

DIRECTORY OF SUPPORT SERVICES

For Gender based
Violence Survivors in Punjab





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[2023]

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Message from the President

Global Neighbourhood for Media Innovation

Dear Readers,

I am pleased to present the "Directory of Support Services for Gender-Based Violence Survivors in Punjab," a vital resource that reflects our ongoing commitment to addressing the pressing issue of gender-based violence and providing essential support to survivors. This directory serves as a beacon of hope, guiding survivors and those in need towards a network of crucial assistance.

Gender-based violence remains a deeply concerning challenge, affecting lives in profound ways. This publication stands as a testament to our dedication to fostering a safer and more supportive environment for survivors. It compiles a comprehensive listing of support services available across various cities in Punjab, providing survivors with essential information on seeking legal aid, help, guidance, and care.

The Publication outlines the institutional landscape and support services available in Lahore, Gujrat, Sargodha, Rawalpindi, Sialkot, and Nankana Sahib. This organized framework aims to empower survivors with the knowledge and resources needed to access the assistance they deserve.

I extend my heartfelt appreciation to the Bureau of International Narcotics and Law Enforcement Affairs (INL) for their invaluable support in making this directory a reality and to all those who contributed to the creation of this directory, including the dedicated teams, organizations, and institutions that tirelessly work to provide support to survivors. Your efforts are a testament to the power of collaboration and compassion.

As we navigate the path towards a more inclusive and supportive society, let us continue to stand united in our efforts to combat gender-based violence and ensure that survivors have the necessary resources to heal and rebuild their lives.

With unwavering commitment,

Najia Ashar

President

Global Neighbourhood for Media Innovation (GNMI)

Acknowledgments

The Global Neighbourhood for Media Innovation extends its heartfelt appreciation to the dedicated individuals and organizations whose contributions were instrumental in the creation of this publication. We wish to extend special recognition to the Bureau of International Narcotics and Law Enforcement Affairs, a division of the United States Department of State, for their invaluable support. The success of this endeavor would not have been possible without the exemplary leadership and guidance of Ms. Najia Ashar, President of GNMI, and the insightful supervision provided by Mr. Husnain Raza, Program Director. GNMI appreciates the hard work and commitment of our Consultant Ms. Aliya Ali Khan, for developing all content included in this publication; the GNMI Team for their editorial, logistical, design and illustration support, and the esteemed Experts who attended the Stakeholders Consultation in Lahore and validated the content and findings included in this publication. All rights to this Publication are reserved with the Bureau of International Narcotics and Law Enforcement Affairs (INL), United States Department of State and cannot be copied, otherwise used, replicated, or distributed without the prior consent and permission of the INL.

The content included in this publication has been obtained from the Punjab Women Protection Authority and the Social Welfare and Bait-ul-Maal Department, Government of Punjab, Office of the Inspector General of Police, Punjab, Punjab Commission on the Status of Women, civil society organizations, privately owned and operated shelters in various districts of the province, public and private microfinance providers, and independent entrepreneurs.

INTRODUCTION

Gender-based violence (GBV) is a global pandemic that affects 1 in 3 women in their lifetime. The United Nations defines violence against women (VAW) as "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

Violence against women and girls in Pakistan manifests in multi-faceted, interrelated, and recurring forms; it includes physical, sexual, psychological, emotional and economic abuse and exploitation, occurring in both private and public spaces and are grounded in elements of situational and socio-cultural factors. Research confirms that gender-based violence is an unfortunate and dire reality in present day Pakistan, where it is often uniquely legitimized in the name of culture, tradition and morality.

In Punjab, reported cases of violence against women have steadily increased over time. However, rising trends of reporting have also been noted in Punjab due to active and helpful institutional mechanisms, such as police helpline 15, 36 Women Protection Centers across the province, 12 SBB Human Rights Centers, 36 Darul Amans, women police stations, medico-legal services in public hospitals, and helps desks for women at police stations.

Survivors' journey to recovery would undeniably be smooth if services accessible to them ensure their safety, including preventing and mitigating further violence; protect their confidentiality; demonstrate respect for survivors' needs and wishes and promote their right to make their own choices; and practice nondiscrimination, ensuring that survivors, in all their diversity, are able to access and receive appropriate services and meaningful support.

This resource directory comprises of contact information for essential services that can be used by survivors themselves, their families, service providers, media persons who wish to report incidences of violence, and any other person who wishes to aid a survivor in her journey to recovery and rehabilitation. It contains information that will be helpful in times of emergency, when a survivor wishes to report an occurrence, obtain legal information, get medical aid, including psychological help, explore options for emergency and long-term housing, obtain admission in skill development or vocational training programs, and get microfinance to commence entrepreneurial ventures.

