



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

Independence House is pleased to offer a

ADULT SELF ESTEEM GROUP



WHEN: Tuesdays, 11:00 am-12:00 pm (Beginning February 25, 2020)
6-8 Weeks

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

REGISTRATION: Pre-Registration is required. Please contact:
Tammaine at: Tammainec@indhouse.net, 508-771-6507 x247
(or) Ryan at: Ryans@indhouse.net, 508-771-6507 x 226

This group is a free 6-8 week series for adults to talk about:

- Self Worth
- Coping Skills
- Self Exploration
- Challenging Negative Thoughts