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HAPPENING NEXT WEEK- AUGUST 2, 2022 FREE WORKSHOP FOR SENIORS

Elder Care and Elder Law experts are presenting a workshop on "Planning for the Second Half - 9 things you must know " on Tuesday, August 2, 2022 from 10:30 AM to 1:00 PM at Farmington Community Library, 32737 W 12 Mile Rd, Farmington Hills.

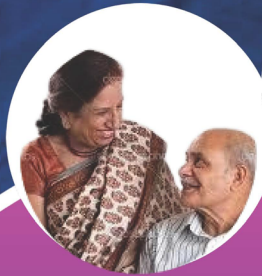
There will be several companies, organizations and Area Agency for Aging representatives sharing information about in-home care givers, Assisted Living, Group Homes, Medicare, Medicaid, Senior Service Resources for transportation etc.

Light refreshments will be served.

Register at NO COST today at <https://maifs.org/senior-workshop-registration/>

Please share widely with your contacts. Hope to see you all there.

Please send your questions to info@maifamilyservices.com. They will be addressed during the workshop.



Golden Club MaiFS Presents

SAVE THE DATE

When: Tuesday, August 2nd
From: 10:30AM-1:00PM

Where: 32737 W 12 Mile Rd,
Farimington Hills , MI 48334

Pre-Registration required.

Planning for the Second Half:
9 Things You Must Know

Presented by: Mannor
Law Group, Elder Law
and Elder Care

To Register

Please use the link below
or the QR code:

<https://maifs.org/senior-workshop-registration/>



AUGUST 21, 2022

YAADEIN 2.0

MaiFS is hosting its 2nd Annual Senior Day Event, a program for seniors by seniors on Sunday, August 21, from 2:00 PM to 5:00 PM at IGGF, 44815 Cherry Hill, Canton.

This program is FREE to Golden Club Basic and Premium Members. There is a cost of \$15/non-member and can be collected at the gate or at the time of registration.

Light refreshments will be served.

Please register here <https://maifs.org/yaadein-registration/>.

Share it widely with your friends and enjoy the in-person event to celebrate the Seniors.

Save THE date

MaiFS Golden Club
Stay Connected & Share Joy

MaiFS Golden Club presents...
YAADEIN 2.0
*celebrating our seniors with
dance, music, and games.*

Sunday August 21st 2022
Time: 2:00PM - 5:00PM
@ IGGF, Canton, MI
44815 Cherry Hill Rd, Canton, MI 48188

Entry Fee:
Members: No cost
Guests and non-members: \$15

*An event for seniors and by seniors.
Do not miss it! Pickup/Drop off will be made
available by MaiFS volunteers.*

All ticket proceeds go toward
Mai Family Services
Golden Club Program.

Visit www.MAIFS.org for information
about our services and programs.

Mai Family Services is tax-exempt under section 501 (c)(3), a non-profit organization assisting survivors of Domestic Violence and Abuse.

SEPTEMBER 11, 2022 WALKATHON

MaiFS is hosting its 13th Annual I WALK TO STOP DOMESTIC VIOLENCE event on Sunday, September 11th at Lakeshore Park, 601 S Lake Dr, Novi, MI 48375.

This is a fun filled event for entire family with lots of activities such as warm-up, cool-down, face-painting, clown, balloon sculpturing and food.

The registration cost is \$20/Adult, \$10/youth (ages 11 - 17) and children under 10, at no cost.

All proceeds go towards helping the Domestic Violence survivors. Please contact us at info@maifs.org for sponsorships.

Please register here today at <https://maifs.org/walkathon-registration/>



The poster features a yellow background with a sunburst pattern. At the top left is the Mai Family Services logo, which consists of a stylized figure of a family within a circle, with the text 'Mai Family Services' and 'Support when you need it most' below it. The main title 'WALKATHON' is in large, bold, white letters with a black outline, followed by 'Sunday, September 11, 2022' in a similar style. Below this is the location 'Lakeshore Park' and '601 S Lake Dr, Novi, MI 48375'. A white box on the left contains event details: 'Registration: 8:30 AM', 'Walkathon: 9 AM', 'Refreshments: 11 AM', 'Walk-ins are welcome. [No Cash. Only Checks will be accepted for registration fee]', 'Adults: \$20 (ages 18+)', '(Includes Park Entry Fee)', 'Youth: \$10 (ages 10-17)', and 'Children: No Fee (ages 0-9)'. To the right of this box is a silhouette of a diverse group of people walking. Below the box, the text 'Come join the fun' is written in a bold, black font. Underneath this are three hexagonal images: a child with face paint, a person walking, and a plate of food. To the right of these images is a list of activities: 'Food for all attendees', 'Path Activities', 'Henna, Face Painting', and '& more...'. At the bottom, the registration website 'www.maifs.org' is prominently displayed in a large, stylized font. Below that, it says 'To be a sponsor, please email us at info@maifs.org. All proceeds from the event will assist survivors of Domestic abuse. 100% of your donations are tax-deductible.' The phrase 'WALK-TO-STOP DOMESTIC VIOLENCE' is written in a bold, black font. At the very bottom, a red banner contains the text: 'Mai Family Services is a 501(c)(3) non-profit organization serving South Asian individuals and families in abuse situations. Come join the brigade of volunteers and provide support when we need it the most!'.

