Flush out Domestic Violence!

1 in 4 women...

1 in 9 men...

In the US report facing family violence at some point in their lives...

Does someone in your home:
- Threaten, humiliate, or control you?
- Blame you for everything that goes wrong?
- Push, shove, slap, or punch you?

It’s not your fault. You are not alone.

If you, or a friend, need to speak to someone about an unsafe situation, Reach Out Today!

For more information, services, and referrals call the FREE and CONFIDENTIAL: Sikh Family Center National Helpline
408.800.7382 (SEVA)
WWW.SIKHFAMILYCENTER.ORG