

Canadian Black Belt Academy presents antibullying class

The Canadian Black Belt Academy will present Done with Bullying, a free anti-bullying seminar for children aged six to 13. It will be April 25 from 11 a.m. to noon at the Academy facility at 19 McEwan Drive, Units 7 and 8.

The Academy is bringing the program to Bolton for the first time. It's aimed at teaching practical strategies for identifying and dealing with bullying behavior and how to 'buddy' rather than 'bully' others.

'Bullying is still a huge problem, and we believe that no other industry is better equipped to end bullying than martial arts,' commented Jason Figliano, owner/head instructor of the Canadian Black Belt Academy and Gracie Jiu-Jitsu Academy of Bolton. 'We hope you'll come out and see for yourself.'

To sign up for the program, contact the academy at 905-857-4600. Parents are highly encouraged to attend this free seminar.