



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

Secondary Survivor Workshop

Is there someone in your life: a family member, colleague, or friend who has identified being in an unhealthy, toxic, or abusive relationship?

Please join us to learn more about how you can support the primary and other secondary survivors in your life that may be impacted by the dynamics of domestic or sexual violence.

Topics include, but are not limited to:

- *Cycle of abuse*
- *Reasons people stay,*
- *Common tactics of domestic and sexual violence*
- *Common myths/facts/FAQs about domestic and sexual violence*
- *Self-care*
- *Potential triggers for primary and secondary survivors*

If you're new to Independence House, an intake needs to be completed prior to attending the workshop.



Monday, December 4, 2023 • 1:00-2:30pm
Independence House Hyannis Office: 160 Bassett Lane

Contact for intakes and/or interest in participation:
Ryan 508-771-6507 x226 (or) Emily (x237)

[Independencehouse.org](https://independencehouse.org)