



www.southasiannetwork.org

Our Team!



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Tanya Kapila ~ Special Projects Coordinator (ext. 217)

Mahtab Javed Siddiqui ~ Mental Health Therapist (ext. 106)

Shakuntala Chugani ~ CCE Program Coordinator (ext. 108)

Cynthia Chockalingam ~ Civic Engagement Coordinator (ext. 214)

We are a nonprofit organization geared towards serving, uplifting, and educating Southern California's South Asian community.

Our staff speaks a variety of South Asian languages such as Hindi, Urdu, Punjabi, Gujarati, and Bangla.

All of our services are free of cost.

Our services are separated into 4 units:

- CHAI (Community Health Action Initiative)**
- CCE (Citizenship and Civic Engagement)**
- EMH (Emotional and Mental Health)**
- AWAZ (Voices against Violence)**

If we are unable to assist you with a specific case we will be able to provide resources.

Free Citizenship Clinics

Citizenship Application & Fee Waiver

Are you at least 18 years old?

Have you had a Green Card for 5 years or 3 years if married to a U.S. Citizen?

You may be eligible to apply!

CONTACT US

562-403-0488, EXT. 108

SANINFO@SOUTHASIANNETWORK.ORG

Please bring this information with you:

- **Green Card & Passports**
- **Social Security Number**
- **List of home, work, and schooling addresses from the last 5 yrs**
- **List of trips/dates outside of the U.S. in the last 5 yrs**

***We speak Hindi, Urdu, Bangla, Punjabi, and Gujarati**

Receive Public Benefits!

Free application assistance for
Medi-Cal,
Medicare,
CalWorks, WIC,
SSI, General Relief
and Cal Fresh!



People of different immigration statuses can apply for different types of benefits. Find out what you are eligible for:



562-403-0488 EXT. 112
INFO@SOUTHASIANNETWORK.ORG

Prevention and Aftercare Services



South Asian Network offers the following services to **LA County residing families with children under the age of 18** who are at risk of abuse, neglect, poverty, or limited access to resources and support.

- Educational workshops on abuse prevention, how to stay positive and communicate, and the pathway to a child's healthy development
- Financial literacy training
- ESL/Citizenship classes
- Assistance in accessing resources (ie. food, shelter, clothing, toys, etc.)
- Public benefit applications (ie. CalFresh, Medi-cal)
- Outreach events and town halls to strengthen community support systems

Our goal is to ensure our communities are healthy and thriving, effectively reducing the risk of child abuse and/or neglect and ensuring the health and safety of children and their families.

562-403-0488 ext. 215
saninfo@southasiannetwork.org
www.southasiannetwork.org

FREE THERAPY AND REFERRALS

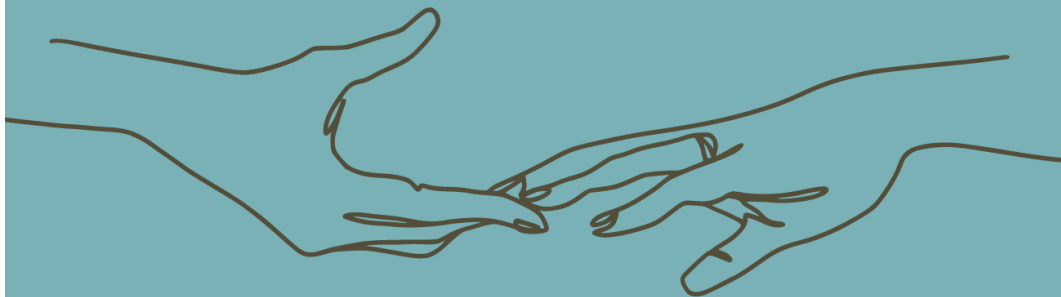


Seeking therapy is not shameful. It can support you through difficult emotions and situations.

Inquire about our multi-lingual in-house therapists or other places where you can find a culturally specific therapist!

SANINFO@SOUTHASIANNETWORK.ORG
[@SOUTHASIANNETWORK](https://www.instagram.com/SOUTHASIANNETWORK)
562-403-0488

Any sexual contact without consent is sexual assault.



