

# MaiFS Voice

April 2016 Newsletter

Support when you need it most



Free Helpline (888)664-8624

[www.maifs.org](http://www.maifs.org)

## **Bullying is not a joke. It is a serious offence.**

When we think of bullying we usually think of a child on the playground who is bigger than the others and is pushing them around. However, bullying can happen in many areas and by adults as well. That playground bully can grow up to be a boss who uses his position to intimidate his coworkers or subordinates in the office. That same playground bully can grow up to bully their spouse or children in the home. What once upon a time used to be thought of as a rite of passage, “kids have to get strong” we now know is psychologically traumatizing.

What are the negative effects of bullying on a person’s psyche? The primary issue with bullying is the inequality in the relationship. There is a power gradient in favor of the bully. The direct consequence of this is that the other person in the relationship feels minimized, demeaned and marginalized. The adult bully psychologically intimidates their victim. In the workplace this can lead to decreased productivity, loss of income and decreased company morale. In the family when one spouse bullies the other it triggers depression, anxiety and loss of that person’s sense of self.

The impact on children in a family can be very negative and can actually continue into the next generation. A child who seems her parent being bullied by their spouse, risks herself becoming a bully or playing the victim role in her adult relationships.

**Dr. Preeti Venkataraman**

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## **Reaching out: a moment of self-realization**

So many people are reaching out as we prepare for the Spring Fund Raiser – a time to gather resources to help persons like Sulekha, one amongst many who had the courage to call. It is a moment of realization, an epiphany that lighted a ray of hope. The soothing voice of our intake person was her first connection. Suddenly the winter evening no longer seemed daunting.

Sulekha no longer feels alone. The dreaded evening anticipating more trauma filled leads to a night when she gradually figures out a time to meet with a caseworker; a live person well prepared and willing to offer tools that will help Sulekha cross many barriers.

An exaggeration this may seem to so many, tucked into folds of our cushy lives. Surely this kind of fear is not what life in America offers to anyone. Yet only a few blocks from us there is someone who needs to have similar courage. A few months later when I run into Sulekha again she no longer is that distraught, scared young woman but a confident office worker who is helping others to pick up the phone too. What had seemed impossible a few months ago, she tells me seems a “could be” not a “never for me-” the bright smile on her face assures me we can awaken spring again, and again. A moment of realization is today, Sulekha yells back, rather buoyantly, as she shuts the door-only to help open one for the young woman she is going to meet. Yes- a moment of realization I think as I gain a little more energy for the next project for MaiFS.

**Latika Mangrulkar, ACSW LMSW**

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## **Strategic Planning Workshop Update – Looking into MaiFS future!**

MaiFS team which included of members of Advisory Council, Board of Directors and the staff met for two days in an off-site-all-day Strategic Planning meeting on Saturday March 12 and Sunday March 13.

This was a crucial and necessary meeting for creating the sustainability of the organization in which everyone worked together to create a plan for better future for MaiFS. Mr. J. Nirdosh Reddy graciously offered his services to facilitate the Strategic Planning Workshop, “Creating our Future”. Mr. Reddy is the founder of Anaar, a consulting firm dedicated to helping enterprises sustain excellence. The commitment of MaiFS team members was evident from the fact that each one took these two days out of their busy schedules and gave up their valuable family/personal time for the sake of MaiFS. There was so much positive energy in the room and was a great team-building activity. Our sincere thanks to Mr. Nirdosh for conducting the workshop. Everyone who attended the workshop was full of praise for his teaching skills and for the content of the workshop.

We identified 6 key goals and then methodically and systematically performed the Constraint and root cause Analysis and Goals-Action-Matrix. It was crystal clear as what needs to be done to take MaiFS to the next level!

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## 2016 Leadership Summit Update

3rd Annual Leadership Summit was hosted by Mai Family Services on Sunday, March 6th from 3:00 PM to 5:00 PM at Chutney's restaurant in Farmington Hills.

Mai Family Services reached out to leaders of various Cultural, Social and Religious organizations in an effort to bring the community as a whole together to discuss strategies to empower the individuals and families undergoing crisis. MaiFS took this opportunity to educate the audience of the presence of abuse in our community and pointed out that MaiFS is the only South Asian organization providing services to these individuals.

The summit was well attended and representatives from various Organization participated in a dialogue and pledged to help support MaiFS through active collaboration and partnership. MaiFS' Outreach committee will work with these organizations throughout the year to follow up with their pledges.

