

SUPPORT WHEN YOU NEED IT MOST



Mai Family Services

Helpline: 888.664.8624

www.maifs.org

WELCOME BOARD MEMBERS

We are very happy to welcome two new board members, Sharbari Maitrajoshi and Kanchan Seghal Lota, into our family. Both Sharbari and Kanchan have shown their dedication to our cause this past year. Sharbari took an active role in our Walk to Stop Domestic Violence. She also served as the event coordinator for our recent fundraising event, Payal Ki Ragini. Kanchan has provided (much needed) expert advice and assistance in the areas of grant writing and research.

CLIENT TESTIMONIAL

"I received help from Mai Family Services. They provided counseling, monetary assistance, legal help, career development and job placement when I needed it most. My case worker has been such a phenomenal motivating factor for me to maintain saner sensibilities during my distressed moments. No written words would be adequate to describe each member at Mai Family Services. They are all consciously involved with passion to protect and love our community, for which I am grateful. The only way I can demonstrate my care for Mai Family Services is by becoming a volunteer & helping out in which ever way I can."

- Suresh

STAND AGAINST DOMESTIC VIOLENCE



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THE WORD “SHOULD”

SHOULD can be a word used as a form of abuse if directed towards someone else. If I use it as “he/she/they should do something” I am showing my expectation of them. I am asking someone else to do something that I expect for my happiness/satisfaction. I am asking and expecting someone else to do that I think he/she/they should do to make me happy or he/she/they should not do, to stop hurting me. In the process, I am hurting myself because my expectations are not fulfilled and that is making me feel miserable.

For years, I asked my husband to love me and my children the way I thought he should love us. I knew that he was hurting us physically, emotionally and verbally. I expected, hoped and begged him to stop hurting us because I thought he was only one who could, and should stop hurting us. I waited and suffered many years of pain because I asked him to stop hurting

us but that is what I thought he should do. He thought he was fine the way he was.

The word “should” is the pre-requisite of the word “will”. I will not do anything unless I believe I should. So was true for him. It didn’t matter what I thought he should do, he would not have done and he didn’t stop hurting us because he did not see how he was hurting us. He did not believe that he SHOULD change.

I did not look at the word closely enough to realize what the world of difference the same word could have made if only I used it as “I should” instead of “he should”. Instead of using as the word of wishing, I could have used the same word as my power. I was only hurting myself, by always hoping, “he should stop hurting us”. I was giving him all the power of ending the abuse, while I could

WE COUNT ON YOU FOR SUPPORT



THE WORD "SHOULD" Cont.

have turned it around any time. All I had to do was start thinking in terms of "I should stop taking the abuse." The day I did, I was able to stop the abuse for me and my sons. I was able to walk away and end a long cycle of crying, begging and feeling bad. I told myself "I should do something about it" and I did. I took the power back in my hands. I ended the abuse for myself and my sons and am sitting in my own power of freedom.

All I had to do was, use the wonderful and powerful words "I should" and take responsibility for my happiness. Instead of waiting for what "he should do" to make me happy, I took charge of doing what "I should do" for me to be happy. Once I believed what I should do, I did.

I am Free!

Written by a Survivor

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Call Statistics

May 2011 - August 2011:

46 new calls on our helpline

15 of 46 were domestic violence-related



Search for MAI Family Services. Learn about our latest events and view pictures.

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**You're Invited
to MAI Family Services'
Holiday Dinner and Dance
on
Saturday December 10th
at the
St. Aidan Activity Center
17500 Farmington Road
Livonia, Michigan 48152**

More details will follow.

WE HELP SOUTH ASIANS IN MI



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2011 PAST EVENTS

Annual Walk to Stop Domestic Violence was held at the Farmington Heritage Park. It was attended by over 250 participants. We were fortunate to have activist Kayhan Irani as our keynote speaker and an enlightening performance by the University of Michigan's New Vision youth theater group. Of course the Indian food was enjoyed by all, but more importantly, we walked together to take a stand against domestic violence! It was a pleasant day so kids were able to enjoy the splash park and play set. We look forward to seeing you all next year on **Sunday, September 16, 2012** – so mark you calendars!



**ALL OUR SERVICES
ARE FREE**



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Mai Bazaar: Shop for a Cause was held at India Day on August 14th. We celebrated India Day while sharing information about Mai Family Services. We sold new and gently used clothes to raise awareness, and we even raised some money! Clothes were donated to us from our friends and families, and the community pitched in to make it a success. Thank you to everyone, who donated and helped make our first Mai Bazaar successful. **Please contact Neelu Gupta at snap2345@yahoo.com to learn more about Mai Bazaar 2012.**

**WE HAVE HELPED
OVER 1000 CLIENTS**



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Our Annual Fundraiser *Payal Ki Ragini* was held on September 17th. It was written and choreographed by Raksha Dave and performed by the talented students of the Narthan Dance Academy. Over 350 people attended the fundraiser in support and appreciation of Mai Family Services. The dance drama was very colorful and the dancers did a great job! Thank you very much to all our supporters, members and volunteers for your hard work.

