

Between Friends

Maitri Quarterly Newsletter

October - 2016

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence Awareness Month

Since 1987, (DVAM) has been observed across the US in the month of October . During this month

we mourn those who lost their lives to domestic violence and applaud those who were able to break the cycle with their resilience and courage.

At Maitri, we work every day with individuals who have suffered physical, mental and other kinds of abuse at the hands of their loved ones, but nothing can prepare us for the painful reality that domestic violence brings. This reality can however be mitigated and eventually changed by proactive community engagement and support.

We request each community member to take a pledge that domestic violence will no longer be tolerated in our community. It is time for each of us to educate ourselves about community services that help those impacted by abuse and violence, speak up, and help prioritize preventative work leading to a violence free society.

Visit the Maitri <u>website</u> to know about our free and confidential services, stay connected with us through our<u>Facebook</u> page and the <u>Maitri Boutique</u>. Start a conversation on this topic at your social network and spread information about Maitri because awareness and information save lives.

Community Involvement

Community Sessions:

In September Pakistani American Culture Center (PACC) and San Jose Gurdwara invited Maitri to present at their events to encourage a conversation on this taboo topic and to provide information on Maitri's services. We are thankful for this kind of community support. We hope many community centers and religious places will contact us for Maitri presentations. Contact: outreach@maitri.org.



Show Heart Through Art:

Maitri invited young community members to take part in the Maitri Art Fest to promote peace, happiness, respect, joy and compassion. A huge round of applause to all the young hearts who participated in this initiative and a shout out to all adults who encouraged these youngsters. All submissions were published on our Facebook page in the month of October as a tribute to the survivors of domestic violence. Enjoy the <u>album</u>.

Engaging Men:

Our experience highlights the fact that domestic violence is a community issue and NOT a women's issue, therefore it is important to include men in this journey to end domestic violence. At different stages of our work, men from our community provided their unconditional support to Maitri. Last October we started a weekly column written by men on our Facebook page. We are happy to announce that since then every week we have been able to publish write ups from men condemning gender inequality and domestic violence. A big Shout out to all men who wrote for our weekly FB column and helped in raising awareness against domestic violence.

Maitri Trainings

Maitri's first 40 hour DV Advocacy Training:

Maitri successfully conducted its first 40 hour DV Advocacy training in September 2016 in collaboration with <u>Safe Alternatives to Violent Environments</u>. This training, mandated in the State of California to fulfill the training requirement for DV counselors under Evidence Code section 1037.1, was attended by 9 trainees, including 7 Maitri volunteers. The training covered several critical advocacy topics that will enable volunteer advocates to better serve survivors of abuse.

We are thankful for the tremendous support we received from many community agencies including Asian Pacific Institute on Gender-Based Violence, Bay Area Legal Aid, Council on American-Islamic Relations (CAIR-SFBA), Department of Family & Children's Services, Mathews & Peddibhotla Law Group, Santa Clara County Office of the District Attorney, The Sikh Coalition, SIREN (Services, Immigrant Rights and Education Network) and from individuals like Amy Caffrey, LMFT; the expertise they provided as external faculty for this training was invaluable. We also wish to acknowledge the knowledge base developed by several pioneers in the DV advocacy field, made available to us through the curriculum developed by CPEDV (California Partnership to End Domestic Violence). This training was made possible by a collaborative grant we received from Blue Shield Against Violence Foundation.

Maitri Trainings for Police Departments:

Maitri provides Cultural Competency training for different police departments to present the challenges South Asian immigrants may face and specific scenarios police officers may see when they go to a domestic violence situation where South Asian immigrants may involved. In September we provided training for the Sunnyvale and Morgan Hill Police



departments and trained over 100 police officers in one month.

It is important to contact and cooperate with law enforcement officers when someone experiences domestic violence. Everyone, no matter what their immigration status is, has a right to have a violence free life.

Significant Maitri News

Economic Empowerment Program:

This month we complete one year of our Monthly Social Networking Evenings started in October 2015. In our work with DV survivors over the years, we have realized that isolation is often a common tactic used by abusers to exert control. While abuse happens to both men and women, many of the women are not allowed to socialize, make friends or even go out on their own. This results in them losing self-confidence to the extent that they believe they do not have skills to survive on their own.

We realized that emotional well-being and confidence building are central to her breaking free from the violence. The monthly Social Networking Evenings provide a platform for our clients to socialize, network and at the same time get some help with their job search, computer skills, and any other job- and finance-related issues and trainings. Each month we offer a different workshop tailored to their needs and also offer them the opportunity to build friendships and support with others. It is a shared space for volunteers, clients and staff to come together, work collaboratively, share ideas, dream big and build a network of support that will support our clients' journey towards an empowered, independent life.

A Collaborative Chat Service for Survivors of Abuse:

<u>Safe Chat</u> Silicon Valley is a confidential chat service available that provides information, resources and support to someone that has experienced abuse by a loved one or partner. This chat service is a collaborative pilot project by four agencies in Santa Clara County: <u>Asian Americans for Community Involvement</u>, <u>Community Solutions</u>, <u>Maitri</u> and <u>YWCA Silicon Valley</u>, with funding from <u>Blue Shield Against Violence Foundation</u> and the <u>County of Santa Clara</u>.

This service can be accessed on a smartphone, computer, or tablet and is available on Monday, Tuesday, Thursday, Friday, 10 am to 4 pm (Closed Wednesdays).

If you or a loved one is undergoing abuse, and you would like an alternative that provides more anonymity than a phone call, reach out to www.safechatsv.org to receive confidential services from trained advocates.

Maitri Boutique



The Maitri Boutique has had a very exciting quarter! In July, we had a very successful, semi-annual sale that lasted for 10 days. We also partnered with Aateka Sultana, a local fashion designer, who showcased her collections at the boutique for last 3 months. In September we partnered with a very talented artist, Harry Singh. The exhibition started with a grand opening reception in mid-September and his artwork is displayed at the boutique until the end of December. Our partnership with Vibha, a non-profit organization that helps underprivileged children, helped us gaining visibility at the Vibha Dandiya, where we not only sold items from our Boutique but also did a great outreach for Maitri.

We are pleased to announce a partnership with <u>SWATI Couture</u>, specializing in evening and bridal wear. The designer outfits will be available at the Maitri Boutique till October 31. A jewelry trunk show by <u>The Treasure Chest</u>, an amalgamation of several upcoming Indian jewelry designers under one roof bringing the best from the land of Mughals and Rajputanas, is happening at our boutique right now. Please visit the <u>Maitri boutique</u> to view and purchase exclusive items from the Swati Couture and the art & Jewelry show.

Helpline	Legal Advocacy	Transitional Housing
Crisis calls: 90	Total Clients served: 89	Women served: 11
Total Calls: 1097	Advocacy Sessions: 146	Children Served: 6

Maitri is a Bay Area based non-profit, dedicated primarily to helping South Asian families facing domestic violence, cultural alienation, and human trafficking.

<u>Donate</u> & Empower a Survivor!

STAY CONNECTED



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