

[Where to Get Help in America](#)

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REFUGE

## Where to Get Help in America

Dozens of South Asian women's organizations offer refuge

Each of the following organizations is prepared to help women who are victims of domestic violence in the US:

### California

Asra (San Francisco Bay Area) 510-657-1245; 510-657-1246

Maitri (San Francisco Bay Area): 408-730-4049

Narika (Berkeley): 800-215-7308; 510-540-0754

Sahara (Los Angeles area): 888-724 2722; 562-402-4132

### Illinois

Apna Ghar (Chicago): 773-334-4663

## Georgia

Raksha (Atlanta): 404-842-0725

## Maryland

Asha 301-369-0134

## Massachusetts

ASINA (Boston): 617-338-2354

## Michigan

Michigan Asian Indian Family Services (Southfield):  
248-351-0077

## New Jersey

Manavi: 908-687-2662

## New York

Sakhi 212-868-6741

Oregon

SAWERA (Portland): 503-778-7386

Pennsylvania

SEWAA (Philadelphia): 215-62-SEWAA

Texas

Saheli (Austin): 512-703-8745

Daya (Houston): 713-914-1333

Connecticut

SNEHA (Cheshire) 203-272-4296

Washington

DAWN (Kent) 206-656-8423