

"My Sister's House gave and is giving me a new future. I could not imagine how my life would be without your help and support...You give me future, give me new life, give me hope."

FORMER SHELTER/HOUSING CLIENT



A safe haven for Asian Pacific Islander Women and Children



My Sister's House

**ELIMINATING DOMESTIC VIOLENCE,
SEXUAL ASSAULT, AND SEX TRAFFICKING
IN OUR COMMUNITY.**

MY-SISTERS-HOUSE.ORG • INFO@MY-SISTERS-HOUSE.ORG

24/7 SUPPORT LINE: 916-428-3271



“My Sister’s House helped me fully recover and have a brighter future. Otherwise, I wouldn’t know where I’d be right now.”

SURVIVOR FROM CHINA

MY SISTER’S HOUSE UNIQUE CHALLENGE

A SAFE HAVEN

For almost 20 years, My Sister’s House has provided a culturally appropriate safe haven for Asian and Pacific Islander survivors of domestic, sexual violence, and human trafficking in Sacramento and the Central Valley. My Sister’s House programs include an emergency shelter where clients of all ethnicities can stay for up to 90 days and a Women-to-Work program that helps survivors become self-sufficient.

1/4

WOMEN WILL EXPERIENCE DOMESTIC VIOLENCE DURING HER LIFETIME.

3,200+

CALLS WERE RECEIVED ON MY SISTER’S HOUSE CRISIS LINE DURING 2019-2020. THIS NUMBER CONTINUES TO INCREASE ANNUALLY.

9,700

CALLS TO SACRAMENTO COUNTY LAW ENFORCEMENT RELATED TO DOMESTIC VIOLENCE. EVEN WITH COVID-19, SIMILAR-IF NOT, GREATER- NUMBERS ARE EXPECTED.



OUR UNIQUE CHALLENGE

Traditional Asian and Pacific Islander values and norms are at times also cultural barriers, making it difficult for Asian and Pacific Islander survivors of sexual assault or domestic violence to disclose, report, or seek services. In addition, many Southeast Asians come from families who came to the U.S. as refugees, fleeing from war in their native countries of Vietnam, Laos, or Cambodia.

Cultural barriers are among the largest barriers to accessing services, including language, immigration concerns, and stigma. My Sister's House addresses these barriers with our depth of experience working with and serving the Asian and Pacific Islander community and by offering culturally relevant and in-language services.

SUPPORTING SURVIVORS

MISSION

To serve Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training, and community services.

HOLISTIC HEALING

To achieve our mission, My Sister's House provides survivors with holistic support that ensures the women and their children have a foundation for self-sufficiency and a life free of abuse.



OUR PROGRAMS

OUTREACH AND EDUCATION

Helps prevent domestic violence, sexual assault, and human trafficking by providing training and education to students of all ages, workplaces, churches, and other social settings.

24/7 MULTI-LINGUAL SUPPORT LINE

Assists callers to identify the signs of domestic violence and human trafficking, crisis intervention, safety planning, information and resource referrals and general support.

SAFE HAVEN SHELTER

My Sister's House is the only shelter specifically serving the needs of the highly diverse Asian and Pacific Islander population in Sacramento and the Central Valley region. It provides a much-needed place for women and children fleeing domestic violence, sexual assault, and human trafficking. Clients of all ethnicities can stay at the shelter for up to 90 days and receive food and supplies, case management, and support.

WOMEN-TO-WORK

Our unique program helps survivors of domestic violence, sexual assault, and human trafficking get back on their feet, especially financially. Support groups provide information and resources to survivors free of charge. Counseling Sessions are facilitated and/or supervised by licensed marriage and family therapists. These sessions include weekly Domestic Violence Education, Healing Through Art, Parenting Classes, and a #MeToo Sexual Assault Survivor Support Group. The Women to Work program provides an array of supportive services — healthcare information and referrals, transportation, clothing, child care, housing assistance, employment/career guidance, legal services and more — helping clients achieve a state of stability.



MY SISTER'S HOUSE IN THE COMMUNITY

In the last 20 years, My Sister's House has been recognized with numerous awards such as:

2014	2015	2016	2017	2018
<ul style="list-style-type: none"> Civil Rights Social Justice Award (OCA – Asian Pacific American Advocates) 	<ul style="list-style-type: none"> API Champion Award (API Democrats of Sacramento County and California Young Democrats API Caucus) 	<ul style="list-style-type: none"> Sleep Train Community All-Star (Sleep Train Arena/ Sacramento Kings) 	<ul style="list-style-type: none"> Medical Community Service Award (The Sierra Sacramento Valley Medical Society) 	<ul style="list-style-type: none"> Community Service Award (Chinese American Council of Sacramento and CACS Foundation)

My Sister's House has also received recognition from Exceptional Women of Color, Congressional Victims' Rights Caucus, Sacramento Asian Chamber of Commerce, the Asian Bar Association of Sacramento, and more.

