

SAFETY SKILLS FOR EVERYONE

We empower individuals and teams with actionable tools to navigate safety, boundaries, and de-escalation with confidence.



ABOUT US!

We teach practical, empowering skills to help people prevent or interrupt violence, set boundaries, de-escalate, and face tough situations with confidence. Whether you're looking to create a safer workplace, protect yourself, or help others, we've got you covered.

We are located in the Denver, CO area. We teach state-wide, nationally, and internationally

TESTIMONIAL

I loved the thoughtfulness and how truly trauma-informed and self-aware this training was. I feel safer and more equipped to protect myself.

- Anonymous



OUR SERVICES

SAFETY TRAININGS

Provide your organization, group, or community an empowering and inclusive safety training. All our workshops are adaptive to fit the ability needs of the participants and are traumainformed. Topics include:

- De-escalation & Boundary Setting
- Emergency Preparedness & Response
- Bystander Intervention & Community Safety
- Personal Safety & Self-Defense

Bring us into your business, sponsor a class, or partner with us to teach your community.

PRESENTATIONS & KEYNOTES

We'll inspire your audience to assess risk with clarity and respond effectively to safety violations. Whether we're speaking to corporate teams, community organizations, or student groups, our mission is simple: to make safety accessible, confidence teachable, and self-advocacy non-negotiable.

CONSULTATIONS

Providing your business with tailored plans and policies to handle and train for emergencies, threat, harassment, or abuse.

Email: wearesafertogether@gmail.com Call or text: 720-445-5778 Website: wearesafertogether.com





OUR PROGRAMS

Every program is customized to the group and presented in a trauma-informed, inclusive, adaptive, and age-appropriate manner. We teach through interactive elements created for learners of all types, including physical and verbal activities, movement and practice, group discussion, and coached role play scenarios (depending on the program).

CONSULTATIONS

We can review or create safety policies, advise on best practices, and help create safety plans for unique circumstances.

\$600 per hour

PRESENTATIONS & KEYNOTES

Empower your group with our engaging presentations and keynotes. Topics include: Safety skills, empowered risk taking, boundary setting, de-escalation, and more.

Safety presentations

- In-person starts at \$600 per hour
- · Virtual starts at \$400 per hour

Keynotes

Price on request

PRICING MENU

We specialize in creating custom programs. Reach out to set up a free 30-minute consultation to discuss your unique needs.

SAFETY TRAININGS

Our experiential workshops provide a great opportunity to learn and practice key safety skills in a safe and supportive environment.

Group trainings (all types):

- \$800 up to 90 minutes \$1000 2 hours \$1400 3 hours

Virtual trainings:

Start at \$500 per hour

Private self-defense training (up to 4 people):

- \$600 per hour
- Padded instructor add \$150/hr (3 hr min)

Multi-sessions:

· Custom quotes available.

Note: We teach at your business or location. Budget to cover the rental cost of an appropriate space if you do not have one. Outside of the Denver area? Ask about our travel policy.



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