

ARE YOU IN AN ABUSIVE RELATIONSHIP?

There are 3 primary types of abuse: 1 Physical, 2 Emotional/psychological and 3 sexual, however we often see them in combination.

Does your partner:

- Hit you, slap you, choke you?
- Hurt and embarrass you with name calling and put-downs?
- Threaten to hurt you or blame you for whatever goes wrong?
- Look at you or act in ways that are threatening or scare you?
- Control what you do, who you see, who you talk to or where you go? OR call you constantly to see where you are?
- Interfere with you seeing or talking to friends or family?
- Take your money or make you have to ask for money, or refuse to give you money?
- Have sex with you when you don't want to?

ASHA FAMILY SERVICES, INC
Administrative offices...

3719 W. Center St.
Milwaukee, WI 53210
(414) 875-1511 Phone
(414) 875-1217 Fax

NEWEST VENTURE...



SISTAHS'
(Job training sites)

Gourmet Coffee Shop & Deli

COMPUTER STATIONS WITH INTERNET ACCESS

**3717 W. Center St
(414) 873-2505
Fax: 873-2888**

Website:

www.ashafamilyservices.com

Opening soon!
Sistahs' Boutique Nail/Hair salon
3715 W. Center St.

*Asha Family Services,
Inc*

*Asha is a Swahili and Indian word
that means "Life" and "Hope".*



Empowering Lives

We can help! Asha Family Services, Inc. ,
provides programs and services for women, men, teens,
children and families, whose lives are impacted by
violence, abuse or neglect in the home..



Asha Women of Color - Sister Circles

Thursdays, 5:30pm – 7:00pm

Support groups culturally related to African American and other women living with abuse; those who have escaped and/or those who may need a stabilizing support network. Services are culturally specific and spiritually-based. Include: safety planning, counseling, advocacy, education; on-site childcare.

First Love: ME! Teen Dating

Violence Prevention. A peer support service for youth and teens ages 12 to 17 that promotes awareness to the issues with dating violence and sexual assault. Builds leadership among teens to culturally address and prevent teen dating violence! Weekly Support Groups and Events.

Corrections Care Services

Provides a continuum of care for incarcerated and released female and male offenders. (*In-custody to Aftercare*) Incorporates cognitive intervention and spirituality. Tools to rebuild lives with supports designed to increase life success and reduce recidivism.

Parenting/Nurturing Classes

Skills to builds positive and healthy interaction between family members in a spiritually based, age appropriate manner to end & reduce family violence, abuse and neglect in families.

Ujima Men's Groups

Non-traditional abuser treatment program designed by and for African-American males experiencing problems with negative

expressions of anger, conflict resolution and controlling behaviors.(evenings & weekends)

Children's Advocacy Project

Provides direct services for children and youth: counseling, advocacy, education, support and healing for children who witness or experience abuse and neglect in the home.

Services conducted on-site, at community agencies and within Elementary, Middle and High schools.

Outpatient Mental Health and Substance Abuse Treatment. (Adults and Youth)

Assessment and Treatment that includes aftercare. Provides individual, group, and family counseling for chemically dependent women, men and youth who also may have experienced family and/or sexual violence.

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Fatherhood and Responsibility

Brotha-to-Brotha. A peer-support and mentorship program for men. An educational and informational support that promotes and encourages fatherhood and responsibility. Designed to build positive relationship or repair relationships between men with their children and their mothers. Utilizing a cognitive and cultural approach, Asha's curriculum is culturally specific and spiritually based.

Anger Management

Provides gender and age specific group sessions on anger with tools and skills to positively deal with it. Identify learned patterns of relating, thinking and behaviors in ones life that may influence their anger.

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Transitional Living Programs

1) Transitional Housing for women released from prison AND...



2) Asha's TLC: Private housing (up to 24 mos.) for survivors of Domestic Violence, Sexual Assault, Dating Violence and Stalking and their children fleeing violence & abuse in the home. Through a culturally responsive program, women find an array of supports that wrap them in a continuum of care, healing, mentorship, job training and placement. Through a liberating process that is spiritually based and holistic, women are equipped & empowered to succeed and achieve.

NON-PROFIT JOB TRAINING SITES
SISTAHS' COFFEE SHOP AND DELI and
SISTAHS' BOUTIQUE, NAILS & HAIR
SALON. Located at 3717 and 3715 W.
Center Street; Milwaukee, WI *focus on skill
building on Excellence in Customer Service.*

***Crisis Line (414) 875-1511 (Monday-
Friday, 9:00am-5:00pm/After 5:00pm call the
Women's Crisis Line (414) 671-6140) or call the
National Domestic Violence Hotline at: 1 800-
799-SAFE (7233)***

Crisis line services for anyone include women, men, youth and teens needing information, resources and referrals to end violence in their lives.

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