



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 1/4/24 12pm-1:30pm for 10 weeks

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.