MY SISTER'S HOUSE BY THE NUMBERS:

Since 2003, My Sister's House has: served the community with more than:

55,000 BED NIGHTS OF SHELTER AND CARE AT OUR 6-BED SHELTERS

21,500 CALLS TO OUR 24-HOUR MULTILINGUAL HELP LINE

6,000 DOMESTIC VIOLENCE SURVIVORS SERVED IN WOMEN-TO-WORK

4,000 CLIENTS PROVIDED LEGAL ASSISTANCE

47,000 COMMUNITY PRESENTATIONS ON DOMESTIC VIOLENCE AND HUMAN TRAFFICKING

13 ANNUAL CONFERENCES TO TRAIN OVER **500** SERVICE PROVIDERS ACROSS THE CENTRAL VALLEY ON CULTURAL COMPETENCY



Pictured above are Executive Director of My Sister's House, Nilda Valmores and Asian And Pacific Islander female leaders gathering together at our press conference on Wednesday, March 24, 2021 in response to the murders of 6 Asian women working at massage parlors in Atlanta, Georgia.

CONTRIBUTE TO THE MY SISTER'S HOUSE 20TH ANNIVERSARY CAPITAL CAMPAIGN

WHY GIVE TO US NOW?

My Sister's House is committed to supporting women and children impacted by domestic violence.

You can personally impact and support survivors and our community with your gift as it will support their journey towards self-sufficiency and a life free of abuse. When you give, you contribute to the safety and well-being of survivors.

My Sister's House partnerships with other community organizations allow us to have a deeper impact.

AS A CLIENT TESTIFIED AT OUR GALA,

"My Sister's House is a mother to me. She gave me and my child a roof over my head, food on my table, clothes on my body, shoes on my feet which I can put on and walk on the path of my journey."



OUR CAMPAIGN PRIORITIES

My Sister's House relies on contributions from individuals, foundations and corporations to offer impactful life-changing services and programs. Contributions will support areas in which we see growing needs for survivor resources, especially in the following priorities:

SAFE HAVEN

My Sister's House plans to expand and acquire property to accommodate an increasing number of diverse women and families who seek our support. Recently, with initial support from SMUD and key donors, My Sister's House initiated a drive to raise funds for the Noor House, the first domestic violence emergency shelter for Muslim women in the Central Valley. In addition, as our shelters—or our safe havens—age, we seek funds to provide for continuous upgrades of our facilities and have sufficient funds for renovation, maintenance, and one-time improvements.

LEGAL SERVICES

In 2019, 100+ Asian and Pacific Islander women gathered in Sacramento to identify community needs. In particular, one need was repeatedly mentioned: the need for more culturally appropriate domestic violence legal services.

My Sister's House addresses this need and seeks to expand our capacity to do so— through a three pronged approach that is justice-, community-, and individually- based. Our legal services include online chat and phone lines for legal advice, direct services (in-language appointments and legal clinics.), and outreach and education to community members.

MY SISTER'S TREASURES (SECOND SOCIAL ENTERPRISE)

With the success of My Sister's Cafe and our Women-to-Work program, we have plans underway to establish a second social enterprise, a high-end thrift store that provides skill-building opportunities such as retail training and management to help survivors "get back on their feet" and achieve self-sufficiency. With support from an advisory committee, we have conducted a feasibility study, considered skills and training opportunities for survivors, identified potential store locations, and brainstormed marketing ideas.

ESTABLISHING AN ENDOWMENT FOR MY SISTER'S HOUSE.

Every organization should have a rainy day fund to cover emergencies or unexpected changes. My Sister's House is seeking to establish an emergency fund also as part of its 20th Anniversary campaign.



Thank you to our donors for supporting My Sister's House in reaching this milestone and our 20th Anniversary Campaign launch!

Please consider donating to help us reach our goal of \$2,000,000 to **support survivors and their journey** towards self-sufficiency and a life free of abuse.



OUR VISION

My Sister's House envisions a community free of domestic violence, sexual assault, and human trafficking.

How will we change Sacramento and the greater Central Valley?

My Sister's House has and will continue to empower marginalized and vulnerable survivors of abuse by providing them shelter, resources, and skills to build healthy relationships. Our efforts to support survivors have a direct impact on their journey to self sufficiency, including economic stability and mobility, and emotional support and well-being.

AS SHARED FROM A CLIENT FROM 2018 - 2019:

"I'm extremely grateful for My Sister's House and the people who work here and the people who contribute to make everything possible. Thank you for helping my family."