Methodology of Compilation and Limitations

This directory comprises of essential services for survivors of violence in Lahore, Gujrat, Sargodha, Rawalpindi, Sialkot and Nankana Sahib, in the following order:

- ✘ Emergency Helplines
- ✘ Resources from Punjab Women Protection Authority
- ✘ Police helplines, Khidmat Markaz and Sub-divisional Police Officers
- ✘ Healthcare and medico-legal service providers
- ✘ Legal Aid and Mediation service providers
- ✘ Shelter homes and Orphanages
- ✘ Financial aid and Microfinance service providers
- ✘ Opportunities for skill development and/or vocational training

The services listed in this directory have been obtained through field and online research, as well as telephonic interviews with key service providers and stakeholders. Phone numbers of police resources have been verified from the police helpline and website. Details of addresses, and telephone numbers are listed along with the mention of, where applicable, focal persons to be contacted to obtain services swiftly. Although each district has more than 5 police stations on average, it is not recommended that phone numbers of police stations be included in this directory, since they are rarely in order. Furthermore, all people using this directory must also be advised that in case the police resources listed herein are not available or accessible, the toll free police helpline (15) is responsive 24/7 and must be used extensively.

The Punjab Women Protection Authority (PWPA) was created via the Punjab Women Protection Authority Act of 2018 and has been operational in Punjab since then. However, their jurisdiction was limited to the district of Multan, until November 2022, when an Order of the Lahore High Court and subsequent notification by the Provincial Government of Punjab extended their authority to all districts of the province. Since then, as per its statutory mandate, the PWPA has spent considerable resources to mobilize all stakeholders under one roof; police, medico-legal services, legal aid, prosecution, sessions courts, shelter homes, and psychological services to respond to domestic violence. The objective of institutionalizing an Authority like the PWPA is to bring all essential services for survivors of domestic violence under one roof, so that a survivor only needs to contact one service provider i.e. the Women Protection Officer or the District Women Protection Officer through a Punjab-wide helpline (1737) who may connect the survivor with relevant services subsequently. Although a concrete effort in essence, it is notable to mention here, that the PWPA's resources are not entirely active at the moment. Therefore, survivors, resource and support persons are advised to contact police helplines and relevant numbers as primary emergency contacts, and subsequently get medico-legal and prosecutorial help, if so desired. Alternatively, district shelter homes (darul aman) may be approached at any time of day, week and month as well.

Institutional Overview

Over the years, the Government of Punjab has successfully set up a vast range of services for survivors of gender based violence. This includes a large network of police stations across the province, gender desks and female police officers at police stations, women police stations in some districts, a vibrant police helpline (15), 36 shelter homes, 12 SBB Human Rights Centers for Women, “help centers” (Khidmat Markaz) for swift action, anti-harassment cells in some districts, special courts for prosecution of gender based violence cases, legal aid schemes for women, shelter homes, district women protection systems, and skill development and vocational training centers for welfare of women. Female work force of the Punjab Police, Punjab Public Prosecution Service, District Judiciary, and Social Welfare and Bait-ul-Maal Department, Government of Punjab, are frequently sensitized on the needs of gender based violence survivors, and implementation of a survivor centered approach with due respect for human rights of all survivors.

Districts Lahore, Gujrat, Sargodha, Rawalpindi, Sialkot, and Nankana Sahib differ in terms of size, population, urbanization, and thus also availability of support services for survivors of gender based violence. Lahore, being the largest geographically and according to population, has a number of police resources across the city, active helplines, more shelters for women compared to other cities, greater opportunities for skill development and vocational training, and overall, a greater variety of services. Nankana Sahib is on the other end of the spectrum; a small city albeit in close proximity to Lahore, with fewer options of shelter homes, local helplines, legal aid and skill development.

It is pertinent to mention here, that the Punjab Women Protection Authority (PWPA) has a vibrant system currently being established across the province. As per the mandate of the PWPA, all mechanisms for support of domestic violence survivors are to operate under one roof, i.e., through the PWPA and its women protection centers or “violence against women centers” (as the one in Multan is called). The system envisaged by the Punjab Women Protection Authority Act of 2018 and its parent legislation, the Punjab Protection of Women against Violence Act of 2016, is led by a District Women Protection Officer, who is contacted directly by a survivor of domestic violence, and who must accompany the survivor when she accesses all redress available, including lodging a police report, getting a medico-legal examination conducted, registering an FIR against the alleged perpetrator, obtaining shelter at a secure shelter home, accessing legal aid and psycho-social counseling services, and finally attempting social and economic rehabilitation through skill development and job placement. As per the Act, all of the aforementioned service providers must be members of a District Women Protection Committee, which is headed by the District Women Protection Officer, to coordinate and liaise with all relevant stakeholders.

