

We—many of us parents of young children ourselves—are weeping because we live in a country where you start the morning posting about gun violence to commemorate lives lost recently, only to open the news in the afternoon and read about young lives horrifically ended to another massacre by a firearm.



Just weeks ago, the Centers for Disease Control again reminded us that **gun violence is a health crisis—one that clearly and disparately affects already vulnerable people** (including racial minorities; domestic violence survivors; children). We work with all of these vulnerable populations, and more, at the Sikh Family Center.



National statistics show how a **majority of mass shootings are in fact committed by people with a history of committing domestic violence.** We witness guns furthering fear and coercion in the private space, as much as in the public space.



*We at Sikh Family Center hold the teachings and lives of each of the ten Gurus and Guru Granth Sahib equally dear. **We believe fiercely in our gifted legacy—to be ever ready to defend the defenseless and to act in furtherance of rights and righteousness.***



We do not see gun control as espousing a weak or pacifist position. Just as with various everyday activities we follow reasonable and just laws (for example, we all drive vehicles with some reasonable prerequisites, limitations, checks, and consequences), so too, **reasonable checks and restrictions over lethal weapons are essential to stop this horrific epidemic in the United States.**



We are heartbroken, but we refuse to be numb. To us, this is not "Just what happens in the United States." This cannot be. **To us, increasing access to mental health services is both undeniably essential and no alternative or excuse for lack of policy change around deadly weapons.**

As always, Sikh Family Center's Helpline remains open and our hearts welcome you to reach out for emotional support and referrals.

Sikh Family Center National Helpline
866.SFC.SEWA | 732.7392 (Free. Private.)

