

## Self-Defense

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Women

Family

No

Intake Contact Email

info@saracville.org

Intake Process

Call for information, time and day of class

Self Refer

Yes

Sexual Assault Resource Agency (SARA)

<http://saracville.org/>

Main

(434) 295-7273

1013 Little High Street

22902 VA

United States

Fee Structure

Call for Information

## Languages Spoken

English

The Sexual Assault Resource Agency (SARA) is committed to serving the needs of women, children, and men who have survived sexual assault. Our mission is to create an environment in which sexual violence is no longer tolerated.

Throughout the year SARA offers Rape Aggression Defense (RAD) classes. The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that teaches risk reduction through hands-on defense training. The courses are taught by nationally certified R.A.D. Instructors and SARA offers classes throughout the year.

Please contact the SARA office at (434) 295-7273 for more information about RAD. If SARA is not offering a class at a convenient time, the UVA Police Department also offers RAD classes and can be reached at 434-924-7166

## Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Nelson County