**You went through the incident alone,
the next steps don't have to be the same.**

OUR SERVICES ARE **FREE OF CHARGE**
AND INCLUDE:

- Resources and referrals
- Support group services
- Counseling and therapy
- Document translation and interpretation



562-403-0488, Ext. 215 or 217
saninfo@southasiannetwork.org



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APPLY FOR COVERED CA TODAY!

If you have gone through life changes (ie. had a baby, lost or changed jobs, moved, etc), you are still eligible to apply regardless of immigration status!

Reach out to SAN and begin your application process. We'll be there every step of the way and all of our services are free.

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saninfo@southasiannetwork.org



DOMESTIC VIOLENCE

A FEW SIGNS:

Interrogation about whereabouts and who you're speaking to / not being able to speak to friends and family

Being cyber-bullied and stalked when using social media / not being allowed to use it at all

Being insulted or verbally humiliated in private and/or public

Facing threats, manipulation, gaslighting, grooming, etc

Being threatened with deportation, abandonment, or separation from children and family

Having no control of or access to finances

Being forced to watch or engage in any sexual acts against your will

WE OFFER SERVICES SUCH AS CASE MANAGEMENT, LEGAL REFERRALS, HOUSING PLACEMENT, AND TRAUMA SUPPORT FOR DV VICTIMS. PLEASE REACH OUT IF YOU ARE IN NEED OF HELP.

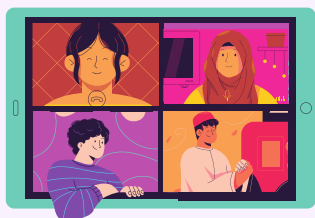
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Ask about our *Workshops!*

SAN staff facilitates workshops across all units.
Topics include, but are not limited to:

- Financial Literacy
- Parenting Classes
- ESL/Citizenship Test Prep
- Anti-Asian Hate Awareness
- Civic Engagement and Voting
- Identity and Self Awareness
- Physical and Mental Wellness
- Community Wellness and Education
- Survivor support and Wholistic Healing



Workshops can
be offered online
and in-person!



We are open to collaboration with different specialists/organizations and willing to create or edit workshops in accordance to specific preferences/needs.

for more information:

**www.southasiannetwork.org
[@southasiannetwork](https://www.instagram.com/southasiannetwork)**

FREE SERVICES FOR THE OLDER ADULT/ SENIOR COMMUNITY



- **Medicare/Medi-cal Application Assistance**
- **SSI Application Assistance**
- **In-Home Support**
- **Covered California Application Assistance**
- **Translations for mail, medical paperwork, and legal documents**
- **Citizenship Application Assistance**
- **Transportation and translation for doctors' appointments**

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CIVIC ENGAGEMENT

REACH OUT TO LEARN ABOUT HOW YOU CAN WORK
WITH SAN AND PARTICIPATE IN ADVOCACY AND
VITAL SOCIAL JUSTICE DIALOGUES.

TOPICS INCLUDE:

- RACISM
- HOMOPHOBIA
- DESI VOTE & GOTV
- IMMIGRANT RIGHTS
- COMMUNITY ORGANIZING
- GENDER BASED DISCRIMINATION
- HEALTH ACCESS AND ADVOCACY
- HATE CRIMES EDUCATION AND PREVENTION

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SAN
South Asian Network

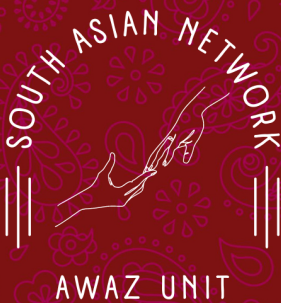
\$TAND WITH SAN!



TO FUEL OUR EFFORTS,
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WWW.SOUTHASIANNETWORK.ORG/DONATE

Learn more or get involved:

**www.southasiannetwork.org | [@southasiannetwork](https://twitter.com/southasiannetwork)
saninfo@southasiannetwork.org | 562-403-0488**



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