



Mai Family Services
Support when you need it most

WE SUPPORT...

BUILDING A STRONGER AND A HEALTHY COMMUNITY

Free Helpline (888)664-8624

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MESSAGE FROM THE NEW PRESIDENT



And it was born!!!

Yes, the New Year has arrived and even though it is born every year, it brings with it a fresh set of ideas, a renewed outlook, new hope, and some invigorating enthusiasm. The magic that it brings along with it is quite amazing!!!

We snatched some of the magic at Mai Family Services too. We took the opportunity to welcome this New Year with a whole bag of new ideas, fresh perspectives, and renewed energy. Amongst our strategy makers at Mai Family Services, we have a varied mix of wisdom, experience, knowledge, varied viewpoints, and dreams...dreams to make the very best choices for our organization and for the ones we support. We promise to work towards making these dreams come true!!!

We know we have your support...

Our generous sponsors, we are ever so grateful to you for your belief in us and your continued support.

Our partners, we promise to build stronger bonds and join hands to leverage the best that we can create together.

Our supporters, we are going to make sure to engage more with you so that we can take advantage of your invaluable feedback.

And we can promise to do all that because we have such a dedicated army behind us. Our amazing staff and our committed caseworkers who work tirelessly for our cause...our most enthusiastic band of volunteers who are always ready to help...and our experienced and versatile board members who lend wings to our vision.

And so, with all your support guiding my way, as I begin my journey as the President of Mai Family Services, let's look forward to a year of accomplishments that we can relish and be proud of...Let's work towards bringing smiles to the faces that have been deprived of it...And in the process, let our own lives be enriched by the experience.

Sincerely,

Vatsala Upadhyay.

2021 ANNUAL REPORT

2021 was as difficult a year as 2020 for MaiFS as all our fundraisers were canceled. Yet the number of families we helped quadrupled. We helped several families and individuals by paying their rent & utilities, legal fees, groceries, buying laptops and school supplies for their children, providing money for transportation, medical insurance and other personal items such as winter clothing etc. MaiFS spent 5 - 8 times more in client assistance during the Pandemic months than a normal year.

Please [click here](#) to check out our 2021 Annual report.

RAISING CHILDREN IN THE AGE OF ADVANCED TECHNOLOGIES

Parenting has never been easy. But the widespread adoption of smartphones and the rise of social media has introduced a new wrinkle to the challenges of parenthood. Parenting is harder today than it was 20 years ago, technology being one of the reasons. One of the topics among parents is about screen time. How much is too much? And what impact will screens have on children's development?

Yale University School of Medicine, National Institutes of Health, and California Pacific Medical Center conducted a review of 173 studies. They determined that on average, today's child spends over 45 hours a week with television, movies, magazines, music, the Internet, cell phones, and video games. With gadgets, devices, and screens virtually everywhere, controlling a child's screen time can be challenging as some screen time can be educational for children in terms of social development.

Mai Family Services organized an informative webinar on **Raising Children in the Age of Advanced Technologies/Social Media**. The webinar featured three prominent child psychologists in Michigan - Dr. Preeti Venkataraman, MD, Child & Adolescent Psychiatry Specialist, and MaiFS Board Member; Dr. Daniel Klein, Psy.D. Licensed Psychologist from Child and Family Solutions Center; and Dr. Isabelle Beaulieu, Ph.D. Licensed Psychologist from Oakland Neuropsychology Center. Moderated by MaiFS Board Member Anu Gopalakrishnan, the webinar attempted to look at the digital landscape that is evolving more quickly, development, learning, and family life of young children. The informative session captured the nuances of developmental, psychosocial, and physical health. Key takeaways included mitigating, minimizing, mindfully using, and modeling healthy use of screens and how parents, teachers should complement each other in the wellbeing of the child.

Check out the [video](#).