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## April 2016 Event - Love Awakens - Spectacular Music and Dance performance



 **Mai Family Services**  
**Annual Fundraiser**

*Love Awakens!*

**APRIL**  
**16**  
**Saturday**

**6:00 pm: Social hour | Doors Open At 7:00 pm**  
**Seaholm High School Auditorium**  
**2436 W Lincoln St, Birmingham, MI 48009**

**Production lead: Jaideep Bangal**  
**Directed by: Chaitrali Gokhale**  
**Scripted by: Sushant Khopkar**

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## MaiFS Walkathon 2016 - Walk to Stop Domestic Violence - SAVE THE DATE



Mai Family Services  
Support when you need it most

# WALKATHON

## Sunday June 19, 2016

**Farmington Heritage Park**

24725 Farmington Road, Farmington Hills, MI 48336

**Kick-Off @ 11 am**  
**Registration @ 10 am**  
*includes refreshments and activities*  
**Adults: \$15** (ages 18+)  
**Youth: \$10** (ages 10-17)  
**Children: No Fee** (ages 0-9)  
**On-site registration: \$20**



- Face Painting for Kids
- Cotton Candy for all
- Yum Food for all attendees
- Path activities & more...

Register: [www.maifs.org](http://www.maifs.org)

To be a sponsor, please email us at [info@maifs.org](mailto:info@maifs.org).  
All proceeds from the event will assist survivors of Domestic abuse.  
100% of your donations are tax-deductible.

**WALK-TO-STOP DOMESTIC VIOLENCE**

Mai Family Services is a 501(c)(3) non-profit organization dedicated to supporting South Asians in need. Visit [www.maifs.org](http://www.maifs.org) to learn more. FREE Helpline (888)664-8624.

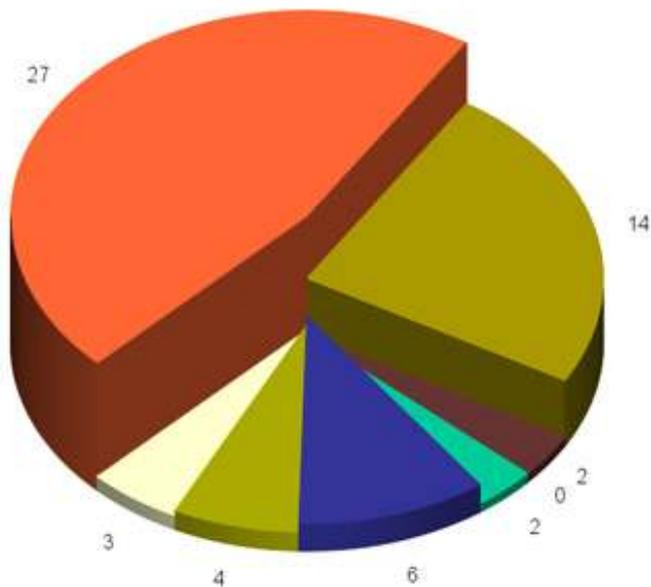
**2016 Total Number of Clients Served: 58**

Number of Carried over from 2014 & 2015: 37 (9 from 2014 + 28 from 2015)

New in 2016: 21

New in March: 6

Closed/Resolved Cases: 11 (1 from 2014 + 7 from 2015 + 3 from 2016)



- Domestic Abuse: 27
- Marital/family issues: 14
- Mental Health issues: 2
- Substance Abuse Issues: 0
- Senior Issues: 2
- Other Legal questions/Concerns: 6
- Information and Resources: 4
- Other: 3

### A special program commemorating 30 Years of Mai Family Services!

Ekjut presentation of YONI KI BAAT (with successful staging in Chicago, Bloomington, Minneapolis) stages in Detroit in Fall 2016 (September 24th). The venue is Vista Center, Livonia at 6:00 PM. Stay tuned for details.



Yoni Ki Baat was inspired by Eve Ensler's book, *Vagina Monologues*, which later was made into a production that has been performed at various universities and in cities across the US. *Vagina Monologues* presents a collection of the stories of women from all walks of life. It raises awareness of many subjects that are rarely discussed out loud. Yoni Ki Baat's objective is to bring awareness to the community and share stories that are too often considered "taboo". Yoni Ki Baat literally means "Talks of the Vagina" in Sanskrit.

The stories include the struggles and truths young girls and women encounter growing up, but also some of its explicit topics which are often left unspoken. These are real stories, contributed by women across the country; some women have written their own stories -and re-lived the story on stage. Tears and laughter intermingle as these personal stories come to life. Some are just funny things that women go through, but some relate to issues and ignorance that we all know exist within our community.

The play message transcends culture and truly is universal.

This is Ekjut's 4th staging of Yoni Ki Baat! The proceeds of all stagings have benefited several organizations to support and empower women.

Here is clip of the coverage by TV Asia:

Ekjut's play - Yoni ki baat (TV coverage by TV Asia)



### Looking to join MaiFS?

Part-time Caseworkers Wanted! If you have a few hours to spare for the organization and if interested, Please check the job responsibilities [here](#). Thank you!

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You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

**MaiFS is a non-profit, tax exempt organization under section 501(c)(3), completely driven by volunteers. We seek your help in keeping this community healthy.**

**Please support MaiFS! Donate Now. Visit [www.maifs.org](http://www.maifs.org)**

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