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# ACETSS Empowers Souls & Saves Lives

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By Jenna Greaves

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Herald Correspondent

Since November 2021, Michelle Golino, also known as Master G, has been empowering souls and saving lives with her nonprofit ACETSS.

"I am a small woman with a BIG mission," Golino said.

ACETSS stands for A Charity Empowered to Save Souls. The number one goal of the nonprofit is to give women the confidence to defend themselves in dire situations. Golino uses her own experience to spread awareness about domestic abuse and violence while teaching women self defense.



"Individuals walk away feeling empowered, having earned what Master G. refers to as a 'toolbelt of empowerment.' Participants leave knowing what to do during those most unfortunate circumstances where bystanders are more apt to video than help," Golino said.

Director Golino's background provides an extensive list of qualifications for the job. She has 42 years of experience in both training and teaching. As a 7th degree black belt, two-time world champion, trauma-trained professional, self-defense guru, and gun/domestic abuse survivor, Golino has truly earned the title of Master G.

Through ACETSS, Master G teaches women, ages 12 and up, self defense escapism, de-escalation, and weapons disarmament. She offers public workshops for individuals looking to learn more about self defense and corporate sponsorship packages that include group workshops for businesses.

"Not only are corporate sponsors assisting in moving this powerful mission forward, they are being the reason others learn life-saving, empowering, scientific techniques to aide in those unforeseen circumstances such as unwanted advances, domestic abuse, trafficking, stalking, sexual assault hostage situations and more," Golino said.

The nonprofit relies heavily on corporate sponsorships and donations to provide free services to those in need. Merchandise found on the ACETSS website also contributes to the cause by raising awareness and funds. Donations contribute to Golino's free self defense workshops at schools, recovery centers, and partnered nonprofits.

The ACETSS Ambassador Program is another service offered by Master G. The program provides a place to connect with others and heal for domestic abuse survivors.

"ACETSS Ambassador Program keeps young survivors of abuse out of danger after school, encourages positive behavior and helps eliminate repeat abuse. This powerful program aides adult survivors as well by providing a safe space for continued practice and ample opportunities for survivors to empower others," Golino said.

Her website, [www.ACETSS.org](http://www.ACETSS.org), can be used as a resource for those struggling with abuse. Anyone looking for help can go to her website to find national and local hotlines or to make prayer requests.

To help out Golino and her ambitious nonprofit, visit the ACETSS website and hit the big red "donate" button.