

**AustralAsian Centre for Human Rights and Health Inc**

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



**ACHRH**  
Empowering Communities

March 2022  
Newsletter



RIP Poonam and Arminia (deceased February 2022, killed by their partners)

Poonam, Arminia we remember you! You will be missed! May your murders not go in vain.

*Why is it one woman is killed every week in Australia by her current or ex intimate partner?*

Poonam and Vanessa, her six-year-old daughter allegedly killed brutally by father and husband Raj Sharma. Arminia isolated from her family by her new husband and then allegedly killed by him

*Why women should not be safe within their own home?*

These questions need to be asked by each one of us women, and men.

Why billions of dollars spent have not produced the change we are all desperate to see?

*Why all the educational workshops or events are mainly attended by women, men do not find them relevant to them?*

Most women are killed by male partners. Majority of men are caring and kind husbands and fathers. But most perpetrators of

homicide of women are men. So, the question has to be asked why more men are not out at community events helping stop domestic violence and homicides. After the murder of

Poonam, I checked in with a few men about their reactions. Most had not heard about it. A few had. Obviously, men do not talk to each other about the murders of women being committed by men, as women do to each other. Silence is helping to continue the problem.

WE AT ACHRH ARE WORKING TIRELESSLY TO EMPOWER COMMUNITIES AND WORK WITH GOVERNMENT TO STOP FAMILY DOMESTIC VIOLENCE.

WE REQUEST AND PLEAD THE MEN AND WOMEN TO JOIN OUR ACTIVITIES, HELP STOP DOMESTIC VIOLENCE

Some examples of activities are as follows

- Interactive workshops with community members on National Dowry abuse prevention project in partnership with Harmony Alliance,
- Impacts of COVID on mental health and family
- Community participatory theatre "Sneh"

Read more about the above projects in this newsletter.



Manjula  
O'Connor

We welcome new members and participants. Join us by writing to us: [org.achrh@gmail.com](mailto:org.achrh@gmail.com)

In a bid to enhance regional and metro partnership, a session on *Impacts of COVID on mental health and family* was conducted with Shepperton community members by ACHRH. Attendees included key stakeholders, politicians, ECCV representatives, community leaders and the Mayor. It was arranged by the South Asian Community Link Group. A number of local members were recognized for their contribution.



***HAPPY INTERNATIONAL WOMENS DAY 8 MARCH !!***



***MAY THERE BE ALWAYS PEACE AND OPTIMISM IN YOUR LIFE***



**Dr Manjula O'Connor, Adjunct Professor  
Executive Director ACHRH**

# Sneh Theatre

By: Marshie Perera Rajakumar

**I am thrilled** to be a part of a passionate and enthusiastic team working on the Sneh Theatre Project. ACHRH was successful in securing a Victorian Government grant last year. Over the next three years (2021-2024), we will use theatre as a means of identifying community leaders who would like to depict stories of successful primary prevention of domestic and family violence (DFV). The aim will be to enhance community understanding of DFV and highlight culturally acceptable ideas that promote positive outcomes due to early intervention.

The project will build on ACHRH's previous work with the community, Natak Vihar, using theatre - refer Australasian Centre for Human Rights and Health – Natak Vihar ([achrh.org](http://achrh.org))

In October 2021, two focus group sessions were conducted with South Asian participants to explore their perspectives around primary prevention of DFV

Topics discussed were:

- What is early intervention / primary prevention?
- What signs can indicate emotional and physical abuse?
- What are the benefits of early interventions to family violence?
- Understanding power dynamics

These topics led to great dialogue around:

- what is a happy family?

- what does DFV look like?
- what is behind DFV?
- what is the role of migration and visa status in DFV?
- what can be done to prevent DFV?

Information gathered in the focus groups will form a part of the workshops and community participatory theatre (CPT) projects to be conducted over the course of 3 years to bring communities together to form connections and break barriers which lead to stigma, isolation, and gendered violence.

CPT involves audiences actively participating by critically analyzing the themes in the theatre presentation. Audience members will have the opportunity to comment, via a mediator, about the underlying driving forces of various scenarios, in a culturally safe and positive manner. Active learning accelerates learning. Theatre is fun but it is also an effective way to help move the hearts and minds of participants.

