

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?

*It's not
your fault.*

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