

Bridging Gaps, Breaking Stigmas: ABOUT SAHELI



Understand
Culture



Survivor
Centric



“Saheli” means friend in Hindi

ABOUT SAHELI



Based in Woburn, MA

Impact Driven



Enable
Empowerment



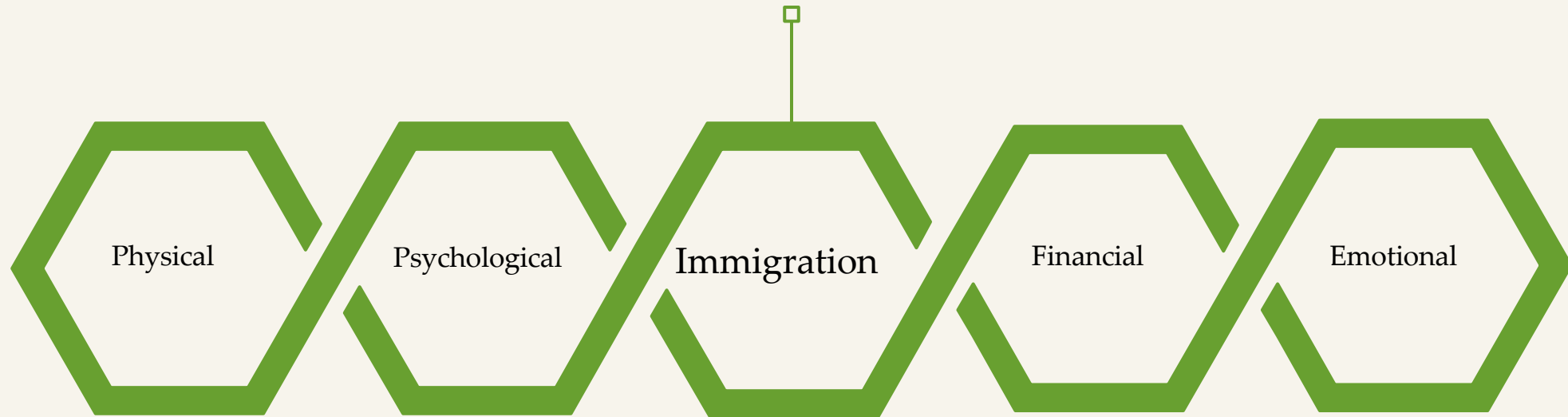
Our Survivors are from, but not limited to



- | | | | | | |
|---------|-------|---------|-------------|-----------|------------|
| Algeria | Egypt | Lebanon | Afghanistan | India | Nepal |
| Morocco | Sudan | Iraq | Pakistan | Sri Lanka | Bangladesh |

Forms of Abuse

- Controlling, isolation, distancing from family
 - Threatened about deportation & insecure immigration status
 - Visa dependency creates power dynamic & coercive control
- Ex: withholding passports & important documents, dangers of deportation if spouse is arrested



These forms are inextricably linked and often appear in combinations.

Immigrant Women are more vulnerable to domestic violence in the US

South Asian and Arab women face many barriers that make them more susceptible to domestic abuse

Language
Barriers

Isolation

Financial
Dependency

Immigration

Our Services

A holistic approach to empowering survivors.

Helpline	Prevention	Support Groups
Emergency Crisis Support	Immigration and Family Law / Legal Advocacy	Economic Empowerment
Mental Health Counseling	Housing Assistance	Safety Planning

