



Support for South Asian Women and Families

P.O Box 1345  
Burlington MA 01803

## SAHELI

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# SAHELI



# सहेली

Support for South Asian Women and Families

Our mission is to empower South-Asian immigrant women and families to lead fulfilling lives in the United States. We do this by providing support and guidance through organizational resources and volunteer services in the areas of domestic violence, immigration and legal rights, health education, and building economic strength through job training, and computer literacy.

P.O Box 1345  
Burlington MA 01803

P.O. Box 52063  
Boston MA 02205

[www.saheliboston.org](http://www.saheliboston.org)  
[sahelihelp@gmail.com](mailto:sahelihelp@gmail.com)

Free help line  
**1-866-472-4354**

# SAHELI



## सहेली

Support for South Asian Women and Families

### ABOUT SAHELI

*Our vision is to build a bond of trust and friendship amongst us to ensure a life of dignity for all.*

Saheli is a 501 c(3) non profit organization serving the South Asian community of Greater Boston and Massachusetts. Founded in 1996, Saheli is an affiliate of the India Association of Greater Boston (IAGB).

We assist women in abusive marriages, child custody battles, in need of medical services, or women seeking training and employment opportunities to gain their independence. Saheli has reached across borders to India to assist women immigrants who have experienced increasingly common phenomenon of transnational abandonment by their spouses.

### SAHELI SERVICES

#### **Economic Independence:\***

We provide career guidance & evaluation of skills & qualifications, together with specific information on job training & placement facilities. We offer free Computer classes, English as a Second Language (ESL) classes, and assistance with resume writing & interviewing skills.

#### **Domestic Violence Services:\***

We assist women by helping them assess their need in situations involving family conflict. We help with safety planning and provide referrals to social service organizations, to health & legal professionals, and when necessary to a women's shelter.

#### **Legal and Immigration Services:\***

We provide access to legal professionals to assist with family and immigration issues at affordable fees. We outreach & act as confidential liason to those seeking assistance in these areas. We also organize visa camps to facilitate travel to India.

#### **Women's Health Services:\***

We conduct women's empowerment workshops to build confidence and self esteem among South Asian women. We address issues of mental & physical health. We assist women seeking family counseling by connecting them with South Asian therapists.

#### **Cultural and Community Outreach:\***

We organize annual events in collaboration with regional and community organizations to serve and educate our community on social issues affecting South Asian immigrants living in the United States.

\*we do not discriminate based on race, caste, class, or sexual identity.

### HOW YOU CAN HELP!

- Interested in volunteering as a domestic violence advocate.
- Interested in volunteering as a Computer or ESL teacher.
- Interested in volunteering for our events/fundraiser.
- Interested in a Saheli Speaker to address our group.
- Interested in making a tax-deductible contribution to Saheli. Enclosed is my contribution of \$\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_



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