

Do you know what VAWA is?



VAWA stands for the Violence Against Women Act, a U.S. law enacted in 1994. The law provides legal protection and support to victims — including immigrants, regardless of immigration status — of domestic violence, abuse in dating or non-marital relationships, sexual abuse, persecution, and gender-based violence perpetrated by an intimate partner, parent, or legal guardian.

Legal support under VAWA allows women who have been abused by spouses, ex-spouses, or partners who are U.S. citizens or lawful permanent residents to apply for work authorization and adjust their immigration status without relying on the abuser. The process is completely confidential and offers the opportunity to rebuild life with dignity and safety.

How to Know if You Are Experiencing Domestic Violence

Domestic violence is any abusive behavior by a spouse, intimate partner, family members, or people who share the same household, intended to gain or maintain power and control over another person. It can affect the physical, emotional, social, and economic well-being of the victim — especially abroad, where a woman may be more isolated and vulnerable.

If you are experiencing abuse, threats, or controlling behavior and are unsure whether it fits the descriptions above — even without legal status — seek help. You have the right to live with safety, respect, and dignity.

What is an intimate partner?

In general, federal law recognizes an intimate partner as a spouse, ex-spouse, a person who shares a child with the victim, or someone who currently or previously lived with the victim.

You may be in an abusive situation if your partner:

- Controls your conversations, movements, or friendships;
- Threatens you with deportation or threatens your children;
- Prevents you from working or studying;
- Controls your finances or documents;
- Uses verbal, physical, or sexual violence.

How Imigra Foundation Can Help You

Under the guidance of a Department of Justice Accredited Representative (as provided by 8 C.F.R. § 1292.2(d)), Imigra Foundation offers petition services for women at low cost or pro bono, in addition to specialized listening, ethical assistance, and the necessary support for people in vulnerable situations. Among other services, we provide the following:

Quando procurar ajuda

1. Reconheça os sinais de abuso
2. Afaste-se do agressor com segurança
3. Guarde evidências (mensagens, fotos, testemunhos)
4. Busque apoio jurídico e emocional
5. Entre em contato com a Imigra Foundation ou organizações de confiança

- **Eligibility guidance:** explain who can qualify for VAWA and what the requirements are.
- **Assistance with organizing documents:** help gather proof of relationship, experienced abuse, and other necessary records.
- **Full VAWA process preparation,** including free or low-cost services.
- **Translation and review of documents** to ensure everything is clear and accurate for the process.
- **Psychological and social support:** referrals to therapy, support groups, and community services.
- **Support throughout the process:** maintain contact to clarify questions and assist with any additional USCIS requests.
- **Connection to protection resources:** referrals to shelters, emergency financial assistance, and other services for domestic violence victims.

Other organizations:

Casa de las Américas – NYC: www.casadelasamericas.org
Sanctuary for Families – NY: (212) 349-6009 | www.sanctuaryforfamilies.org
Safe Horizon – NY: 1-800-621-HOPE (4673) | www.safehorizon.org
Violence Intervention Program (VIP): (800) 664-5880 | www.vipmujeres.org
Catholic Charities Community Services: www.catholiccharitiesny.org
National Domestic Violence Hotline: 1-800-799-7233 | www.thehotline.org

Benefits of VAWA:

1. Work authorization (EAD)
2. Green Card
3. Independence and immigration security
4. Protection from deportation

Imigra Foundation

Tel: (646) 590-2476 | WhatsApp: (347) 870-4216
Email: info@imigrafoundation.org | Website: www.imigrafoundation.org
Instagram: @imigrafoundation

Remember: You are not alone!

Domestic violence knows no borders, but neither do your rights. Seek help. Imigra Foundation is with you.