



INDEPENDENCE HOUSE, INC.

Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence

Promoting Safe and Healthy Relationships

A SUPPORTIVE AND SAFE ENVIRONMENT TO SHARE
AND HEAL WITH THE SUPPORT OF OTHERS!

EMOTIONAL WELL-BEING SUPPORT GROUP



WHEN: Tuesdays, 4:00-5:00pm (beginning February 25, 2020)

WHERE: Independence House, Hyannis Office
160 Bassett Lane, Hyannis, MA

FACILITATED BY: Alyssa 508-771-6507 (x234) and Molly (x229)

All services are free and confidential. An intake must be completed prior to the start of group.

This free 8-week support group for women who have experienced domestic violence will provide a safe environment where group participants can share and heal with the support of other survivors.

Key topics in the group series will include:

- Self Esteem
- Healthy vs. Unhealthy Relationships
- Boundaries
- Self-Care
- And, much more!