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

Women's Relationship Support Group

For survivors of domestic violence that would like to work with others as they move through trauma, build healthy relationships and create a safe and nourishing social network.



Ongoing Weekly on Thursdays at 2:00pm Independence House Falmouth Office

WHERE: Independence House, 220 Main St., Suite 200 (2nd floor), Falmouth
SIGN-UP: Call 508-771-6507 (x251 Jenifer) or (x253 Denise)
DROP IN SEATS AVAILABLE (intakes are required prior to attendance)

Topics we plan to discuss include introductions, definitions and guidelines of domestic and sexual abuse, feelings and needs, red flags and green flags, boundaries, working with trauma day-to-day, what is 'agency' or 'self-determination', managing family relationships, self-compassion, and compassion for others, and building and maintaining a support system.

Independence House, Inc. | 160 Bassett Lane, Hyannis, MA 02601 | 508.771.6507 | 24-hr hotline: 800-439-6507
Offices in: HYANNIS • FALMOUTH • ORLEANS • PROVINCETOWN

www.independencehouse.org