

# WE'RE HERE TO HELP

Experiencing Islamophobia at work?

Bullied at school?

Identifying information being shared online  
without your consent?

Receiving hateful messages on social  
media?

Need a break to pray?

Delayed at the border or airport?

## HERE'S WHAT TO DO.

**Online:** Go to [CAIRWA.org](https://CAIRWA.org) and click on the  
button that says "Get Help". Fill out the form.

**Phone:** Call (206) 624-0506 and leave a  
voicemail.

Our legal team will get back to you soon!

# WHAT CAIR-WA DOES



Know your rights presentations on free speech, navigating immigration, and more



Uplifting and protecting student protests



Helping parents across Washington state navigate the rise in bullying and bias in schools



Providing legal support for those who have been harassed



Fighting biased narratives through our relationships with media and elected officials

*CAIR Washington is a civil rights and advocacy non-profit organization based in Seattle, serving Muslims across Washington state.*