

## R.A.D. Self-Defense

Available 24/7

Yes

Family

No

Intake Contact Email

mcpdpio@manassasva.gov

Intake Process

Visit the website for information. Call the office.

Provider Refer

No

Report Problems

Call the Agency

Self Refer

Yes

Manassas Police Department

[https://www.manassasva.gov/police\\_department/](https://www.manassasva.gov/police_department/)

[https://www.manassasva.gov/police\\_department/community\\_services/rad\\_self-defens...](https://www.manassasva.gov/police_department/community_services/rad_self-defens...)

<https://www.facebook.com/ManassasPD/>

Main

(703) 257-8000

9518 Fairview Avenue

20110 VA

United States

Additional Availability Comments

Business hours are Monday-Friday

Languages Spoken

English

The R.A.D. Self-Defense program is geared to improve the personal safety of adults through proactive strategies and physical techniques. There is a \$15 equipment fee.

Resisting Aggression Defensively (R.A.D.) is an empowering self-defense program for men and women. The course is broken up into ten 2-hour sessions held during the day. At each session, students receive information about various crime prevention topics ranging from dating safety to home security to prescription medication safety. Students are allowed to engage in discussion and participate in physical defense training that is specifically tailored to meet their abilities and needs.

Service Area(s)

Manassas City

Email

[mcpdpio@manassasva.gov](mailto:mcpdpio@manassasva.gov)