



# 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*

## CULTIVATING EMOTIONAL RESILIENCE



**When: Every Thursday beginning 10/5/23 12pm-1:30pm for 10 weeks  
(Skipping 10/26/23 and 11/23/23)**

**Where: Hyannis Location. 160 Bassett Lane Hyannis, MA 02601**

**To register contact Alyssa at (508) 771-6507 x234 or Molly x229**

All services are free and confidential. An intake must be completed prior to attending this group. Please contact Alyssa or Molly to schedule an intake.

**Childcare will be provided if needed. Please inform the facilitator when registering if you need childcare.**

Self-Compassion is the process of turning compassion inward to be kinder to yourself, especially in times when we fail, make mistakes, or feel inadequate. Mindful Self-Compassion™ combines the skills of Mindfulness and Self-Compassion, providing a powerful tool for emotional resilience. This group aims to help encourage participants to accept themselves with care and kindness and build inner strength in a safe and supportive environment with others. Each participant will be given the “Mindful Self-Compassion Workbook” by Kristen Neff, PhD, and Christopher Germer, PhD.