CPT will explore our community's understanding of why early help-seeking is critical, what help seeking involves, where to go for help and how to navigate the system. It will explore how we can maximise the benefits of family relations and how family can impact mental health and enhance resilience. CPT will also help the community to recognise laws around family violence and dowry abuse.

Covid19 caused a bit of a delay, but we are now very excited to start rolling out the next stage of the project: recruiting volunteers from the community who will be trained as actors to act out scenarios on stage.

### Workshop dates:

- Workshop 1 10.30am-4.15pm Sat 9th April (includes project launch)
- Workshop 2 10.30am-3.15pm Sat 23rd April
- Workshop 3 10.30am-3.15pm Sat 14th May
- Workshop 4 10.30am-6.15pm Sat 21st May

### Performance date:

- Sat 28th May 10.30-3.15pm

Location for the 5 dates listed above: Epping Memorial Hall (Some workshops may be held over Zoom depending on Covi19 restrictions)

Participants will be given a nominal fee to compensate for their time.

Participants will be provided with morning tea and lunch.

To be eligible to participate you must:

- Be 18+ years
  - Be available on all the 5 dates and times mentioned above
  - Be fully vaccinated for Covid19 (QR code check-in will be required)
  - Have a working knowledge of English.
- The sessions will be conducted in

English with Hindhi and Punjabi translators available if required.

- Be able to partake in physical activities such as aerobic warmups

If you would like to be involved, please follow this link:

<https://events.humanitix.com/sneh-theatre-workshops-and-training-for-performances-2022-multiple-dates>



THIS PROJECT IS APPROVED BY THE MELBOURNE CLINIC RESEARCH ETHICS COMMITTEE



**AustralAsian Centre**  
FOR HUMAN RIGHTS & HEALTH



# SNEH THEATRE PROJECT

## REGISTRATIONS OPEN NOW!

**No acting experience required!**

We are looking for South Asian participants to participate in a community theatre project exploring how to enhance respectful relationships with a family.  
How does it all begin and where does it go wrong?

This is a part of a Victorian government funded theatre project to bring communities together to form connections and empower men and women to have happy and respectful relationships.

### DATES

**Workshop 1: Sat 9th April, 10.30am-4.15pm (incl. project launch)**

**Workshop 2: Sat 23rd April, 10.30am-3.15pm**

**Workshop 3: Sat 14th May, 10.30am-3.15pm**

**Workshop 4: Sat 21st May, 10.30am-6.15pm**



**Epping Memorial Hall**

(Subject to COVID-19 restrictions)

**Workshop 5 date: Sat 28th May, 10.30-3.15pm (performance)**

### DISCUSSION TOPICS

- What is a happy family?
- How do you create a happy family?
- What are respectful relationships?
- How can we ensure that respect is strengthened?
- Why is financial empowerment important for everyone?

**REGISTER YOUR INTEREST TODAY!**

**REGISTRATION LINK HERE**

[tinyurl.com/2p8w7hx9](https://tinyurl.com/2p8w7hx9)

For more information visit [www.achrh.org/sneh-theatre](http://www.achrh.org/sneh-theatre)

**Participants will receive a nominal fee to compensate for their time. Morning tea and lunch will be provided.**

**HAVE MORE QUESTIONS?  
EMAIL [SNEHTHEATRE@GMAIL.COM](mailto:SNEHTHEATRE@GMAIL.COM)**

**Dr Manjula O'Connor, ACHRH, [manjula@achrh.org](mailto:manjula@achrh.org)  
Sneh Theatre Team, [snehtheatre@gmail.com](mailto:snehtheatre@gmail.com)**

# The National Framework for the Prevention of Dowry Abuse Project

By: Dr Manjula O'Connor

This three-year project is a collaboration between the AustralAsian Centre for Human Rights and Health (ACHRH) and Harmony Alliance: Migrant and Refugee Women for Change

The project is funded by the Department of Social Services through its Community-led Projects to Prevent Violence against Women and their Children grant, as part of the Fourth Action Plan of the National Plan to Reduce Violence against Women and their Children 2010-2022. The project commenced in 2019 and will conclude in 2022.