However, for the last 5 years, operation of the PWPA was limited to Multan. Since November 2022, the PWPA has been granted jurisdiction across the Punjab; however, active and successful operation of all mechanisms will take due time. In the meantime, other resources listed in this directory should be used for service delivery to survivors of gender based violence.

Survivor Support Services

Emergency Helplines

Police	15
Punjab Commission on the Status of Women	1043
Child Protection Bureau	1121
Emergency/Rescue Services	1122
Dastak Crisis Center	0333 4161610
Edhi Emergency Service	115
Digital Rights Foundation Helpline (for cybercrimes)	0800-39393

Police Khidmat Markaz

Punjab Police has established citizen facilitation centers known as Police Khidmat Markaz (PKM) in 36 districts across Punjab (complete list of centers along with contact details and locations available here). These centers operate from 9 am to 5 pm from Monday to Saturday

Head Office (Complaint Center)	042-99214847 PKM, DIG Operations Office, Lahore
Liberty Market, Gulberg	042-99268285 PKM, Near Liberty parking area exit point, Gulberg 3, Lahore
Allama Iqbal Town	042-37808877 PKM, Moon market, Iqbal town, Lahore
Greater Iqbal Park, Data Darbar Lahore Fort	042-99214847 PKM Gate No. 5, Greater Iqbal Park, Near Lady Willingdon Hospital Lahore
Bahria Town	042-35454046 Police Khidmat Markaz, Sector A, Bahria Town, Lahore
Lawrence Road	042-36305538 PKM, Lahore Chamber of Commerce & Industry 11-Shara-e-Aiwan-e-Sanat-o-Tijarat, Lahore
Lower Mall, Anarkali	042-99233219 E-Khidmat Center 042-99214572 E-Khidmat Markaz, Lahore-II

Punjab Women Protection Authority

Helpline	1737
District Women Protection Center	042-99230058 Shaheed Benazir Bhutto Human Rights Center for Women, 148-A Block, New Muslim Town, Lahore
Director General's Office (Irshad Waheed)	042-99333817 pwpa.official@pwpa.punjab.gov.pk Near Filter Hospital, Wahdat Colony, Wahdat Road, Lahore

Healthcare and Medico-Legal Services

Senior Medical Officer (CEO) Health, Lahore	0300-7302270
Medico-Social Officer (MSO)	042-99212977 Lady Aitchison Hospital
	042-99231049 Children's Hospital
	042-99200568 Sir Ganga Ram Hospital
	042-99264113 General Hospital
	042-99200568 Jinnah Hospital
	042-99205223 Services Hospital
	042-37354932 042-37244122 042-37244122 Mayo Hospital

Legal Aid and Mediation

SBB Women Crisis Center	042-99230058 148 A Block, New Muslim Town, Lahore
AGHS	042-35842256-7 59-G, Gulberg III, Lahore
Dastak Charitable Trust Crisis Center	0333 4169696 0333 4161610

Shelters and Orphanages

Darul Aman (shelter home) Lahore	042-37468403 City District Shelter Home, Chowk Yatimkhana, Bunnd Road, Lahore
Dastak Charitable Trust	0333 4169696
Bali Memorial Trust	0311-4353718 ; 042-35751192-93 Incharge Aqsa: 0309-8881503 House No. 1-C/2, Canal Park, Sikander Malhi Road, Gulberg II, Lahore
Gosh-e-Hawa Shelter Home	0331-1488249 Toheed Park Road. A Block, New Chauburji Park, Lahore
Kashana Orphanage for Girls	042-99262156 Social Welfare Complex, Sector C-I, College Road Township, Lahore
SOS Children's Village	(042) 35917846 409, Main Ferozepur Rd, near Children's Hospital, Nishtar Town, Lahore
Afiyat Old Age Home	(042) 35150031 Social Welfare Complex, Sector C-I, College Road Township, Lahore

Psychosocial Counseling/Psychiatric Care

Jinnah Hospital	(042) 99231400 Usmani Rd, Quaid-i-Azam Campus, Lahore, Punjab
Mayo Hospital	042-9921127 Hospital Road, Anarkali Bazar, Lahore
Gangaram Hospital	042-99200572 Shara-i-Fatima Jinnah,, Queen's Road, Jubilee Town, Lahore, Punjab 54000
Combined Military Hospital	042-99221109 Abdur Rahman Road, Lahore Cantonment
Punjab Institute of Mental Health	(042) 99203772 Shadman II, Jail Road, Lahore
Rangers Hospital	(042) 36637003 Alamdard Road, Joraypul Cantonment, Lahore
Fountain House	042-37110798-9 : 042-37342804 042-37352803-5 37 Lower Mall, Islampura, Lahore, Punjab 54000
Pakistan Society for Rehabilitation of the Disabled	042-37427130, 0306-5555201 Galaxy Stop, The Pakistan Society For The Rehabilitaion of The Disabled, 111 Ferozepur Rd, Fazlia Colony, Lahore

