



Independence House, Inc.

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

INDEPENDENCE
H O U S E

Promoting safe and healthy relationships

DOMESTIC VIOLENCE PROGRAM

Domestic Violence is a pattern of coercive and controlling behaviors that one person in an intimate relationship uses over another to gain power and control. Domestic Violence may include verbal abuse, emotional/mental/psychological abuse, physical abuse, financial abuse and sexual abuse.

The Domestic Violence Program offers individual and group counseling, advocacy, and tailored services for survivors and secondary survivors of intimate partner violence.

Included in the program:

- individual counseling
- group counseling
- advocacy
- crisis intervention
- assessments and referrals

All activities are individualized to each person's situation.

All services are free and confidential.



The Independence House Domestic Violence Program is funded by the Commonwealth of Massachusetts Department of Public Health (DPH); Executive Office of Public Safety and Security (VAWA); and the Victims of Crime Act (VOCA).

24-hour Hotline: 800-439-6507

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HYANNIS | ORLEANS | FALMOUTH | PROVINCETOWN



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DOMESTIC VIOLENCE PROGRAM

Are you safe? Check this list of warning signs to help answer whether you or someone you know is in an abusive relationship.

- jealous and possessive; won't accept breaking up
- won't let you have friends
- attempts control by being bossy or giving orders
- makes all decisions
- does not take your opinion seriously
- is scary, threatens you, uses or owns weapons
- is violent, loses temper quickly, history of fighting
- brags about mistreating others
- pressures you for sex, is forceful or scary during sex
- attempts to manipulate by saying, "if you loved me..."
- gets serious about the relationship too fast
- abuses drugs or alcohol and pressures you to take them
- blames you when being mistreated
- has a history of bad relationships and blames others
- believes men should be in control and powerful
- believes women should be passive and submissive
- hit, pushed, choked, restrained or physically abused you
- your family or friends warned you about this person
- your family or friends are worried about your safety
- if you are LGBTQIA+, has threatened to 'out' you
- if you do not have resident status, has threatened or tried to turn you in to authorities for deportation

If you have answered 'yes' to any of these questions, you are not alone. You can speak to a staff member or volunteer at Independence House.

Independence House Programs

Domestic Violence Program
Sexual Violence Rape-Crisis Center
Emergency Residence Program
Children Exposed to Sexual Violence Program
Homelessness Prevention Program
Child Sexual Abuse Program
Teen Program
Abuse in Later Life Program
SAFEPLAN Court Advocacy Program
Housing Stabilization Program
Prevention, Education & Outreach Program
Survivors of Homicide Victims Program

Services

24-Hour Hotline
Medical and Police Accompaniment
Legal Advocacy
Safehome and Shelter Search
Childcare
Individual and Group Counseling



Independence House is a LGBTQIA+ Safe Space. Independence House is accessible to all people, ages 5+, all gender identities, all sexual orientations, all cultures, all languages, all abilities and all disabilities.