting registrations for the waitlist. Waitlisted participants will be given priority for future announced classes.

To learn more about these free trainings or register, visit vtmf.org/event/self-defense-workshop-braintree-ma/.

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