Financial Aid and Microfinance Providers

Akhuwat Foundation	042-111-448-464 19 Civic Center, Sector A2, Township, Lahore
Bali Memorial Trust	0311-4353718 ; 042-36617178 House No. 1-C/2, Canal Park, Sikander Malhi Road, Gulberg II, Lahore
Punjab Bait-ul-Maal	41-Empress Road, Near Simla Pahari, Lahore
Benazir Income Support Program	0800-26477
Finca Microfinance Bank	Plot # 6, PAK Block, Allama Iqbal Town 042-36185516 042-35222608 27-17-B, Near Aslam Chowk, College Road, Township
	49, XX Block, Phase III Defence Housing Authority
	042-37538237 5 Ferozepur Road, Ichra, Mazang Chongi
	042-35385044 Near Govt. High school (boys), Manga Mandi, Multan Road
	042-36866669 118 Main GT Road, Opposite UET Gate # 06, Mian Park
	042-35868832 28-B, Ali Block, New Garden Town
	042-35391240 Near Shell Petrol Pump, Manga Road, Raiwind

Vocational Training and Skill Development

Akhuwat Foundation	042-111-448-464 19 Civic Center, Sector A2, Township, Lahore
Sanatzar	042-99260035 22, Kashmir Block Allama Iqbal Town, Lahore
Qasr e Behbood	042-99230853 12-13 M Block, Model Town Extension Block M Commercial Area Model Town, Lahore
Technical, Educational and Vocational Training Authority (Head Office)	042-99263055-59 TEVTA Secretariat, 96-H, Gulberg Road, Lahore
Punjab Vocational Training Council (Head Office)	0423-5209200 134-A Quaid - e - Azam Industrial Estate, Madar-e-Millat Road, Kot Lakhpat, Lahore
Pakistan Ready-made Garment Technical Training Institute (PRGTTI)	(042) 99230757 71L, Block L Gulberg III, Lahore, Punjab 45000
Punjab Skills Development Fund	0800 486 27 Dr Mateen Fatima Rd, Block H Gulberg 2, Lahore, Punjab
Pakistan Knitwear Training Institute (PKTI)	(042) 99232364 Ali Block, Garden Town, Lahore
Ali Institute	(042) 35882913 Lahore – Kasur Rd, P Block, Shahrah-e-Roomi, Gulberg III, Lahore
Ilm o Hunar Foundation	0333-4874702 Model town, Lahore

Police Resources

Capital City Police Officer (CCPO)	042-99202976 ccpo.lhr@punjabpolice.gov.pk
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Cantonment Division

Defense Area Circle, SDPO	042-35728462
Sarwar Road Circle, SDPO	042-99220577
North Cantonment Circle, SDPO	042-99220148
Barki Road Circle, SDPO	042-36561153

City Division

Islampura Circule, SDPO	042-99211988
Lower Mall Circle, SDPO	042-99213481
Tibbi City Circle, SDPO	042-37662768
Rang Mehal Circle, SDPO	042-37668355
Naulakha Circle, SDPO	042-37662965
Gowalmandi Circle, SDPO	042-37235010
Shahdara Circle, SDPO	042-37929344
Shafiq Abad Circle, SDPO	042-99239686
Badami Bagh Circle, SDPO	042-99239646
Missri Shah Circle, SDPO	042-37612988

Civil Lines Division

Race Course Circle, SDPO	042-99200780
Qila Gujjar Singh Circle, SDPO	042-99201300
Old Anarkali Circle, SDPO	042-99211916
Mughalpura Circle, SDPO	042-99250068

Women Police Station

Race Course Road, SDPO	042-99204171
Women Police Station, Race Course Road	042-99200278

Iqbal Town Division

Muslim Town Circle, SDPO	042-37553171
Samanabad Circle, SDPO	042-37584866
Iqbal Town Circle, SDPO	042-37803905
Gulshan-e-Ravi Circle, SDPO	042-37401799
Nawankot Circle, SDPO	042-37402008