This project recognises, that like other forms of violence against women, dowry abuse is preventable. By engaging with communities through education and awareness raising activities, the prevalence of dowry abuse in Australia can be reduced.

**Since commencement in 2019, a total of 39 workshops have been delivered and, through surveys and workshops, the project has reached 472 people from the South Asian community living across Australia.**

While dowry giving is most commonly practised by communities from South Asia, dowry abuse forms part of a wider pattern of violence against women. Factors driving both dowry abuse and violence against women more broadly include patriarchal beliefs that commodify women and attitudes condoning violence in the community. However, while dowry abuse is driven by patriarchal beliefs, gendered power dynamics within the family unit play a specific role as extended family members, including mothers-in-law and occasionally fathers-in-law, may be involved in perpetrating this form of violence.

**We conducted a national survey on dowry abuse.**

## **Findings of the national survey on dowry abuse**

Survey developed in six languages – English, Sinhala, Punjabi, Hindi, Tamil and Telegu

**150 individual** responses from respondents located across Australia replied.

**30 respondents** service providers completed the survey

**32% of respondents had either experienced dowry abuse or know someone who had.**

## **The survey identified drivers & factors involved**

**Gender inequality** was identified by respondents as the key driver of dowry abuse. According to the respondents, gender inequality, greed and men's control of financial decisions are the top three drivers of dowry abuse.

**Family pressure** - More than half of respondents (56%) identified pressure from family as a significant driver of dowry abuse.

**Patriarchal arrangements, societal norms,** long-term customary expectation and the perception of dowry as a status symbol were held responsible.

## **Emotional abuse with dowry demands**

Verbal abuse, humiliation and controlling behaviours as frequent forms of abuse.

**Findings from five national online focus groups** with community men and women separately and service providers confirmed that dowry abuse was expression of:

- gender inequality
- cultural norms
- distortion of culture
- family and community pressures.

### How to prevent dowry abuse in Australia?

Solutions discovered were:

- access to education, employment and economic independence for women and girls
- generational change in attitudes

Education – both broad community education and tailored education programs for community cohorts and for service providers – was seen as the key approach to prevent dowry abuse before it occurs.

### 17 COMMUNITY DOWRY ABUSE PREVENTION EDUCATION WORKSHOPS DELIVERED

community workshops “*Demand equality not dowry*” have been delivered by seven community facilitators, reaching **more than 250 people**. Further workshops will be delivered in 2022.

### Feedback from community workshop participants show that:

- 91% felt that the scenarios discussed in the workshop were realistic
- 98% felt that the workshop increased their understanding of dowry demands and abuse
- 88% felt very confident and 12% somewhat confident to inform others about the negative effect of dowry abuse after attending the workshop
- 98% found the discussion with other participants valuable in developing their understanding of dowry demands and abuse
- 94% would recommend the workshop to someone they know.

**Five community facilitators participated in a focus group** to reflect on their experiences. They reported

that they enjoyed facilitating the groups, felt well-supported in their roles and that the workshop material worked well. Further, they reported that participants enjoyed the discussions, were engaged with the topic and found the hypothetical scenarios to be realistic.

The project will conclude in September 2022.

### **Summary**

Despite all of the challenges presented by the COVID-19 pandemic, a total of 39 workshops have been delivered and, through surveys and workshops, the project has reached 472 people from the South Asian community living across Australia.

**The amount of original and secondary research conducted is significantly addressing the gaps in knowledge and understanding around dowry abuse in Australia, developing sound strategies for primary prevention of dowry abuse and actively engaging and working with the community in this process.**

ACHRH thanks the facilitators and community members who took part in raising education about what is dowry abuse and why it occurs and what we can do to stop it. They shared their knowledge and wisdom generously. We hope the members will continue this work in the future and eventually help stop dowry abuse in Australia.



