

# WE SUPPORT



ASHA has been working for the South Asian community in the DC metro area since 1989.

ASHA empowers South Asian women to overcome domestic violence and become self-reliant.

ASHA also provides guidance to South Asian seniors and their caregivers.

Domestic Violence Helpline: 1-888-417-2742

Seniors Helpline: 1-833-999-9080

For more info visit ASHA website  
[www.ashaforwomen.org](http://www.ashaforwomen.org)