We support building a strong and a healthy community

HUMAN RIGHTS FILM FESTIVAL - PREMIERE OF PAKISTANI

WOMEN'S RIGHTS DOCUMENTRY

Announcement on behalf of Human Rights Watch Film Festival,

Human Rights Watch Film Festival is premiering a phenomenal new film, [THIS STAINED DAWN](#) made by a young Pakistani feminist filmmaker Anam Abbas

It is a story of the women who organized the Aurat (Women's) March in Karachi, and the struggles, and physical risks they face to organize - and improve life for all women in Pakistan. The film is one of the first documentaries to ever showcase the history of women's rights activism in Pakistan.

There are free tickets available for anyone who needs them, and a film festival pass starts at just \$20 with the code "HRWSDPASS"

Here is a link to the website and trailer for the film: [THIS STAINED DAWN](#)

A limited number of free tickets are available for any members for whom the price of a ticket would be a barrier can use the code: "KARACHIFREE" at checkout. (Please do not post this on social media but feel free to share!) If this code stops working, just email filmticket@hrw.org for new codes.

UPCOMING EVENTS

- Annual Fundraiser Event - Saturday, April 30. (tentative date)
- STOP the Violence Walk-a-thon - Sunday, September 11 (tentative date)
- Annual Holiday Banquet Gala - Saturday, December 3rd (tentative date)

Details to be announced soon...

STOP GRANT PROGRAM UPDATE

A completely revamped STOP Grant Empowerment program will start in the last week of January 2022. The program will have an increased focus on counseling and life-skills advocacy sessions and will serve eligible DV Victims and survivors in Culturally Specific Underserved communities in Metro Detroit area. The goal of the program is to help DV victims and survivors lead empowered, productive and fulfilling lives.

While MaiFS provided a total of 65 participants with services through the Grant in 2020, we will be starting the Year-6 program with a lower number of participants due to changes in eligibility criteria that the Grant Contract mandated.

As we start Year-6 of the Grant, we are confident of maximizing the effectiveness of the program in making a difference in the lives of these vulnerable program participants.

Additional information on the program is available at maifs.org/stop-grant, or please call Murali Nair @ 248-795-4639.

DONATE TODAY & TRANSFORM LIVES



Your Generosity Gives Hope and Transform Lives of Survivors in Remarkable Ways!

- Mai Family Services is a non-profit (501)(c)(3) organization
- All donations are 100% tax-deductible
- All donations are processed securely

Donation/Gift Options:

- **One-time Gift** - \$50, \$100, \$500, \$1000 & others
- **Recurring Gift** - \$50, \$100, \$500, \$1000 & others
- **Tribute Gift** - A gift in honor, memory, or support of loved ones (family member/friend/colleague)
- **Matching Gift** - Your donation can be doubled or tripled with a matching donation from your company. For more information on matching gifts, contact your HR department or our Treasurer, Mona Sashital at info@maifamilyservices.com
- **Leave a Legacy Gift** - Leave a lasting legacy by transforming lives of survivors. Donate to MaiFS a specific amount or a percentage in your will or revocable trust. For more information on leave a legacy gift, contact our Treasurer, Mona Sashital at info@maifamilyservices.com
- **Stock or Wire Transfer Gift** - Donation made to Mai Family Services using stocks and mutual funds can be a tax-deductible. For more information on stock or Wire Transfer Gift, contact our Treasurer, Mona Sashital at info@maifamilyservices.com

There are other ways to help and support Mai Family Services.

In-Kind Donations,

- 1) Pro-bono services (such as Free Legal, Medical, Counseling services, Job placement assistance etc. For more information on pro-bono services, contact us at info@maifamilyservices.com
- 2) Sponsors for Event Space/Banquet Halls to host our workshops and fundraisers.

Ways to Donate:

- [Zelle](#)
- By **check** to: MAI FAMILY SERVICES, 32401 W. Eight Mile Rd., Livonia, MI 48152
- Please use the **QR code** to scan with your smartphone and donate
- [PayPal](#)



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Thank you for supporting Mai Family Services!



Our mailing address is:

MAI FAMILY SERVICES
32401 W. Eight Mile Rd.
Livonia, MI 48152