

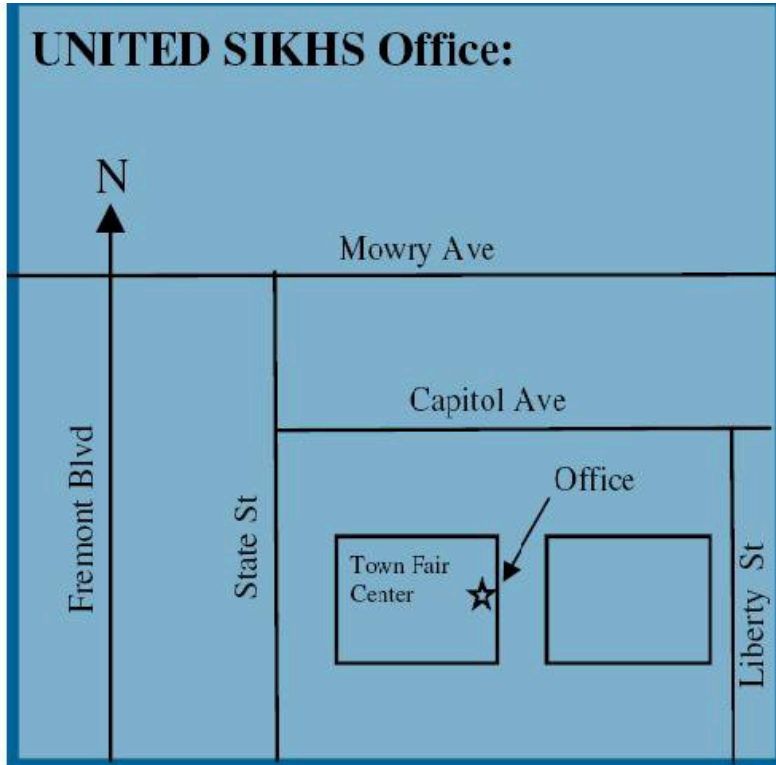
For volunteer opportunities and to support UMEED with your donations, please visit:

[WWW.UNITEDSIKHS.ORG](http://WWW.UNITEDSIKHS.ORG)



1-855-us-umeed

## UNITED SIKHS National Family Resource Center



UNITED SIKHS Western Regional Offices  
39126 State St, Fremont, CA 94538  
Phone: (510) 999-7726 or (888)  
243-1690



“ I found much needed help here.....a program unique in its ability to offer support to us in all aspects of our life.”  
—Client

**We are  
here to  
help  
YOU !!**

No matter how big or small the problem, we have programs and staff that will work with you to find a solution that works for you.....

**OUR MISSION**  
**To provide social support,  
prevention strategies and  
coordinated services  
information in order to  
build a safe, strong and  
caring community**

## **SERVICES**

- ◆ **Senior Care Services**
- ◆ **Domestic Violence Counseling**
- ◆ **Substance Abuse Counseling**
- ◆ **Distress Counseling after a Disaster**
- ◆ **Social Support Services**



**CARING  
COMPETENT  
CONFIDENTIAL**

**24 hour Help Line**

**1-855-US-UMIED  
1-855-878-6333**