

Mai Family Services
Support when you need it most

WE SUPPORT...
BUILDING A STRONGER AND A HEALTHY COMMUNITY

Free Helpline (888)664-8624

MaiFS 11th Annual Walkthon is only a week away!!!



Walkathon

Mai Family Services celebrates its **ANNUAL SENIORS DAY!**
Come join the fun and bring your parents and grandparents along for special treats!!

Registration: 8:30 AM; Walkathon: 9:00 AM; Refreshments: 11:00 AM
Walk-ins are welcome. (No Cash. Only checks will be accepted for Registration fee)
ADULTS: \$20.00 (ages 18+) Includes Park Entry Fee
YOUTH: \$10 (ages 10-17); Children : No Fee (ages 0-9)

- > **FOOD FOR ALL ATTENDEES**
- > **WALKING PATH ACTIVITIES**
- > **GAMES, FACE PAINTING FOR KIDS**

MaiFS 11th Annual
2019
WALK
ATHON

EVERY STEP YOU TAKE MEANS A LOT!

SUNDAY, September 08, 2019, 8:30 AM
@ The Shiawassee Park, 32340 Shiawassee Road Farmington, MI 48336

FOR MORE INFO & REGISTRATION: WWW.MAIFS.ORG

To be a sponsor, please email us at info@maifs.org. All proceeds from the Walkathon will help assist survivors of domestic and family abuse victims. 100% of your donations are tax deductible.

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 where we need it the most!

Our 11th Annual Walk-a-thon to Stop Domestic Violence is only one week away. Please bring your family & friends and walk with us to end domestic

violence in our community and enjoy fun-filled family activities. We have organized lots of activities for all ages- seniors, kids, youth and adults.

Activities include:

- Warm-up before walk
- Cool-down after walk
- Yoga for non-walkers & seniors
- Face painting for all ages
- Henna for all ages
- And games.

When: **Sunday, September 8th 2019 at 8:30 AM.**

Where: **Shiawassee Park, 32340 Shiawassee Rd, Farmington**

Adults: **\$20/person (Ages 18 and above)**

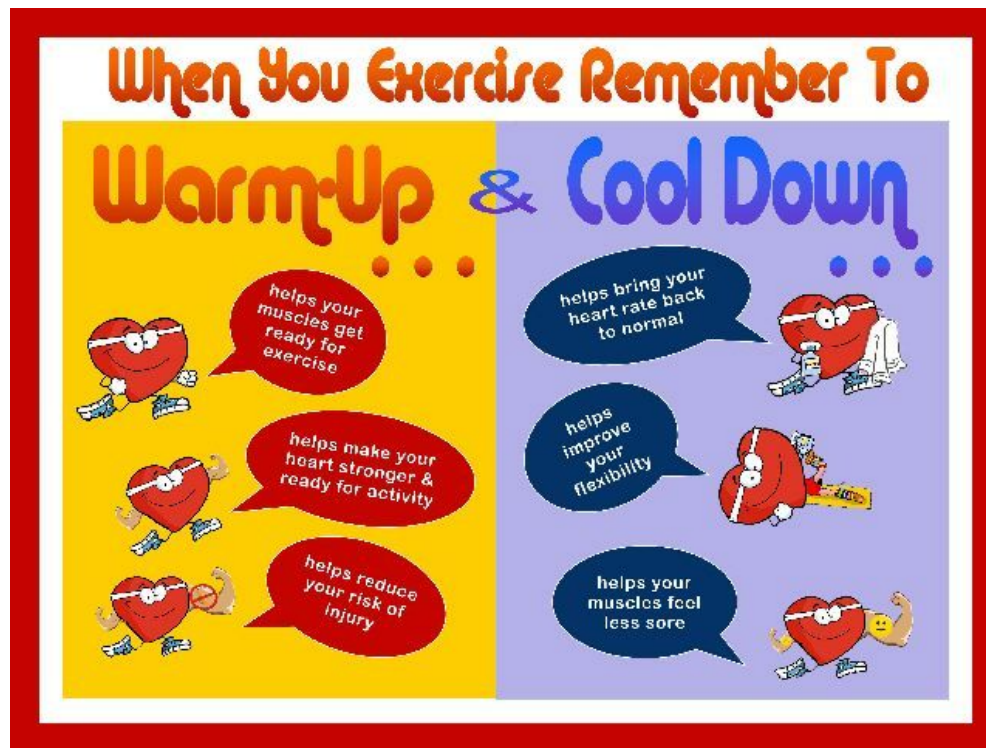
Youth: **\$10/person (ages 10 to 17), children under 9 are free**

Registration fee includes refreshments. All proceeds go toward living and legal expenses for the survivors.

Hope to see you at the Walk-a-thon with your friends and family!

Please [REGISTER](#) here!

Importance of the warm-up & cool-down stretches



Before hitting the walking trails, consider doing a brief warm-up first. And think about following your workout with a quick cool-down session. A brief warm-up and cool-down help reduce stress on your heart and other muscles. Warming up may also help reduce muscle soreness and lessen your risk of injury. Cooling down after your workout allows for a gradual recovery of pre-exercise heart rate and blood pressure.

To learn more click [here](#)

Mental Health in the South Asian Community
by Sailaja Dronamraju, LMSW, QIDP
Volunteer- Case worker.

Mental Health is an often-ignored area in the South Asian community. However, it is a very significant factor in issues related to Domestic Violence. When there is mental illness in the family and it is not treated, then it is seen that emotional and verbal aggression increase and it may lead to further serious Domestic Violence. Individuals in South Asian families may not seek help and continue to try to 'manage' the symptoms with different cultural and traditional methods or alcoholism. Social traditions, Superstitions and taboo are some of the barriers restricting individuals to identify and to seek help. Individuals who deal with depression, Bipolar Depression, Schizophrenia and similar mental illnesses prefer to be in the dark shadows and suffer rather than get help. The stigma associated with mental illnesses also creates a huge

barrier to seek help. In the case of some of the illnesses, individuals have a false image of themselves which blocks them from identifying and accepting the illness which is also called denial. They want to portray to the community that they are doing well and at home dealing with the 'demons' in their mind.

Problems for immigrants are a bit more complicated due to the additional layer of health insurance issues due to their immigration or citizenship status. Many of the south Asian immigrants from South East Asian countries like India, Pakistan, Sri Lanka, and Bangladesh seem to also be victims of mental illnesses caught in the mire of legal issues, employment and health issues. They come to this country with lots of hope and don't anticipate the struggles to survive and do well. This is another precipitator of the onset of some of the illnesses such as depression.

The stress of the new country along with the legal issues of the visas, immigration, health insurance. And work precipitates a lot of mental health issues. A combination of all these issues along with health issues – mental and physical issues impacts the well-being of south Asian families- adults and children. It is seen that mental illnesses sometimes precipitate marital discord, discontent and communication issues. Couples refrain from seeking help and it sometimes leads to abuse and Domestic Violence.

These layers of concerns and issues cause Mental Illness and exacerbate problems related to Mental Illness. It is imperative that individuals who are dealing with symptoms seek help and support. With advances in science and healthcare, there are so many interventions that result in positive results. Many illnesses need not lead to despair and tragedy. It can assist individuals in dealing with the issues proactively and moving ahead with positive energy.

Dare To Dream



Your contribution and support enables MAIFS to help and support its clients and their children who hope and dream of living violence free lives.

[*Donate*](#)

Early Announcement!!

Our annual Holiday Banquet 2019 is on **Saturday, December 7**. Please join us and enjoy the evening of love and giving.

Thank you for supporting Mai Family Services!

