

MaiFS Voice

August 2016 Newsletter

Support when you need it most



Free Helpline (888)664-8624

www.maifs.org

When do I need marriage counselling? Do I have a healthy marriage?

When a couple is newly married, new found love and compassion keeps the relationship going. Every relationship goes through phases as it progresses along. A relationship will bloom when both the partners are empathetic to each other. A happy marriage is one where the couple learns to love, negotiate, sympathize, listen, support and share. Sometimes, stress can creep into a relationship and create a distance between partners. This allows for a quick rise in the number of disagreements between a couple.

Some of the most common problems that arise in a relationship include:

Lack of trust, lack of communication and lack of intimacy.

These common problems manifest themselves in behavioral changes known as “avoidance behaviors” like ignoring, looking down and withdrawal— which easily culminate into “attack behaviors”, most notably criticizing, bullying, threatening, controlling and manipulating. All relationships need work. As they say: “marriage is like a garden, when tended with care, will bloom.” One should have realistic expectations from a relationship and should never take the relationship for granted. Care should be taken to remove all the unwanted stress; the weeds in any relationship. It is advisable to seek counselling as soon as tensions arise so that the garden that is a relationship can be saved without any collateral damage. Early and immediate intervention is always effective in fixing a troubled marriage or a relationship.

Dr. Padmaja Nandigama

Children in Abusive situations



A child is the victim

Abuse happens in families of all socioeconomic and cultural strata. Abuse can be physical emotional or sexual. A good way to understand it is to look at it from the point of view of the victim's developmental stage.

The younger the child the more helpless one feels. Preschool to elementary school children feel they have done something wrong and deserve the abuse. Often times they try to protect the abuser and mistake abuse for love and caring.

Older children may become angry and physically and verbally aggressive. One may turn to antisocial behaviors drug or alcohol use. Whether it is chronic or a one-time episode the sequelae can be long-term. It affects the children's ability to trust, engage in healthy relationships, and even their academic functioning.

Often times the 1st sign of abuse may be a significant change in the child's personality. Increased irritability angry outbursts may be seen or the child may become withdrawn and isolative. Increased psychiatric illness occurs with abuse.

Dr. Preeti Venkataraman

MaiFS Walkathon 2016 - Hundreds walk together to Stop Domestic Violence

Hundreds walked expressing solidarity towards stopping domestic violence. Over the years, Domestic Violence has been on the rise and Mai Family Services is the only South Asian organization that helps and supports survivors in abuse and crisis situation. Going by the myth, several feel that women are the prime victims. This is not true. Though majority of the survivors are female, Domestic Violence is beyond gender and social status. Mai Family Services successfully completed their Eighth Annual Walkathon to stop Domestic Violence. Several volunteers and supporters gathered on Father's Day to support the cause.

Aishwarya Balaji (Violinist) and Samhita Rama (Flutist) regaled the audience as they walked. Special thanks to Funaach Dance for enlivening the park with some cool ice breaking moves prior to the walk. Young and old participated in this beautiful expression of harmony as Mr. Perry Mehta, Advisory Board Member of Mai Family Services flagged off the walkathon.

We would like to thank each and every volunteer and community member for participating in our 8th Annual Walkathon. [Click here for the Photo Gallery.](#) (Courtesy: Ravin Bhandari)

2016 Total Number of Clients Served: 83

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

New in 2016: 46

New in July: 2

Closed/Resolved Cases: 26 (5 from 2014 + 9 from 2015 + 12 from 2016)