# Updates: MRR Interactive educational workshops empowering communities

By: Gauri Kapoor

## A new chapter for Mutual Relational Respect (MRR) – 'Covid, Mental health and Family relationships'

In 2021, ACHRH organised an extensive new workshop program for MRR. Workshops were organised in partnership with the following organisations-

- South Asian Community Link Group (SACLG)
- Indian Women in Australia (IWIA)
- Society for Women Empowerment and Recognition in Australia (SWERA)
- Australian Multicultural Women Association
- Connecting Indian Mums in Australia (CIWA)

Covid is having a profound impact on the way we all live and on how we relate to the world around us. Consequently, it is impacting the dynamics of our relationships with others. Responding to this, ACHRH designed a new MRR workshop that facilitates discussion about the complex interrelated topics of mental health, gender norms and family conflict in

view of experiences and challenges that an uncertain environment presents.

### Key Themes:

- How the universal feeling of de motivation and feeling down has an impact on mental health and family relationships.
- Risk Factors - Recognising common problems like anxiety, depression, and suicidal thoughts and understanding their effect on a family unit.
- Protective Factors - How to help oneself and others.



# ACHRH Participation In National Working Groups

By: Gauri Kapoor

## [Dowry Abuse Working Group \(DAWG\)](#)

ACHRH, Harmony Alliance, InTouch, UNSW, Good Shepherd

This group is slightly smaller in size now and has seen several organisational representatives come and go. There has always been however great continuity in developing a shared sense of purpose and commitment. ACHRH has now taken over management of the group secretariat.

DAWG was established in 2019 following adoption of the following resolution at Australia's Second National Dowry Abuse Summit.

*We the delegates of the Second National Dowry Summit held at the UNSW Sydney on February 22, 2019, recognise the absence of legally binding instruments to stop dowry abuse in Australia. We the delegates support the Recommendations of the Senate Inquiry into the Practice of Dowry and the Incidence of Dowry Abuse in Australia and call on all political parties to implement the findings and recommendations as a matter of urgency.*

*We the delegates also support the establishment of a working group to explore methods of implementing domestic and transnational approaches, advocacy and strategies to address dowry abuse.*

The Working Group's role is to engage in collaborative, coordinated advocacy to achieve legislative recognition of dowry abuse as well as social/practical change for victims of dowry related violence.

It is involved in a range of policy advocacy activities - writing letters, meeting with members of Parliament and with Government representatives, and preparing submissions.

The group has managed to solidify the collective advocacy of leading NGOs in Australia. Regular meetings have helped to shape shared goals and a detailed Work Plan has been created to keep track of the group's progress.

Going forward, DAWG will actively seek opportunities to campaign assertively across the country using data and evidence collected through the National Dowry Abuse Prevention Project.

DAWG advocates for the adoption of uniform legislation that recognises dowry abuse across the country, and it campaigns for having explicit recognition of dowry abuse as a form of DFV in legislation. Legislative recognition is important to raising awareness of this issue. It can assist in family law cases by allowing for more positive outcomes in recovering lost assets.

Migration puts women at higher risk of dowry abuse. Therefore, having a transnational legal process is necessary as well in addressing this problem.

Meetings were recently held with:

- Yvette Berry MLA, Deputy Chief Minister, Australian Capital Territory
- Carolyn Power MP, South Australia's Assistant Minister for Domestic and Family Violence Prevention,
- Reps from the Office of Hon. Shannon Fentiman MP, Queensland's Minister for the Prevention of Domestic and Family Violence,
- Senior Legal Officers - Family Safety Branch, Federal Attorney General's Department

Representatives were keen to discuss how recognition of dowry related abuse may fit within the parameters of potential criminalisation of coercive control in Australia.

### [National Advocacy Group for Women on Temporary Visas](#)

The ACHRH is a member of this group, along with sixty organisations, that explores precarious migration status, family violence and immigration law and policy in Australia.

To strengthen advocacy efforts during this election year, the group has decided to form a core Executive to lead and guide the activities of various steering committees.

Dr O'Connor will represent ACHRH on the newly formed Executive.

The group is currently reviewing and formulating its response to the Draft National Action Plan during the current public consultation phase.

