



Happy National Women's Month, SLF Family!

When I think about the women who came before me to pave this pathway towards opportunity in my personal and professional life, I'm overwhelmed with gratitude and inspiration.

Like many of you, the first woman I think of when I reflect on the women who have influenced me is my mother. She sacrificed so much in herself so that my brother and I could have the chance to chase after our dreams like she was never able to in the Dominican Republic. As a mother now myself of a beautiful baby girl, Sky, I know the joys and pains of raising a girl intimately in today's society. While women have been the backbone of so many of our families, they've also been the bearer of so much hardship in and outside of the home.

**Gender-based violence is real and it will take each one of us to end it - by facing our biases towards women and writing a new narrative about what girls and women are capable of.**

I firmly believe that women can do ANYTHING. I am convinced of it every day working side by side with an all-WOMEN-led team! I'm proud to share that 83% of the employees in my firm are women and that 100% of those in key-decision making roles are also women. Above all, I know women are limitless because I see it in my resilient clients who have demonstrated time after time that they will not give up on a better future for themselves or their families.

This year, I ask you to reflect on your own biases against women and celebrate the women in your life who inspire you!

**"Here's to Strong Women, May We Know Them, May We Be Them, May We Raise Them"**

☐  
Con much amor,  
Zaira Solano

[Start Your Immigration Case](#)

## ☐ USCIS UPDATES ☐

Did you come here illegally as an unaccompanied minor? Chances are, you may still be waiting on a pending SIJS petition. There are currently over 40,000 SIJS applicants in a backlog waiting to hear back from USCIS. ☹️

The **GOOD NEWS** is that USCIS announced earlier this week a few updates that could protect this vulnerable population! Here are a few we're excited about:

- USCIS will consider granting deferred action status to SIJS applicants in this backlog.
- USCIS updated an age-out provision that would protect SIJS applicants who turned 21 years old while their application is pending.
- Last but not least important is that USCIS will now NOT require SIJS applicants to contact their abuser while their application is pending!

**Do you or someone you know qualify for SIJS?**

**Give our office a call for a free case evaluation!**

**(404) 800-9086**

[All USCIS Updates](#)



## **"I've been a victim of a crime, can you help me?"**

Sometimes, clients come to us after being victims of horrific crimes. We know reliving these experiences can be painful, but through these stories, we're sometimes able to find silver linings depending on the nature of the crime and their involvement- status through a U-Visa.

A U-Visa is granted to undocumented people who can help U.S authorities investigate and prosecute cases of domestic violence, sexual assault, trafficking of noncitizens, and other crimes, while also protecting victims of crimes who have suffered substantial mental or physical abuse due to the crime.

**Through a U-Visa:**

- You will be able to legally live in the U.S for 4 years. After the first 3 years, you'll be able to apply for a green card and then citizenship.
- You will be able to work! You'll be granted an EAD (a work permit).
- Your family members may also be granted a U-Visa.
- You may qualify for public programs in certain states!

**You MUST meet these 3 conditions to apply:**

1. A victim of a qualifying\* crime inside the U.S.
2. Assisted law enforcement in the investigation of the crime.
3. Been harmed by the crime physically or mentally.

Have you or someone you know been a victim of a crime in the U.S?

Give our office a call for a free case evaluation!

(404) 800-9086

\*Qualifying crimes include:

