

- **Culture & language-specific counseling:** South Asian counselors will talk to you in your own language and help you plan how to keep you and your children safe
- **Transitional home:** *Ashiana*, provides a culturally familiar and rent-free space where women and their children can be safe
- **Education Program:** Weekly English conversation classes help women become fluent in English
- **Job Assistance:** Career counseling, resume writing, and job search assistance help women become self-reliant

In addition, *MANAVI* provides **transportation, court and medical accompaniment, legal and medical referrals, interpretation, and advocacy.**

If you are being abused by your intimate partner, a family member, or others who live in your household, do not suffer in silence! Help is available...



P.O. Box 3103  
New Brunswick, NJ 08903-3103  
Ph: (732) 435-1414

|                                     |              |
|-------------------------------------|--------------|
| Domestic Violence Hotline           | 800-572-SAFE |
| NJ Coalition for Battered Women     | 609-584-8107 |
| NJ Coalition Against Sexual Assault | 908-418-1354 |
| Lesbian Helpline                    | 800-224-0211 |
| Victim-Witness Advocacy             | 609-984-3880 |
| Rape Care Program                   | 609-984-6137 |
| NJ Women & AIDS                     | 800-342-AIDS |

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**YOU HAVE THE RIGHT TO BE  
SAFE IN YOUR HOME**



**NO ONE HAS THE RIGHT TO  
MENTALLY OR PHYSICALLY  
ABUSE YOU**

**MANAVI**  
P.O. Box 2131 Union, NJ 07083-2131  
(908) 687-2662

### What you can do to be safe...

- Talk to a friend or relative you trust about what is going on in your life
- Call *MANAVI* or your local domestic violence agency to learn about laws and community resources (i.e., shelters, counseling, legal assistance, etc.)
- Call **911** if you are in danger and need help immediately
- Get a **Restraining Order**. A Restraining Order forces the abuser to have no contact with the victim

- If you decide to leave, take your important papers (i.e., passport, birth certificate, immigration papers, photo ID, driver's license, checkbook, cash, credit cards, health insurance documents, social security card, etc.) for yourself and your children

**Even if you are not a U.S. citizen or permanent resident, you can seek help. REMEMBER...**

- You **CANNOT** be reported to the Immigration services automatically
- Your intimate partner **CANNOT** take your children away from you at will

*MANAVI*, founded in 1985, is an organization for South Asian women. It is dedicated to assisting women who trace their heritage to Bangladesh, Pakistan, India, Nepal, or Sri Lanka.

**IF YOU ARE A VICTIM OF ABUSE  
CALL MANAVI FOR ASSISTANCE  
(908) 687-2662**

***MANAVI's* services include:**

**Bi-weekly legal clinic:** Women can consult with family and immigration attorneys confidentially.