# ACHRH Annual General Meeting 2021

By: Gauri Kapoor

On 7 December 2021, ACHRH organised its first in-person get together following two years of Covid restrictions. Representatives from several organisations were in attendance at the Annual General Meeting.

We marked the 16 days of activism by highlighting milestones in ACHRH's and Harmony Alliance's joint National Dowry Abuse Prevention Project.

Neetu, an acid attack survivor spoke about her perceptions of gender bias. It was most moving to hear firsthand about her challenges and her achievements in advocating for victim survivors of gender-based violence in India.

Dr O'Connor provided a comprehensive overview of various activities / progress made at ACHRH and Gauri presented a year-over-year financial comparison.





Centre for Forensic  
Behavioural Science

1/582 Heidelberg Rd, Alphington VIC 3078

## Exploring the Experiences and Perceptions of Family Violence in South-Asian Communities in Australia

### Flyer and Expression of Interest Form

**Do you want to be part of a study that contributes to our understanding of family violence in South-Asian population in Australia?**

Researchers at the Centre for Forensic Behavioral Science are conducting a study, which focuses on understanding the South-Asian community's experiences and views of family violence in Australia. The study aims to find factors that may be associated with family violence within South-Asian communities and how they may differ from factors in other communities. A better understanding of these factors will allow the researchers to establish better frameworks and inform culturally appropriate treatments and supports in the future.

We are interested in speaking with individuals who either: (i) are from a South-Asian background and have either been subjected to or perpetrated family violence, or (ii) have experience working with South-Asian victim-survivors or perpetrators of family violence. The study involves completing a one-hour interview, either face-to-face or via zoom.

Participation is voluntary and you can choose to withdraw from the research at any stage. You will be reimbursed for your time through a **\$50 Coles gift card**.

If you are interested in participating or have further questions about participation, please email one of the researchers below:

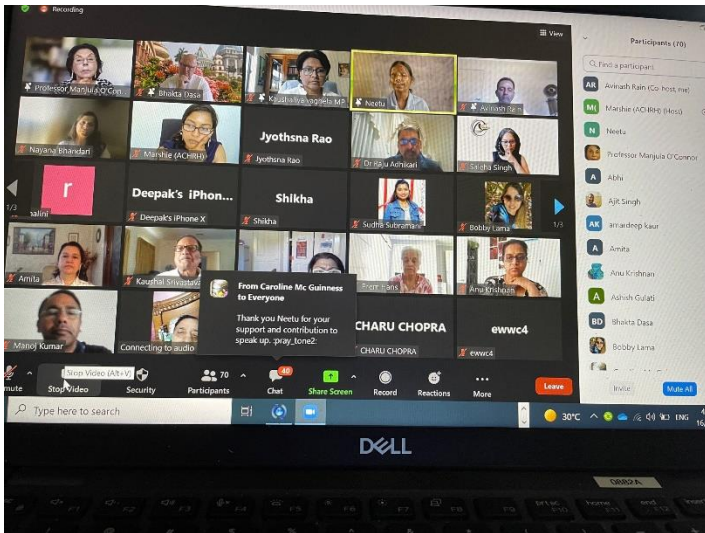
Iswa Chaudhry | Centre for Forensic Behavioral Science | Email: [ichaudhry@swin.edu.au](mailto:ichaudhry@swin.edu.au)

Dr Stephane Shepherd | Centre for Forensic Behavioral Science | Email: [sshepherd@swin.edu.au](mailto:sshepherd@swin.edu.au)

Dr Natasha Maharaj | Centre for Forensic Behavioral Science | Email: [nmaharaj@swin.edu.au](mailto:nmaharaj@swin.edu.au)

Dr Elizabeth Daff | Centre for Forensic Behavioral Science | Email: [edaff@swin.edu.au](mailto:edaff@swin.edu.au)

Please title your email '**EOI: South-Asian FV research**' and include your full name and appropriate contact details. Someone from the research team will contact you shortly.