Model Town Division

Model Town Circle, SDPO	042-99230468
Garden Town Circle, SDPO	042-35912488
Ichhra Circle, SDPO	042-37575408
Gulberg Circle, SDPO	042-99263150
Kahna Circle, SDPO	042-35810505

Saddar Division

Raiwind City Circle, SDPO	042-37540111
Chung Circle, SDPO	042-37513946
Sabzazar Circle, SDPO	042-37832380
Township Circle, SDPO	042-35217797

Emergency Helplines

Police	15
Child Protection and Welfare Bureau	042-1121
Edhi Ambulance Service	0533-532161

Police Resources

District Women Protection Center	053-3603595 Darul Aman Gujrat, House No. 2, Street No. 2, New Gulshen colony, Gujrat.
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Police Helplines and Resources

Regional Police Officer (RPO)	053-9260026
District Police Officer (DPO)	053-9260026 dpo.grt@punjabpolice.gov.pk
SDPO City Circle	053-9260048
SDPO Headquarters Circle	053-7517574
SDPO Saddar Circle	053-3599302
SDPO Kharian Circle	053-7611950
SDPO Sara-e-Alamgir Circle	0544-651765
Police Khidmat Markaz, Kharian	0537601314
Police Khidmat Markaz (near Police Line, Gujrat)	0533600692

Legal Aid and Mediation

District Women Protection Center	053-3603595 Darul Aman Gujrat, House No. 2, Street No. 2, New Gulshen colony, Gujrat.
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Healthcare and Medico-Legal Services

Additional Principal Medical Officer (CEO) Health	053-9260105
Aziz Bhatti Shaheed Teaching Hospital (DHQ)	053-9260104 Bhimber Road, Gujrat
Gujrat Hospital	053-31524073 Bhimber Road, Gujrat
Robina Shahid Hospital	043-31524073 Qamar Sialvi Road, Gulberg Colony, Gujrat
Government Maternity Hospital (THQ)	053-7518800 Railway Road, Camping Ground, Lalamusa Hajipura, Gujrat
THQ Sarai Alamgir, Gujrat	054-4651800
Government Maternity Hospital (THQ)	0537400400 Dinga, Kharian, Gujrat

Shelters and Orphanages

Darul Aman (shelter home) Gujrat	053-3603595 Darul Aman Gujrat, House No. 2, Street No. 2, New Gulshen colony, Gujrat
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Financial Aid and Microfinance Providers

Benazir Income Support Program	0800-26477
Finca Microfinance Bank	053-3523467 053-3515285 Faisal Gate, Circular Road, Near Mithai Mehal.
Finca Microfinance Bank, Jalalpur Jattan	053-3592866 P.T.I. # BVII/65/RH, Adjacent Circular Road, Near Chandni, Chowk to Adda Tam Tam.
Finca Microfinance Bank, Lalamusa	053-7512700 New Telenor Franchise, GT Road, Lalamusa

Vocational Training and Skill Development

Government Vocational Training Institute for Women (TEVTA)	053-3608664 Jalalpur Jattan Road, Gujrat gvti_grt@yahoo.com http://www.tevta.gop.pk
Technical Training Center (ABAD)	053-3550333 0335-7405459 Jalalpur Jattan, Gujrat
Swedish Pakistani Institute of Technology	053-3524819 0335-7405454

Civil Society Organizations

Seher Welfare Trust

0321-6207608

Sadiq, Tanveer, and Qadri Law Firm, Opposite
GPO Jail Chowk, Gujrat



Sargodha

Emergency Helplines

Police

15

Child Protection and Welfare Bureau

042-1121

Edhi Ambulance Service

048-3214257

Emergency Service

1122

Punjab Women Protection Authority

District Women Protection Center

048-3210025

New Satellite Town, Z Block, Sargodha

Police Helplines and Resources

Sargodha Regional Police Officer (RPO)

048-9230111

District Police Officer (DPO)

Police Khidmat Markaz

048-9230333-222

0486681046

PKM Kotmomin, Sargodha

0486642136

PKM Bhalwal, Sargodha

03331927222

Jail Road Sargodha

0486310213

Police Station Satellite Town

0486310213

PKM Shahpur, Sargodha

SDPO City Circle	048-9230129
SDPO Saddar Circle	048-9230131
SDPO Shahpur Circle	048-6310531
Sillanwali Circle	048-6532861
Bhalwal Circle	048-6643820
Kot Momin Circle	048-6682282
Sahiwal Circle	048-6786307

