Stand Up Against DOMESTIC VIOLENCE

1 in 4 Sikh women and 1 in 10 Sikh men 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, slap, or punch you?

You are not alone.
If you need to speak to someone about an unsafe situation, reach out today!

For more information, call the **FREE** and **CONFIDENTIAL**
Sikh Family Center National Helpline
408.800.SEVA (7382)
www.SikhFamilyCenter.org

*Data from SFC’s US-based 2017 survey*