



Between Friends

Maitri Quarterly Newsletter

April 2021



We hear you. We see you. We believe you.

To survive and thrive, survivors need support from their loved ones, community members, and social and legal systems. Unfortunately, their journey is ridden with questions full of blame and accusations directed at their clothing, their actions, and their existence. This pattern of victim-blaming prevents the survivors from speaking their truth. Instead, it enables the perpetrators in absence of accountability or consequences for their actions.

The first step in supporting survivors is believing them. We can all start by creating safe spaces that enable survivors to speak up about the abuse and violence without the fear of backlash or character assassination. This April, let's stand in solidarity with the survivors. Let's uphold the physical and mental safety of survivors by holding perpetrators accountable for their actions. Let's end the culture of victim-blaming, and create a shift towards accountability.

Last quarter at a glance

Maitri's first virtual gala



A fantastic lineup of star power, a cocktail kickoff, energetic bidding at the silent auction, your enthusiasm for the evening, and solidarity for the cause evidenced by the encouraging comments in the chat channels and your generous donations - made our first virtual gala a huge success!

From all those whom Maitri serves and from all who serve at Maitri, a big thank you for your presence and support. If you were unable to attend our gala or pledge your support, you can still [donate here](#).

Donate



Thank you to our friends at Amazon for sponsoring the Maitri Virtual Gala 2021. This support makes a huge difference to survivors of domestic violence and helps us work towards ending violence in the community. [Amazon Smile](#)

Oral History Project

Maitri began in 1991. Looking back on it 30 years later, the beginning does not seem ordinary. Riddled with historical conflicts and continuing religious strife even among their various segments and/or countries, South Asian immigrants carry historical trauma and distrust across a diverse landscape.

Our founders had to work through these complexities that also frame a survivor's experience while also dealing with factors like patriarchy, generational subjugation, and so much of community ostracizing of the cause itself. To commemorate these 30 years of Maitri's fascinating journey, we launched our Oral History Project. Read about it here in our [blog](#) and watch the space as we continue to build on it.



Maitri History Project



Learn more on the blog

As we turned 30 this year, we celebrated by virtually connecting with our supporters, volunteers, former and present staff and board members, and our founders. Thank you everyone for joining us from all over the country to celebrate this milestone with us!

A trip down the memory lane, in photos!



Presentations

Sonya Pelia (Maitri Board President) gave a [TEDx talk](#) at Saratoga High School and shared Maitri's journey and its role in bringing about a change in the South Asian community in Bay Area.

Nandini Ray (Manager, Outreach and Prevention) presented at Stanford ['Listen to The Silence'](#) Conference about understanding Intimate Partner Violence from an immigrant lens. Ray also joined the API-GBV panel for addressing gender-based violence and spoke about the issues that teens from API communities face.

Zakia Afrin (Manager, Client Advocacy Program) and Jaya S (Manager, Housing & Economic Empowerment Program) gave a presentation at Cisco and educated the attendees about Domestic Violence.

Career readiness workshop

Maitri's Economic Empowerment Program offered a 4-session Career Readiness workshop for our survivors. The activity-based Zoom workshop focused on getting participants ready to face their first interview.

Participant feedback:

*"It helped me gain self-confidence in knowing how to present myself at a job interview and helped me realize some skills I have."
'I really enjoyed this training program and found it very helpful. Otherwise, I would not feel very confident in going into an interview. I learned a lot of tips.'"*

In April, the EEP program is offering a 2-session 'Understanding Financial Security workshop'.

Community recognition

Councilmember Sylvia Arenas applauded Maitri's prevention work with community youth in San Jose City Council meeting. Maitri PSA was showcased commemorating Teen Dating Violence Awareness Month.

[Watch the PSA here](#)

Listen to us on Radio Zindagi

Starting April, our podcasts air on Radio Zindagi at 1170 AM every Sunday 2-3 PM. Don't forget to tune in!

All episodes are also available on [Apple Podcasts](#), [Spotify](#), [Google Podcasts](#), [YouTube](#), [IGTV](#) & [Soundcloud](#).



EVERY SUNDAY 2-3PM
RADIO ZINDAGI 1170 AM

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Conversations with Maitri

ALSO AVAILABLE ON:
APPLE PODCASTS, SPOTIFY, YOUTUBE,
IGTV, GOOGLE, SOUNDCLOUD & MORE

Upcoming Events

Speaker Webinar Series: Sharing knowledge and experience

A 1-hour webinar series of 6 sessions starting in May is a new initiative from the EEP for the community. For the next six months, on the first Saturday of each month, we will bring you topics that focus on individual empowerment and economic security, with engaging speakers who have a wealth of knowledge and experience on specific topics. Through this series, our aim is to bring awareness and resources to foster economic empowerment and to develop confidence as you build your career. For questions or more information, please email eep@maitri.org.

In the first session, attendees will learn how to overcome challenges and achieve success as an immigrant in the USA. Three immigrant speakers will share their personal journey and experiences to show the path to success! This webinar is FREE and open for all.



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SHARING KNOWLEDGE & EXPERIENCE

Registration details coming soon!

a curated speaker series where inspiring women speak candidly about success, career, life as an immigrant, and more!

May – October	1st Saturdays of the month	3:30 – 4:30 pm (PST)
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Presented by Maitri's Economic Empowerment Program 

[Register for speaker series](#)

Let's Talk

Sunday, May 23 from 3 to 4:30 pm

Addressing and identifying toxic masculinity and rape culture

Join us on Sunday, May 23 from 3 to 4:30 pm (PST) for a robust discussion on preventing toxic masculinity and rape culture. We will be bringing college students and young leaders to discuss this very important community issue.

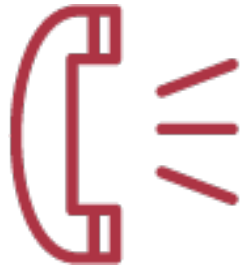
This event is free and open for all.

LET'S TALK! ADDRESSING TOXIC MASCULINITY AND RAPE CULTURE

Sunday, May 23rd from 3:00 - 4:30
P.M (PST)

[Register here](#)

Quarterly Program Statistics



Helpline

Crisis calls: 104
Total Calls: 592



Legal Advocacy

Total Clients: 90
Advocacy Sessions: 279



Transitional Housing

Women & Children served: 6



Economic Empowerment

Clients served: 18

Welcoming new staff member

Padma Bandhakavi joined Maitri as Bookkeeper in March 2021. She has a background in accounting and has worked as an Accountant in the tech industry; her recent work experience also includes tech-industry customer support & administration of learning management systems. She has a Master's degree in Accounting. She is fascinated by Maitri's services & programs that support survivors; she looks forward to contributing meaningfully towards Maitri's mission. Padma enjoys writing poetry in Telugu and arts and

craft activities to unwind.

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