



# 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*

## PREVENTION, EDUCATION & OUTREACH PROGRAM

Independence House partners with schools, businesses, organizations, faith-based institutions and the disabilities community to promote communities free from intimate partner violence through primary prevention practices. These are long-term partnerships with those who share our mission, vision and passion to change social norms regarding violence.

We offer training and workshops at any location for youth, parents, business professionals, religious institutions, community members, organizations and leaders on topics involving domestic and sexual violence, as well as organize awareness events and engage community support.

### Included in the program:

- tailored workshops and training
- grade-appropriate workshops for middle and high school students
- community support and partnerships
- education and information
- assessments and referrals

All activities are individualized to each group's situation.



The Independence House Prevention, Education and Outreach Program is funded by the Department of Public Health (DPH) Commonwealth of Massachusetts and private foundation grants.

**24-hour Hotline: 800-439-6507**

Independence House, Inc. | 160 Bassett Lane | Hyannis, MA 02601  
Tel: 508.771.6507 | Fax: 508.778.0143 | [indhouse@indhouse.net](mailto:indhouse@indhouse.net)  
[independencehouse.org](http://independencehouse.org) | [independencehouseteens.org](http://independencehouseteens.org)

**HYANNIS | ORLEANS | FALMOUTH | PROVINCETOWN**



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## PREVENTION, EDUCATION & OUTREACH PROGRAM

All Independence House staff meet the statutory requirements of the Massachusetts General Laws (MGL Chapter 233, Sections S20J and 20K), and can provide tailored training or workshops for any business or community organization. Examples, which can be adapted to each unique organizations needs include but are not limited to:

- Sexual harassment in the workplace
- How to support someone experiencing domestic or sexual abuse
- How to assist an employee who reaches out for help
- The dynamics of domestic or sexual violence

### Abuse and Disabilities

Individuals faced with disabilities are among the most vulnerable populations to be sexually abused. Independence House partners with organizations who work with people with disabilities to provide workshops, resources and support tailored to the disabilities community.

**The Nicholas G. Xiarhos Respectful Youth Relationship Program** is our youth-focused primary prevention and educational program promoting healthy relationships and violence prevention among middle and high school students throughout Cape Cod. The program is named in honor of Nicholas Xiarhos, the son of community leader, Steven Xiarhos, who lost his life in Afghanistan. Nick was a mentor and role model to his peers and always looked out for others.

Examples of student workshops adapted for all grade levels:

- Bullying
- Establishing Boundaries
- Sexual Harassment
- Sexual Assault & Consent
- Conflict Resolution
- Healthy Relationships
- Gender Stereotypes & Sexism
- Teen Dating Violence
- Safe Dates Curriculum
- Violence in the Media

## 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.