Registration: 8:30 AM
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(Includes Park Entry Fee)
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Come join the fun

- > Food for all attendees
- > Path Activities
- > Henna, Face Painting
- & more...

Register: www.maifs.org

To be a sponsor, please email us at 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 serving South Asian individuals and families in abuse situations. Come join the brigade of volunteers and provide support when we need it the most!

PARENTING YOUR ADOLESCENTS

During adolescence, peers play a large role in social and emotional functioning. In the Southeast Asian community, we add an additional factor the cultural disconnect between the family's culture and the greater culture in which the child lives. Ignoring either culture will lead to problems.

Issues that commonly come up include sleep overs, dances, dating, and overnight trips with the school that include both boys and girls. Children almost always feel tugged between what their parents want them to do and what their friends are doing. The final decision. Of course, what as a parent you allow is based on your comfort level and your child's development. however, forbidding things and not discussing with your teenager why you won't allow them to do something can be a set up for negative outcomes.

Parents are stuck between wanting the best for their children., wanting them to fit in in the greater society and maintaining their own ethical cultural and social mores. One fallacy often is to forbid something because the minute something becomes forbidden fruit you, as a parent, lose complete control of it. Something very important to remember is that your job as a parent between the ages of 12 and 18 is to get them to a place where they can make positive decisions and be able to live and engage in the world independently.

What can you as a parent do to help your preteens and teenagers navigate these waters?

COMMUNICATION It is extremely important to have open lines of communication with your children. Open and honest communication is a key to any good relationship, including that between a parent and child. Let your children to know that they can come to you and talk about anything.

BUILD RELATIONSHIPS Be aware of who your children hang out with. Have them over to the house. Get to know their parents and communicate with the parents of your children's friends.
ENGAGEMENT Involvement in sports community activities and extracurricular activities help to provide structure and build relationships This also teaches them valuable social skills in a positive environment.

MONITOR Learn and educate your children about social media, the negative impact of social media on emotional health' Teach them how to use social media as a tool rather than social media controlling them. Set up times that are family time when everyone puts away their phones and play board games spend family time together and discuss their week etc.

TEACH Practice with them how to get out of social situations in which they feel uncomfortable. Teach them to be assertive. For example, if they are in a situation in which they feel unsafe let them know they can call you immediately to come get them no questions asked.

TRUST Most importantly build trust between your child and yourself and learn to trust your gut! Give them responsibilities slowly and as they meet them give them a little more freedom.

Author: Preeti Venkataraman, MD

NOVEMBER 12, 2022 ***ANNUAL FUNDRAISER***

A magnificent evening Of Payals and Zardozi will be the backdrop of Mai Family Services 14th Annual Fundraiser.

For the first time, MaiFS is using films (considered to be Asia's biggest driver of entertainment) as the landscape of expression and communication. Michigan talent is unparalleled and this event provides the right platform to bring together several art forms like fashion, music and dance as the afternoon unravels several genres of films that have left a lasting impact in the minds of the audience.

The grand ensemble has a narrative that depicts royalty in the larger-than-life paradigm focusing on reflection, deceit and ambition. The edgy contemporary films depict making choices and experiencing adventure, humor and making mistakes. The movies of resilience will bring forth wisdom and maturity in living life - with respect, dignity and confidence and taking charge/control of one's own decision in one's own circumstances.

Typical to the empowerment services offered by Mai Family Services, the underlying subtle nuances is something the audience would enjoy in the grand tapestry of fun, meaning and engagement.

There will be food available for purchase.

Please check the details below in the attached flyer.

For sponsorships and vendor-booths, email us at info@maifs.org

Reserve your seats today at <https://tugoz.com/mai>



MAIFS ANNUAL FUNDRAISER PRESENTS
A Grand Magnificent Evening...

*Of
Payals and Zardozi*

Saturday, November 12th, 2022
Doors open at 5:00 PM

Seaholm High School Auditorium
2436 W Lincoln,
Birmingham, MI 48009

Dance Ensemble by **Mathangi Dance Company, MirayaFit and Rasikas**
Bollywood Fashion by **Taj Cottage**
Music by **Amit Deshpande and Aditi Andurkar**
Emcees: **Vyjayanthi & Satish Subramanian**

Ticket price: \$200 (VIP); \$100; \$60; \$35

Buy Tickets at
<https://tugoz.com/mai>

Email: info@maifamilyservices.com | Phone: 248-767-4542

MAIFS is a 501 C 3 non-profit organization. All donations are tax-deductible. In an effort to be sustainable, Mai Family Services' annual fundraiser is organized to collect funds for all survivors of domestic abuse, sexual assault, and partner violence of South Asian descent. The funds collected go toward medical, legal, housing, and childcare expenses as individuals battle to survive and exist in this unpredictable environment. Please open your hearts, support, and help be a part of our unique services as we provide support when it is needed the most.

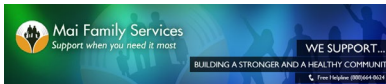
Visit www.MAIFS.org to learn more.

UPCOMING TRAINING & EVENT

Stay tuned for more details or email us at info@maifamilyservices.com to learn more.

- **Volunteer Training** - Saturday, September 24th
- **Annual Holiday Banquet** - Saturday, December 3rd

Thank you for supporting Mai Family Services!



Our mailing address is:
MAI FAMILY SERVICES
32401 W. Eight Mile Rd
Livonia, MI 48152