Sunday  
January 16  
2022, 4pm to  
5pm - Zoom

In memory of  
Poonam and  
Vanessa



Made with PosterMyWall.com

**VIGIL**

**SUNDAY 16 JANURAY 4 pm -5 pm**



**Link**

<https://us02web.zoom.us/j/86306926824?pwd=V1k3R1cyOG9jYTF6NlF0UTYvbE5uZz09>

**POONAM AND VENESSA SHARMA RIP**

**Program**

**MC Professor Manjula Datta O'Connor**

4 pm Bhakhta Das reading from Rig Ved or Geet's - 5 min

4 05 Ms Marshie Rajkumar introduces Shalini

4 10 – 4 20 pm Shalini – *Let us remember the suffering of victim survivors.*

4 20 – 4 30 pm - Professor Manjula Datta O'Connor – *Migration adds extra stress on families. Early help seeking will save lives*

4 30 pm – 4 40 pm -Dr Raj Adhikari SACLG – South Asian Communities tribute to the family

4 40 – 450 Mr Avinash Rain - readings from The Art Of Living, and motivational song

4 55 pm Closing words Prof Manjula Datte

**ACHRH organised a virtual vigil in memory of Poonam Sharma and her six-year-old daughter Vanessa Sharma who were tragically murdered inside their home in Melbourne.**

**The prayer meet was arranged by ACHRH in partnership with several organisations - South Asian Community Link Group (SACLG), IndianCare, South Asian Public Affairs Council (SAPAC) and Oorja Foundation.**

# Your Law and My Laughter

By: Shweta Mishra "shawryaa"

It's always been like this.

It will always be like this.

You said it.

And that was law.

As a rule it's written everywhere

and will remain till eternity.

So that's how my life's story is written.

My life, your story.

But when you wrote verdicts for me

you didn't realize

that there were gaps

between words.

And fortunate I am

as in those spaces I live.

If you remove it

all sense is gone.

If you retain it

I live and breathe.

Your reason is stilted wooden leg

that pierces the ground deep

in fear and ambition to stand.

I don't lose in any way.

I laugh.

## BIO NOTE

### **SHWETA MISHRA "shawryaa"**

Dr Shweta Mishra "shawryaa" (M.A. Ph.D.) is an Assistant Professor in English and presently teaches at MBP Government Post-Graduate College, Lucknow (Uttar Pradesh) India. A gold medallist in M.A. English, Lucknow University, she has authored several research papers that have been published in various reputed journals. Creative writing is what she passionately loves to do. Her notable works include *What is a Woman: This is Trash. Leave it, Image of Girlhood in the Fiction of African American Women Writers*, *The Most Orange*, *A Smothering Selfless Epitome: Sita* and the latest *Lucknow Imprints*.

Her poems have been published in *Kavya Bharati* and *Muse India*, She has also presented her poems in the U.S. based online platform "Bauchhaar". Shweta Mishra "shawryaa" is also on podcast. ([anchor.fm/shweta-mishra9](https://anchor.fm/shweta-mishra9))

## Seeking Volunteer Research Participants on Dowry Abuse

*Research Study Title: Understanding perceptions and experiences of dowry and dowry abuse of women from Indian communities in Australia*

UNSW researchers are studying perceptions and experiences of dowry, and particularly when dowry practices might become abusive for women from Indian communities who currently live in Australia.

We are recruiting women from Indian communities who live in Australia and who have experienced of dowry abuse to take part in an [online survey](#) about their perceptions and experiences of dowry and dowry abuse. Friends and family members of women are also invited to participate in the [survey](#).

For more information about the online survey and its participation criteria, you can visit the link to the survey [here](#), or visit the study's website [here](#). You can also contact Sara Singh at [sara.singh@unsw.edu.au](mailto:sara.singh@unsw.edu.au) or 0 468 956 642.

To participate in the survey, click the survey link [here](#).

Your contribution will help us understand dowry and how dowry can become abusive. It will also help us improve support for women who have experienced dowry abuse.



**UNSW**  
SYDNEY

HC Number: HC210585

## Donations to ACHRH are now tax deductible!

Thank you for considering a gift to ACHRH, which will support our work to create happy and healthier communities; did you know that donations to ACHRH over \$2 can now be claimed as a tax deduction?

