

VOLUNTEERING OPPORTUNITIES

- Help educate our community
- Teach computer skills
- Visit homebound seniors
- Accompany clients to medical appointments
- Provide pro-bono legal, medical and other professional services to SAHARA clients
- Help interpret/translate for non-English speaking clients
- Donate gently used party wear to Vintage Boutique
- Help in Vintage Boutique

If you would like to volunteer please

Call (562) 402-4132

Email: sahara@saharaorg.org
with the following information:

Name: _____

Email: _____

Phone: _____

SAHARA serves all community members regardless of ethnicity, religion, gender identity, sexual orientation, or other characteristics.

SAHARA is the recipient of 12 national, state, county & city awards.

SAHARA's Domestic Violence Programs are funded in part by grants from:

Allstate Foundation; Asian Pacific American Legal Center (APALC); Blue Shield of California Foundation; Edison International; Employees Community Fund of the Boeing Company; First Choice Bank; Fourth District Supervisor Don Knabe of the Los Angeles County Board of Supervisors; Los Angeles County Department of Public Social Services; Ralph M. Parsons Foundation, SABA-SC Public Interest Foundation; S. Mark Taper Foundation; Sarva Mangal Charitable Trust; Special Service for Groups (SSG); Sunwest Bank Charitable Foundation; Tarsadia Foundation; TJX Foundation; Verizon Foundation; and Weingart Foundation.

SAHARA's Community Partner Agencies are: Los Angeles County Sheriff's Department, Southeast Los Angeles County Workforce Investment Board (SELACO), Rio Hondo Mental Health Center and faith based organizations.

SAHARA

WE ARE LISTENING

SOUTH ASIAN HELPLINE AND REFERRAL AGENCY
(A Non-Profit Organization)

Toll-Free Helpline: 1-888-SAHARA2

Email: sahara@saharaorg.org

Web: www.saharaorg.org

Office: 17100 Pioneer Blvd. #260
Artesia, CA 90701
Office Tel: (562) 402-4132
Office Fax: (562) 402-6093

Hours: Monday – Friday: 8 AM to 5 PM

Satellite Office:

14411 Hamlin Street
Van Nuys, CA 91401
Satellite Office Tel: (818) 933-5175
Satellite Office Fax: (818) 933-5176

SAHARA Vintage Boutique:

18629 Pioneer Blvd.
Artesia, CA 90701
Vintage Boutique Tel: (562) 402-8542

SAHARA needs your financial support to continue to make an impact in the community.

All donations are tax deductible
501(c)(3) Tax ID# 26-0736033

SAHARA

WE ARE LISTENING
SOUTH ASIAN HELPLINE AND REFERRAL AGENCY
(A Non-Profit Organization)



COMMITTED TO SERVING SOUTH ASIAN COMMUNITY
& SURVIVORS OF DOMESTIC VIOLENCE
SINCE 1991

Toll-Free Helpline

1-888-SAHARA2 • 1-888-724-2722
Tel: (562) 402-4132
Fax: (562) 402-6093

www.saharaorg.org

501(c)(3) Tax ID# 26-0736033

SAHARA'S MISSION

SAHARA (South Asian Helpline And Referral Agency) is committed to serving the growing community of South Asians in Southern California by providing them with information, referrals, skills development and other culturally sensitive support services needed to meet the unique challenges they face and also to deal with the personal crises of survivors of domestic violence.

SAHARA SERVICES ARE

- Confidential
- Free to the clients
- Offered in major South Asian languages

SERVICES FOR DOMESTIC VIOLENCE

- Transitional Living Home for Victims of Domestic Violence
- Mental Health Therapy and Counseling
- Counseling for Batterers
- Case Management/ Care-Coordination for Victims of Domestic Violence
- Client Advocacy & Safety Plan

COMMUNITY OUTREACH

- Educational Workshops & Seminars

EDUCATION CLASSES

- Internet and Basic Computer Skills
- ESL (English as a Second Language)
- M S Office – Word, Excel, PowerPoint
- QuickBooks

REFERRALS TO COMMUNITY SERVICES & STATE AND FEDERAL BENEFITS

- Department of Public Social Service (DPSS)
- Cal-Works Program
- Food Stamps
- State Health Programs (MediCal, Cal-Kids, AIM, KP)

LEGAL SERVICES & ADVOCACY

- Monthly Legal Clinics for Immigration & Family Law Issues (Child Custody, Divorce)
- Restraining Order Advocacy & Safety Planning
- Referrals to Community Legal Resources

YOUTH ENSEMBLE OF SAHARA "YES"

- MAP to Healing (Music, Art, Physical Care)

SENIOR SERVICES

- Counseling & Case Management
- Home Visits
- iPad Classes
- ESL (English as a Second Language)

DOMESTIC VIOLENCE

Domestic Violence (DV) comes in many forms and can occur just once or many times. It can happen to anyone.

Children who live with DV in their homes often develop emotional and behavioral problems even if they are never physically abused.

Signs of an Abusive Relationship

Your spouse or intimate partner:

- Calls you names, swears at you to make you feel bad or humiliates you
- Physically hurts you or threatens to hurt you, your family, friends or pets
- Withholds money for basic needs
- Threatens you, hides your legal documents
- Isolates you from family, friends and community
- Threatens to abuse your children
- Constantly checks on you
- Forces you to have sex
- Destroys your belongings
- Stalks and intimidates you
- Exhibits excessive jealousy

SAFETY PLAN

Be prepared/ have a safety plan for yourself and your children

- If you are in immediate danger or are injured, call 911 as soon as possible, the operator will dispatch help immediately.
- Educate your children. Inform them of your safety plan so that they can contact police or neighbors in an emergency.
- When in a confrontation stay away from kitchen and bathrooms.
- Keep a packed bag with spare house keys, car keys, money and basic necessities needed for you and your children.
- Keep important documents in a safe place:
 - State identification card/driver's license
 - Social security card(s)
 - Green card(s)/passport(s)
 - Marriage certificate
 - Car registration
 - Children's immunization records
 - School records
 - Copy of the abuser's social security card
 - Copy of the abuser's birth certificate or proof of date of birth.
 - Photograph of the abuser