## HAVE YOU BEEN A VICTIM OF A CRIME?

OR AN ATTEMPT OR CONSPIRACY TO COMMIT ANY OF THE FOLLOWING CRIMES

<ul style="list-style-type: none"><li>• <u>DOMESTIC ABUSE</u> (YOUR FAMILY MEMBER OR PARTNER BEAT OR HARASSED YOU)</li><li>• <u>FELONIOUS ASSAULT</u> (EXAMPLES: SHOOTING, STABBING, MUGGING, OR HOME INVASIONS WHEN YOU ARE HOME)</li><li>• <u>INVOLUNTARY SERVITUDE</u> (BEING FORCED TO DO WORK YOU DO NOT WANT TO DO)</li><li>• <u>PEONAGE</u> (BEING FORCED TO DO WORK YOU DO NOT WANT TO DO TO PAY OFF A DEBT)</li></ul>	<ul style="list-style-type: none"><li>• RAPE</li><li>• SEXUAL ASSAULT</li><li>• ABUSIVE SEXUAL CONTACT</li><li>• FORCED PROSTITUTION</li><li>• SEXUAL EXPLOITATION</li><li>• FEMALE GENITAL MUTILATION</li><li>• INCEST</li><li>• KIDNAPPING</li><li>• ABDUCTION</li><li>• BEING HELD HOSTAGE</li><li>• SLAVE TRADE</li></ul>	<ul style="list-style-type: none"><li>• UNLAWFUL CRIMINAL RESTRAINT</li><li>• FALSE IMPRISONMENT</li><li>• MANSLAUGHTER</li><li>• MURDER</li><li>• TORTURE</li><li>• TRAFFICKING</li><li>• BLACKMAIL</li><li>• EXTORTION</li><li>• OBSTRUCTION OF JUSTICE</li><li>• WITNESS TAMPERING</li><li>• PERJURY</li></ul>
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Is this tip helpful?



[Thumbsup](#)



[Thumbsdown](#)



## 3 Ways to Show Yourself Love

Everyday self-care doesn't have to look like it looks on social media for it to be effective. Truth is, many of us can't afford to take time off work to go on vacation or to book fancy spa days. Self-Care starts with you and the wellness routines you stick to. Here are a few ways to show yourself some love:

- **Connect with friends** - Call your friends even if it's just for five minutes! As social creatures, human beings need community. It's important that you remember that you're not alone and it's important to let your friends know that they aren't either!
- **Practice gratitude** - The key word is PRACTICE! When things aren't going how we'd like them to go, our brain will look for the confirmation that we SHOULD be upset. Practicing gratitude every day can look like writing down 3-5 things that didn't entirely SUCK.
- **Say no** - This one is for all the over-achievers out there! Self-care can look like setting boundaries for yourself in and out of the workplace! It's okay to cancel plans and it's okay not to stay late at work every day. You can't fill from an empty cup- take care of yourself first!

What's your self-care routine?

[Share your rituals with us!](#)

"I'm so glad I didn't listen to my friends and trusted you."



Mr. David had nearly lost all hope after being assaulted over 8 years ago in a parking lot. Thankfully, Mr. David went to the authorities and helped identify the perpetrators. Mr. David and his wife now have their work permits and in three years will be eligible for their green card and then citizenship.

"Everyone was telling me that it wasn't going to go anywhere and that I was wasting my money because it's been such a long time. I'm so glad I didn't listen to my friends and I trusted SLF" - Mr. David, SLF U-Visa Client

Nothing makes us happier than to see our hard work pay off for our deserving clients! After 6 long years, Mr. David got his U-Visa approved!☐

[Ready to have SLF on your side?](#)

We CARE ☐☐

We believe that everyone deserves dignity and respect no matter their status. When you come to us with sensitive information, you can trust that everyone from the intake team to the attorneys are trained to handle your case with care. Here's a message from our paralegal Marci Salinas ☐





## Help us help 1 MILLION Immigrants!

♥ Your loved ones may not know what immigration assistance they qualify for, but we're here to help! Our team offers free case evaluations to help immigrants identify pathways towards citizenship. With your help, we can meet our goal of helping one MILLION immigrants build a better future. ♥

Refer your brother, cousin, co-worker!

## Follow us on Instagram!



Connect with Zaira on Instagram!

## New more convenient time☐

We want to answer your questions, but in the world of immigration law there's only one way to truly know what your immigration assistance options are. The answer is in the details!

Invite your friends and family members to ask their questions, too. **See you next Tuesday at 6:30pm EST! - Attorney Zaira Solano**



Connect with Zaira on Tik Tok!

## Do you think we're doing a good job?☐

The best way to tell us we are doing a great job is by referring your friends and family to Solano Law Firm. That means you trust us and know we are always working hard to give you life-changing results. If you know anyone who needs our help, have them call us 404-800-9086.

**WE HELP IMMIGRANTS BUILD A BETTER FUTURE**



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\$(HF.ORGINFO)\$

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