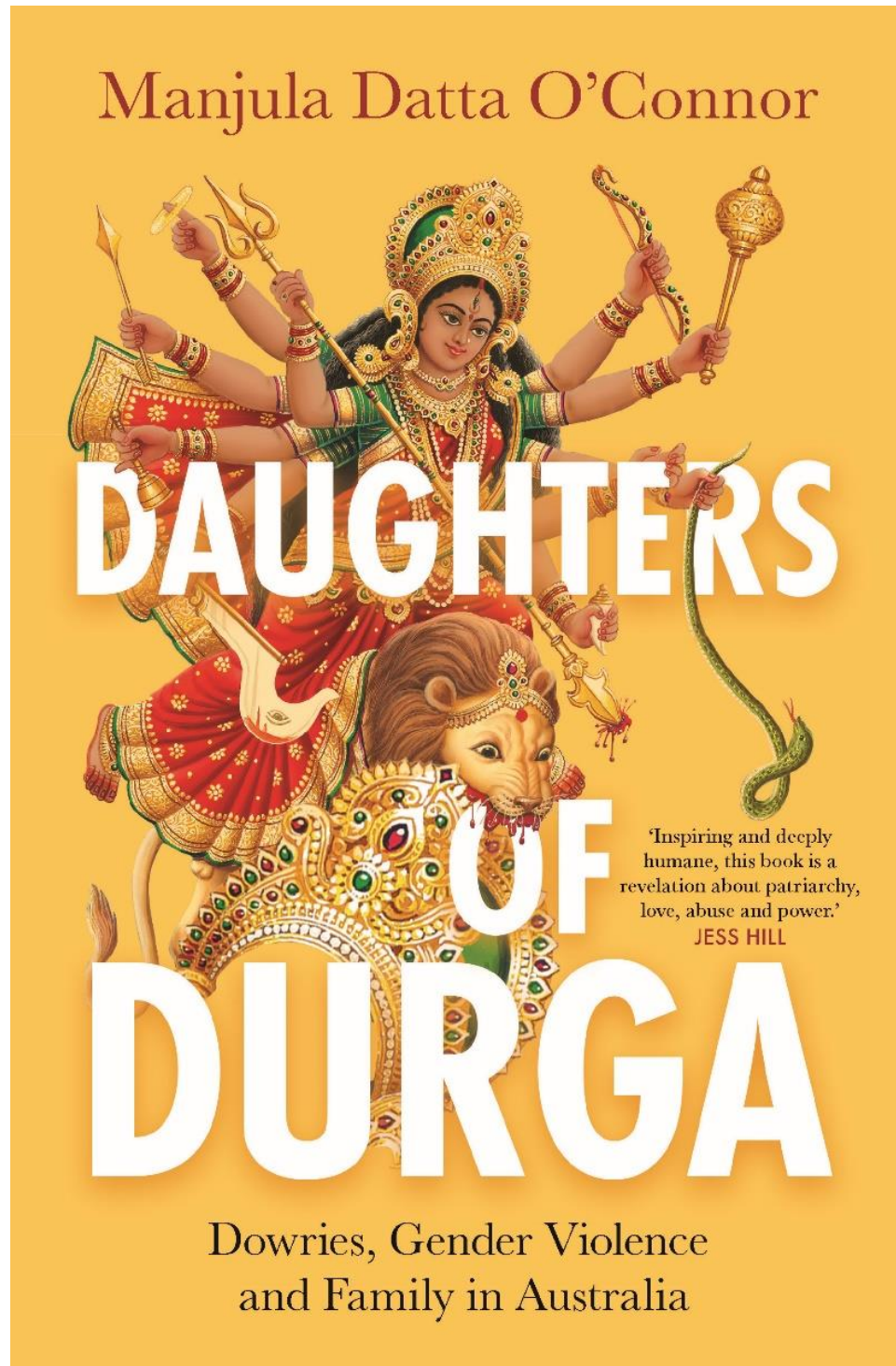
Since 2012, ACHRH has delivered a range of programs which tackle issues effecting migrant communities in Australia. If you would like to be a part of making tangible impacts for at risk communities, please contact Kate Grimme on 0400 032 821 or email [info@achrh.org](mailto:info@achrh.org) We will be pleased to provide you



## COMING SOON

This is a web link where people can find out more and can pre-order Dr O'Connor's book!