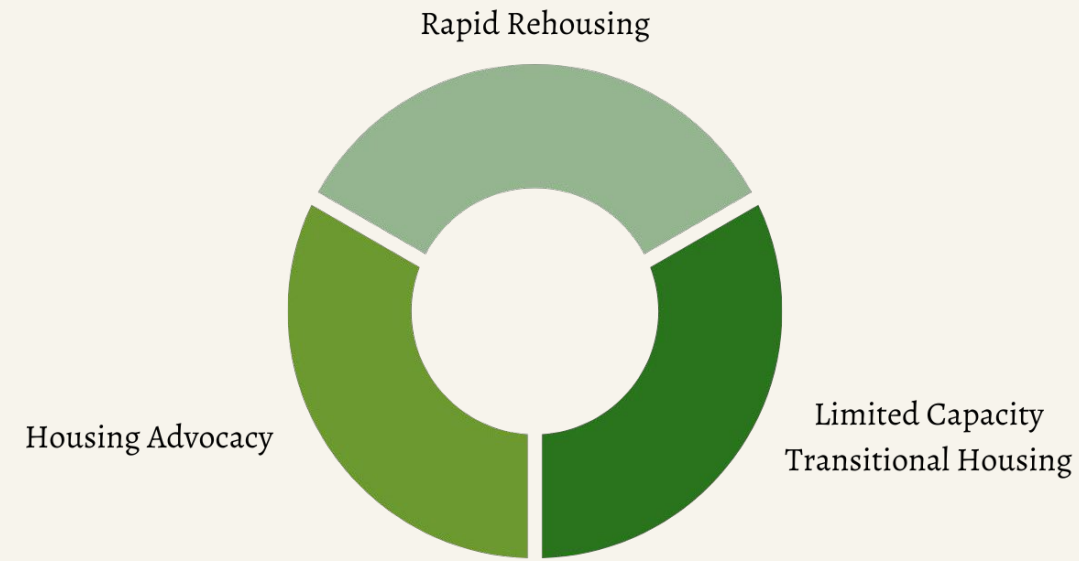
Domestic Violence Advocacy

- Multilingual DV counseling
- Cultural & language specific case management
- Individualized risk assessment & safety planning
- Interpretation, translation, and coordinating with DCF, law enforcement, and other public agencies
- Assisting with legal, housing, and mental health services



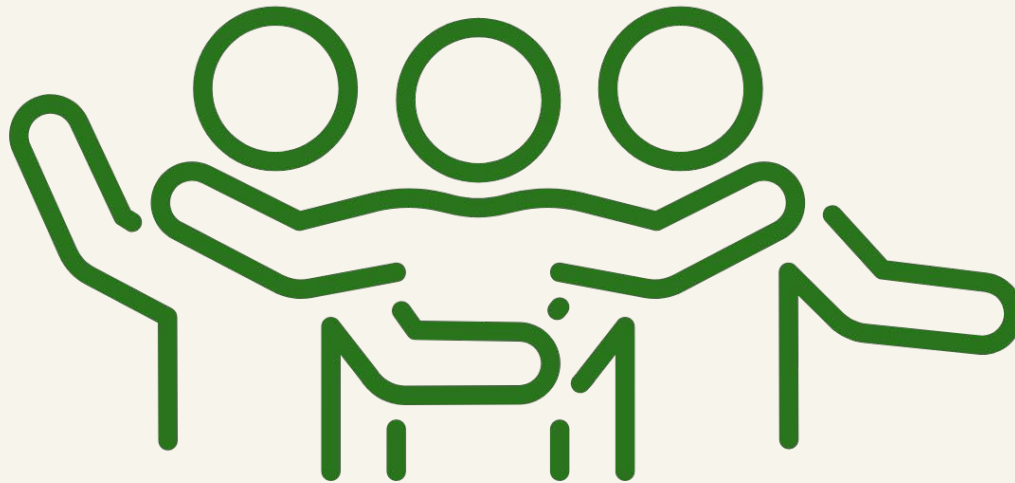
Housing & Economic Empowerment Program

- Saheli supports survivors with short & long-term rental assistance, utilities, and other basic needs assistance
- Saheli strengthened the economic empowerment program
 - Financial literacy, job search, application assistance
 - Fund English lessons, driving lessons, technical education, laptops



Mental Health Program

- Cultural and Language centric Clinical Health Supervisors
- Clinical supervision for domestic violence advocacy and housing program team



One-on-One
Counseling

Support
Groups

Clinical
Supervision

Legal Program

- Two in-house attorneys:
 - Full-time family law attorney
 - Part-time immigration attorney
- Multilingual legal advocacy: information, consultations, and referrals
- Legal Clinics in family law



Community Outreach, Prevention, & Engagement

- Community engagement efforts across MA
- Engaging survivors, law enforcement, college students, physicians, social workers, lawyers, legislators, & more
- Addressing prominent issues: healthy relationships, intersectionality in advocacy, cultural competency, trauma and illness
- Robust internship program



Why Are Culturally Specific Services Important in the DV & SA Field?

Understanding a survivor's cultural context is the key element in being able to establish a connection between client and provider, a connection that ultimately promotes openness and healing.



DV + SA Resources

Saheli

- South Asian, Middle Eastern, & North African Survivors
- Helpline: 866-472-4354
- <https://saheliboston.org/>

SafeLink

- MA Statewide Toll-Free DV Hotline
- Hotline: 877-785-2020
- <https://casamyrna.org/get-support/safelink/>

Boston Area Rape Crisis Center

- Available daily 9 am - 11 pm
- Chatline:
<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=110675&pid=374&cc=en-US>

Independence House

- Cape Code area
- Focus on Youth
- M-F 9 am - 7 pm
- <https://independencehouse.org/>

Center for Hope + Healing

- Lowell Area
- M - F 9 am - 5 pm
- Chatline: <https://chhinc.org/chat/>



How to Contact Us

Saheli Helpline

1-866-472-4354

www.saheliboston.org

Email

info@saheliboston.org

Mailing Address

P.O. Box 1345

Burlington, MA 01803

Thanks

