

## HOW YOU CAN HELP

### Take a stand against Domestic Violence by becoming a Daya volunteer

You may volunteer in one or more of the following areas:

Administrative	Grant Writing
Computer Training (adults)	Internship
Client Advocacy	Legal Advocacy
Educational Seminars	Media/Publicity
English Tutoring (adults)	Newsletter
Fundraising	Pro-bono Services
Outreach Events/Booths	

### Take a stand against domestic violence by donating to Daya

You may mail in your donation or make it online by visiting:

[www.dayahouston.org](http://www.dayahouston.org)

### ALL DONATIONS TO DAYA ARE TAX- DEDUCTIBLE

Your donation, small or large, will be used to provide assistance towards rent, food, utilities, child care, job training and legal services for our clients. Without your help our clients cannot even hope to leave their abusive homes and build respectful and abuse-free lives.

Thank you for your support

Volunteers make the change that changes the world .....

## WHAT WE DO

Daya provides confidential, culture-sensitive services to women and children effected by domestic violence and sexual assault.

Daya's professional staff is available to take your call Monday through Friday, 9-5 . Trained volunteers are available during evenings and weekends. All calls receive prompt attention.

### Daya's services include

- Counseling & Advocacy
- Referrals
- Legal Clinic & Advocacy
- ESL Classes
- Computer Classes
- Translation/ Interpretation
- Community Outreach & Education
- Transitional Home
- Limited Financial Assistance towards: Rent ,Utilities, Child Care, Legal Fees, Transportation and Education and Job Training

### In addition to English , Daya's staff and volunteers speak:

ASSAMESE	KANNADA	PUNJABI
BENGALI	MALAYALAM	TAMIL
GUJARATI	MARATHI	TELEGU
HINDI	NEPALI	URDU

*"I felt trapped and alone and relied on him for every emotional and financial need. He made all the decisions and told me that he 'owned me' . Thanks to Daya, I have learned to trust myself and make informed decisions about my life. "*

**A Daya Client**



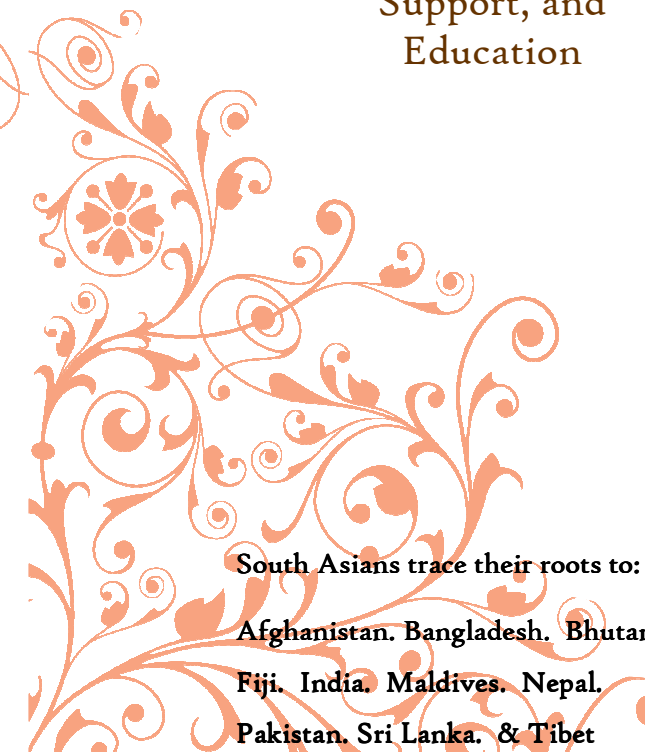
A Non-Profit Organization Empowering Families Through Compassion, Support, and Education



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South Asians trace their roots to:  
Afghanistan. Bangladesh. Bhutan.  
Fiji. India. Maldives. Nepal.  
Pakistan. Sri Lanka. & Tibet



**Helpline: 713-981-7645**

## ABOUT DAYA

### Mission Statement

Daya promotes healthy family relationships in the South-Asian community by providing services that include counseling, referrals, legal advocacy, and financial support to women and children affected by family violence and sexual assault. Daya also promotes awareness on topics relevant to the welfare of South Asian families through educational seminars, publications, and outreach events.