Domestic Abuse: 40

Marital/family issues: 17

Mental Health issues: 2

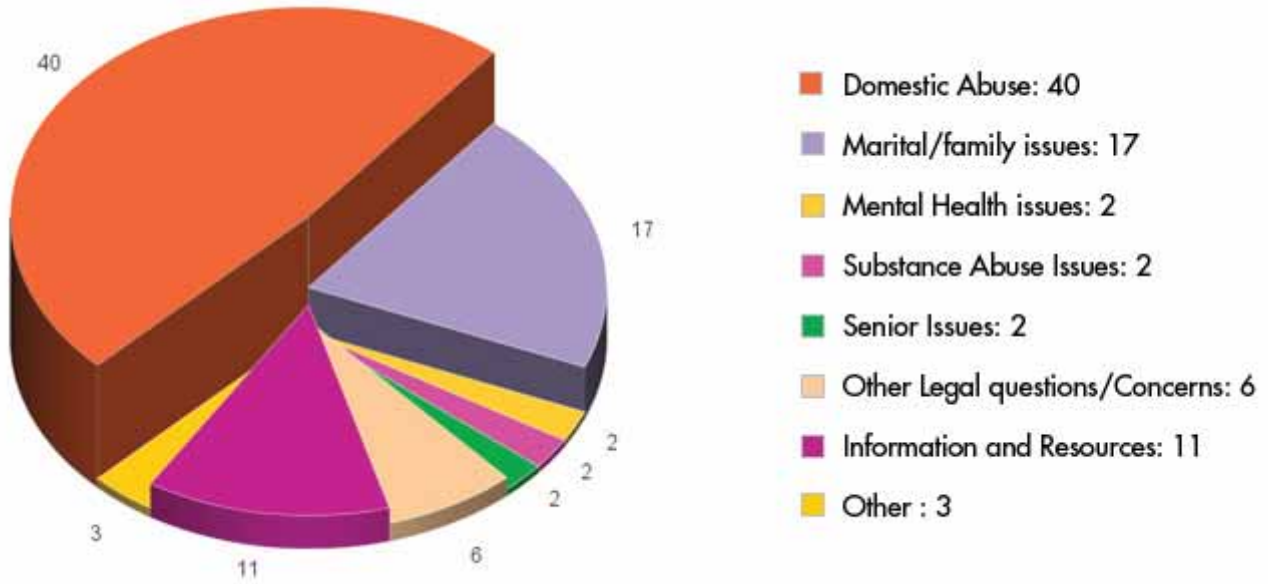
Substance Abuse Issues: 2

Senior Issues: 2

Other Legal questions/Concerns: 6

Information and Resources: 11

Other : 3



MaiFS in collaboration with AIWA presents - *YONI KI BAAT* - Register at www.maifs.org



ekJut



Mai Family Services in collaboration with
Asian Indian Women's Association (AIWA)

proudly presents

Yoni Ki Baat

A travelogue of spirit and endurance

SEPTEMBER

24

SATURDAY

5:30 PM

VisTaTech Center at Schoolcraft College

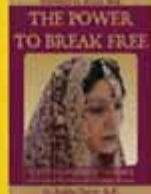
18600 Haggerty Rd, Livonia, MI 48152



An exclusive talk by Anisha Dhurve

Founder of The Power to Break Free Foundation, Anisha Dhurve was inspired after her seven-year abusive marriage to empower other women to not suffer the same fate she did. She is an acupuncturist, ayurvedic practitioner, yoga and meditation instructor who specializes in a holistic approach to address trauma. Visit her website at www.power2breakfree.com.

Anisha's book will be on sale at the venue lobby after the event.



Admission is FREE (Suggested Donation \$10)

All donations go towards individuals in abusive situations.

No walk-ins. Please RSVP at info@maifs.org

(Mention YKB-RSVP in the subject line)

Contact:

Niru Bajaria (313) 277-5692 / Usha Kapila (734) 397-1814

Mona Sashital (248) 767-4542 / Usha Mittal (248) 982-8666

Website: www.maifs.org

Mai Family Services is a 501(c)(3) non-profit organization serving South Asian individuals and families in crisis.

Mai Family Services as a Beneficiary - Please Support!

September 16: AIM for Seva has their annual event in Ford Auditorium and part of the proceeds will be donated to MaiFS.

October 9: Bollywood Symphonic Music Program: Geetmala Foundation of Michigan is presenting a

fabulous musical extravaganza produced & directed by none other than Narendra Sheth presenting over 45 musicians and singers at Seaholm High School. MaiFS is one of the beneficiary.

Turning Point Workshop

MaiFS was invited by Turning Point, Macomb County based Women's shelter to present on what our agency does. Latika M. and Sue Patel conducted this in-service. There were about 35 attendees. Focusing a little on the Bangladeshi community a comprehensive overview of the agency services and programs were provided.

Looking to join MaiFS?

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



Support Mai Family Services (MaiFS) by starting your shopping at Amazon Smile. To shop, simply go to smile.amazon.com from the web browser on your computer or mobile device.

You may also want to add a bookmark to 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

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<https://www.facebook.com/MaiFS>