Healthcare and Medico-Legal Services

Civil Hospital (DHQ)	(048) 9230764 Sargodha Road, Sargodha
Combined Military Hospital	Cantonment Road, Sargodha
T.B. Hospital	(048) 9230347 Sargodha Shaheen Abad Rd. behind civil hospital, Sargodha
Family Welfare Centers	0345 6814559 MGH, Satellite Town Sgd, Sargodha 0308 7871069 Bashir Colony St.11, Sargodha 0344 7575188 H.527 Gali No.9, Ghani Park Sgd, Sargodha

Legal Aid and Mediation

District Women Protection Center	048-3210025 New Satellite Town, Z Block, Sargodha
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Shelters and Orphanages

Kashana Welfare Home	Main Rd Commissioner Colony, Commissioner Colony, Sargodha
Jannat Foundation	0321 8300026 Near TCS office, New Satellite Town, Sargodha
SOS Children's Village	048-3250028 49-Tail, Main Faisalabad Roadm Near Board of Secondary Education, Sargodha

Psychosocial Counseling/Psychiatric Care

Sanai Mental Asylum	104 Street A, Satellite Town, Sargodha
Azm Addiction and Psychological Treatment Center	0300 9604748 329/A Punjab College Road, Satellite Town, Sargodha
Mindcare Center	14 Khayaban-e-Khalid, Khayaban-e-Sadiq Khayaban E Sadiq, Sargodha
Al Shams Hospital	0302 1673191 General Bus Stand Rd. near James Park, New Satellite Town, Sargodha

Financial Aid and Microfinance Providers

Finca Microfinance Bank	048-3700797 048-3005639 Azad Road, Block No 15, Sargodha 048-6786233 Main Jhang Road, Near Shell Petrol Pump, Sargodha – Sahiwal
Akhuwat Foundation (Branch Office)	0301-6567173 (Khurram Shehzad, Area Manager) Javeed Colony, Near Sir Syed Model School 49 Tail, Sargodha

Vocational Training and Skill Development

Fauji Foundation Vocational Training Center for Women	(048) 3214378 Canal Rd, Nawab Colony, Satellite Town, Nawab Colony New Satellite Town, Sargodha
Government Vocational Training Institute	Block W New Satellite Town, Sargodha
Vocational Training Institute	Defence View Housing Society, Sargodha

Emergency Helplines

Police	15
Child Protection and Welfare Bureau	051-4472202-5, 0320-5271121 House No 1, Street No 1, KRL Road, Near Airport, Dhok Gangal Rawal Pindi
Edhi Ambulance Service	051-2624388 051-4410054 (Ambulance Control) 051-4422319 (Ambulance Control)
Emergency Services	1122

Punjab Women Protection Authority

District Women Protection Center	051-4920482 SBB Human Rights Center for Women Social Welfare Complex, Farooq-e-Azam Road, Near Ghousia Chowk, Shamsabad, Murree Road, Rawalpindi
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Police Helplines and Resources

Regional Police Officer (RPO), Rawalpindi	051-9270631
City Police Officer (CPO)	051-9292629-30
Police Khidmat Markaz	0513311001 PKM Kahuta, near Police Station Kahuta, Rawalpindi 0519292832 PKM for Women, Rawalpindi
	0519314015 PKM Taxila
	0513413073 PKM Murree
	051-3761195 PKM Gujjar Khan
	051-9330676 PKM Liaqat Bagh, Rescue 15 Office, Liaqat Bagh Metro Station, Murree Road, Rawalpindi

Women Police Station	051-9292611 (Ext. 289) Airport Road, Chaklala Cantt., Rawalpindi
	051-9292832 0346-5098363 Near Civil Lines, Rawalpindi
SDPO Taxila Circle	051-4903223
SDPO Saddar Circle	051-9292600
SDPO Cantt Circle	051-9270268
SDPO Kahuta Circle	051-3311875
SDPO Civil Lines Circle	051-9280806
SDPO City Circle	051-9334040
SDPO Gujjar Khan Circle	051-9330012
SDPO Waris Khan Circle	051-9334343
SDPO Murree Circle	051-9269077
SDPO Newtown Circle	051-9290279

Healthcare and Medico-Legal Services

Accident and Emergency	Pak Emirates, Military Hospital Rd, Rawalpindi
Military Hospital	Military Hospital Road, Rawalpindi
Combined Military Hospital	(051) 9273426 CMH Road, Rawalpindi
Cantonment General Hospital	(051) 9270907 Hospital Road, Saddar, Rawalpindi
Benazir Bhutto Hospital	051-5774225, 051-9290301 Near Chandni Chowk, Murree Road, Chah Sultan, Rawalpindi
Holy Family Hospital	051-9290321 Holy Family Road, Block E and F, Satellite Town, Rawalpindi