### History

Daya was founded in July 1996 by a group of first generation immigrant women from South Asia who recognized the need for a structured, culture-sensitive avenue of help for South-Asian families effected by family violence. In September 1996, Daya made its formal debut as a voluntary non-profit organization by announcing the opening of its helpline. The founding members chose the name 'Daya' meaning "Compassion" in Sanskrit. Since then, Daya has been striving to help South Asian victims of family violence with the compassion and respect they deserve. Although Daya's focus is on Houston's South Asians, no one who seeks Daya's help is turned away.

### Vision

A South Asian community in Houston that is free from family violence.

### Scope of Services

Daya's range of services include family violence, sexual assault, child abuse, incest, marital rape, immigrants rights issues, mental health problems and bi-cultural conflict.

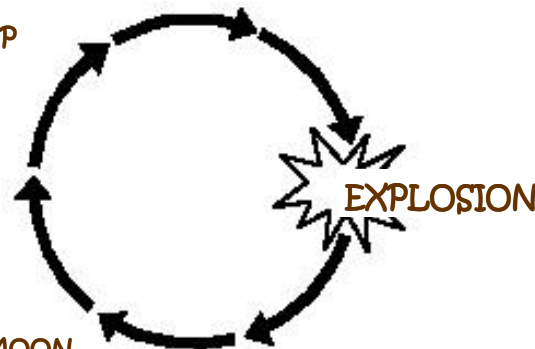
## CYCLE OF VIOLENCE

Domestic violence has no cultural, religious, racial or economic barriers. Abusers can be of any age and come from any educational and professional background. The violence occurs because the abuser wants power and control over the victim.

There are three phases to the cycle of violence:

**BUILD-UP  
PHASE**

**HONEYMOON  
PHASE**



### Prevalence

Only 50% of domestic violence is reported .  
Globally:

- At least 1 in 3 women has been beaten, coerced into sex or otherwise abused during her life-time.

In Texas:

- About 140 women are killed each year by their intimate partners.

In Houston:

- In Harris County every 20 minutes a domestic violence incident is reported to the police; 80% of the victims are women.

Daya 2007:

- Total clients 181; New clients 143  
55% Indian      1% Bangladeshi  
37% Pakistani    7% Non-Asian

**Abusive relationships are not abusive  
100% of the time.**

## TYPES OF VIOLENCE

The different types of domestic violence include:

### Physical Abuse

Physical violence is not confined to hitting or pushing that can cause bodily injuries. Any act of violence that *threatens* to cause bodily harm is considered physical abuse. Examples:

Blocking doorways    Punching holes in walls  
Throwing and destroying objects

### Emotional Abuse

Attitudes, actions and words that cause fear and erosion of self-esteem.

Rigid beliefs      Intimidating gestures  
Coercion          Threats of deportation  
Isolation          Economic control

### Verbal Abuse

Repeatedly using language and words that are hurtful and degrading.

Name calling          Criticism  
Humiliation          Threats

### Sexual Abuse

Any unwanted act of a sexual nature imposed by one person upon another. Sexual abuse can range from unwanted touching to rape.

In the United States:

- 1 in 7 wives suffer marital rape
- 1 in 4 women are sexually assaulted
- More than 85% of the victims know their perpetrators

**Cyber stalking**

**Some abusers (ab)use  
emails and instant messaging as means to  
stalk and threaten their victims.**

## MAKE A DIFFERENCE

**Every individual deserves to live in a world free from violence. Safe homes and safe families are the foundation of a safe society.**

### Become a Daya Advocate

To become a Daya client advocate, volunteers must undergo family violence and crisis management training. The training is provided by Daya and most women's centers in the Houston area.

### Take a Stand Against Domestic Violence

- Don't accept or excuse violent behaviors
- Fight ignorance by speaking up
- Help and support victims of abuse
- Empathize
- Remember victims never 'ask for it'
- Support Daya's mission:

Host an event at your home, temple, masjid, gurdwara, or church

Attend our trainings and seminars

**Listen. Be non-judgmental. Be patient.**