[Daughters of Durga, Manjula Datta O'Connor — Melbourne University Publishing \(mup.com.au\)](http://mup.com.au)





# South Asian Today

By: Dilpreet Kaur Taggar - Journalist

I moved to Australia in 2017 to study journalism. While I saw a lot of South Asians around me, I

couldn't quite find a publication where I could read or listen to stories that mattered to me. We were often reduced to chai, curry and Bollywood, but our politics moves beyond those typicals. The discourse around gender, race and class is a continuing conversation among South Asians, and it felt disappointing not to see it in the Australian media landscape.

And so, in April 2020, I launched [South Asian Today](#). It is a media start-up for South Asian women and non-binary folks where we write relevant stories dissecting gender and cultural biases, decolonising stereotypes and highlighting the diverse work of South Asian Australian creatives.

It was difficult when I started; it still is. As a migrant woman and an international student, I was not eligible for many grants to help us grow faster. Despite many challenges, I am so grateful to have found incredible South Asian writers and artists who we have worked with and published over the last couple of years.

Since our launch from scratch, we have published 250+ articles, published 70+ writers, produced two seasons of our podcast, [Roots with South Asian Today](#), reached 500+ newsletter subscribers and have also [opened our own](#)

[print store](#)! Our store creates financial opportunities for six South Asian artists, and we're currently working on releasing more merch this year.

Media and support partnerships with the likes of 4A Centre for Contemporary Asian Art, Catalysr and PopLabs have provided South Asian Today with more opportunities to continue.

As someone who had never ventured into the world of start-ups before, I have learnt so much. I had heard how difficult it is for women migrant entrepreneurs, but I have now seen it myself, and I can say it's true. We need to break a lot of barriers ourselves to be able to talk about challenging norms that have stunted our growth for a long time.

I wrap up by inviting you to become a part of South Asian Today. You can pitch to us, listen to our podcast, buy from our store and [buy us a coffee](#)! If you become a monthly coffee member (with just \$5, \$10 or \$20 a month), you receive early access to our podcast, which means you can listen before everybody else does. Not just that, we also send you discount offers for our store and our events.

I hope you like our work! Don't forget to [subscribe to our newsletter](#) to receive weekly South Asian stories straight in your inbox.

It's been an absolute pleasure reaching you through ACHRH, and I hope we can get to know each other better.

Have a wonderful year!

## WHERE TO GO FOR HELP

- 
- **POLICE IN EMERGENCY -- 000**
  - **YOUR GP -- they will refer you to the right place.**
  - **NATIONAL DOMESTIC AND FAMILY VIOLENCE COUNSELLING SERVICE  
1800 RESPECT**
  - **INTOUCH MULTICULTURAL CENTER AGAINST FAMILY VIOLENCE –  
1800 755 988**
  - **Safe Steps Family Violence Response Centre, phone  
24 Hour statewide line 1800 015 188**
  - **MEN'S 24-HOUR REFERRAL SERVICE  
1800 065 973 (FREE CALL VICTORIA ONLY)**
  - **WOMEN'S INFORMATION & REFERRAL AGENCY (WIRE)  
03 9348 9416  
inforequests@wire.org.au**
- 

### WHY GET HELP?

- ❖ Domestic Violence damages our culture
- ❖ Domestic violence breaks our homes
- ❖ Domestic Violence causes:
  - Anxiety,
  - Depression,
  - Suicide,
  - Homicide in women, men and children

### WHAT CAN YOU DO?

- ❖ Support those who may be victims
- ❖ Encourage victims to seek help and become survivors
- ❖ Encourage perpetrators to seek help
- ❖ DO NOT BE SILENT ON DOMESTIC VIOLENCE

[ *Say No to Family Domestic  
Violence* ]