Legal Aid and Mediation

District Women Protection Center	051-4920482 SBB Human Rights Center for Women Social Welfare Complex, Farooq-e-Azam Road, Near Ghausia Chowk, Shamsabad, Murree Road, Rawalpindi
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Shelters and Orphanages

Darul Aman	051-4920304 Social Welfare Complex, Farooq-e-Azam Road, Near Ghousia Chowk, Shamsabad, Murree Road, Rawalpindi
Darul Falah	051-4474002 Muslim Town, 1-Khana Road, Rawalpindi
Hawa Shelter Homes	0300-9607123 Dhoke Killo Khan, Gulshan Plaza, Street No. 1, Near 6th Road, Chowk Rawalpindi
SOS Youth Home	Hamrahi Travels, NH-5, Grand Trunk Rd, near Soan Bridge, Rawalpindi
Pannah Gah Shelter Home	Main Peshawar Rd, MOR Pirwadhai, Rawal- pindi
Seylani House	(051) 4571074 25 Main National Market, near STEP Degree Boys College, Block B Satellite Town, Rawalpindi
Edhi Center	(051) 4410054 Shop 18, BBC plaza, Commercial Market Rd, B-Block Block B Satellite Town, Rawalpindi
Mera Ghar Orphanage	0321 5180816 House 249, Lane 11 Race Course Rd, Westridge 1, Rawalpind

Psychosocial Counseling/Psychiatric Care

Institute of Psychiatry & WHO Collaborating Center	(051) 5702225 Murree Rd, Chah Sultan Rawalpindi
The Tree House	0301 5405727 132, Lane 1, Main Peshawar Rd, Rawalpindi
Dr. Maryam's Psychiatric Clinic	(051) 4425533 105-D Satellite Town, first left turn, off 6th Rd, behind Midway Centrum plaza, Block D Satel- lite Town, Rawalpindi
Armed Forces Institute of Mental Health	Military Hospital, Abid Majeed Rd, Rawalpindi

Financial Aid and Microfinance Providers

Finca Microfinance Bank

051-4906580
39-B-1 Satellite Town Opp. RGH Chandani Chowk

Plot# G -518-519, Near Bank Alfalah Ltd,
Opp MCB Bank Ltd, Main Liaquat Road.
051-4906580

109, East Jinnah avenue,
Main Blue Area
Islamabad
051-2804197
051-2804198

Khewat # 192 & 213, Khatoni # 364
& 388, Near Usmania Restaurant,
Sardar Abbasi Plaza, Barakahu
Murree Road

Vocational Training and Skill Development

TEVTA VTI Rawalpindi

(051) 9330314
3rd Floor VTI Building, Near Mareer Bridge
Mareer Road, Rawalpindi

TEVTA Information Technology
Institute

051-5761270-71
0335-7405044-45
Near Waris Khan Metro Station, Kohati Bazar,
Rawalpindi

Vocational Training Institute

051-9280314
Near Jang Building, Murree Road, Rawalpindi

Emergency Helplines

Police	15
Child Protection and Welfare Bureau	052-3240072, 0336-4455312 Hassan Pura, Miana Pura East, Capital Road Sialkot
Edhi Ambulance Service	052-3256180

Punjab Women Protection Authority

District Women Protection Center	052-9250595 SBB Human Rights Center for Women, Social welfare complex near Sardar Begum Hospital, Alam chowk, Sialkot
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Police Helplines and Resources

District Police Officer (DPO)	052-9250321-2
Police Khidmat Markaz	052661958 PKM Daska
	0529250524 PKM Police Lines, Sialkot
	0526440995 PKM Pasrur
	0526520499PKM Sambrial
SDPO City Circle	052-9250346
SDPO Saddar Circle	052-4297111
SDPO Daska Circle	052-9200111
SDPO Sambrial Circle	052-6524500
SDPO Pasrur Circle	052-6442626

Healthcare and Medico-Legal Services

Allama Iqbal Memorial Teaching Hospital	052-9250061-62 Commissioner Road, Sialkot
Aziz Bhatti Shaheed Hospital	053-9260101, 053-9260104 Bhimbar Road, Mamada, Mahmada, Gujrat
Government Sardar Begam Teaching Hospital Rehmat Pura	052-9250130 Church Road, Rehmat Pura Sialkot
Rural Heath Center	052-6508140 Kalaswala, Pasrur, Sialkot
Rural Health Center	052-4641495 Kahlian Tehsil & District, Sialkot

Legal Aid and Mediation

District Women Protection Center	052-9250595 SBB Human Rights Center for Women, Social welfare complex near Sardar Begum Hospital, Alam chowk, Sialkot
Bedari	0324-6080881 Near Ugoki Model Town Sialkot
SBB Human Rights Center for Women	052-9250595 SBB Human Rights Center for Women, Social welfare complex, near Government Sardar Begum Hospital, Alam chowk, Sialkot

Shelters and Orphanages

Darul Aman (district Shelter Home)	052-9250494 Social welfare complex, near Government Sardar Begum Hospital, Alam Chowk, Sialkot
Darul Falah (Shelter home for widows and divorced women and their children)	0303-2655896 Near Al-Noor Girls Hostel and DCO House, Mohalla Pakpura, Sialkot

Psychosocial Counseling/Psychiatric Care

Allama Iqbal Memorial Teaching Hospital	052-9250061-62 Commissioner Road, Sialkot
Aziz Bhatti Shaheed Hospital	053-9260101, 053-9260104 Bhimbar Road, Mamada, Mahmada, Gujrat
Government Sardar Begam Teaching Hospital Rehmat Pura	052-9250130 Church Road, Rehmat Pura Sialkot
Rural Heath Center	052-6508140 Kalaswala, Pasrur, Sialkot
Rural Health Center	052-4641495 Kahlian Tehsil & District, Sialkot

Financial Aid and Microfinance Providers

FINCA Microfinance Bank Ltd.	Sajjad Plaza, Agha Kamal road, Saddar bazaar, Sialkot Cantt.
Akhuwat Foundation	0345-5963625 Focal person: Muhammad Asmat Ban Bajwa Road, Cheema Market, Bandiyana

Vocational Training and Skill Development

PVTC Vocational Training Institute	052-3562708 Near Gool Canteen, Small Industrial Estate Sialkot, Punjab 51040
Government Vocational Training Institute for Women	Paris Rd, Pakpura, Sialkot
TEVTA Sialkot	Marala Rd, Sialkot, Punjab, Muradpur, Sialkot
Cantonment Public Women's Skill Development Institute	Zafar Ali Rd, Sialkot Cantonment, Sialkot

Nankana Sahib

Emergency Helplines

Police	15
Child Protection and Welfare Bureau	042-1121
Rescue and/or Emergency Services	1122
Edhi Lahore region Ambulance Control	042-440159-444460

Punjab Women Protection Authority

District Women Protection Center	056-2874299 20-Z Housing Colony, Nankana Sahib
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Police Helplines and Resources

Regional Police Officer (RPO) (Sheikhupura region)	042-99203656-7
District Police Officer (DPO)	056-9201100-01-03
Police Khidmat Markaz	0562877423 PKM, Rescue 15 Office, Near Bus stand, Nankana Sahib
SDPO Nankana Sahid Circle	056-9201116
Sangla Hill Circle	056-3701511
Bara Ghar Circle	056-2728462

Healthcare and Medico-Legal Services

District Headquarter Hospital, Nankana Sahib	(056) 9201051 Hospital Road, Nankana Sahib
- Family Health Clinic	
- PKLI Hepatitis Clinic	
- Emergency Services	
- Office of CEO Health	
Nankana General Hospital	(056) 2876460 Guru Bazaar, Nankana Sahib

Legal Aid and Mediation

District Women Protection Center	056-2874299 20-Z Housing Colony, Nankana Sahib
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Shelters and Orphanages

District Shelter Home (dar-ul-aman)	056-2874299 20-Z Housing Colony, Nankana Sahib
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Psychosocial Counseling/Psychiatric Care

District Headquarter Hospital, Nankana Sahib	
- Family Health Clinic - PKLI Hepatitis Clinic - Emergency Services - Office of CEO Health	(056) 9201051 Hospital Road, Nankana Sahib
Nankana General Hospital	(056) 2876460 Guru Bazaar, Nankana Sahib

Financial Aid and Microfinance Providers

FINCA Microfinance Bank	056-2876141 Khewat # 56, Khatoni # 209, BII IS-2 Malji Road
Akhuwat Foundation	042-111-448-464

Vocational Training and Skill Development

Vocational Training Institute, Hospital Road	0300 8650077 Hospital Road, near LESCO Office, Nankana Sahib
Vocational Training Institute, Qila Mian Singh	Chachkay Gill, Nankana Sahib
Vocational Training Institute	0342 4494742
Vocational Training Institute	(056) 2721621 Bucheki, Nankana Sahib, Punjab
Vocational Training Institute	Panwan, Nankana Sahib
Vocational Training Institute	(056) 3700s944 Sangla Hill, Nankana Sahib



-  Address: 66-L P.E.C.H.S Block 2, Main Kashmir Road, Karachi, Sindh, Pakistan
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-  <https://www.linkedin.com/global-neighborhood-for-media-innovation-gnmi>