



SEWA-AIFW Setu | ■■■■ ■■■■:

Issue #: 002 | Date: September, 2025



SEWA-AIFW Annual Celebration

SEWA-AIFW invites you to our annual community celebration on the evening of **Friday, October 24**. This year's theme **Cultivating Hope: A Celebration of Community**, calls on all of us to come together and celebrate the shared strength in our community. This Celebration is a powerful opportunity to connect with one another, honor our collective resilience, and draw inspiration for our bright future. SEWA has been a pillar of hope and unity for the South Asian community for 21 years, and we remain steadfast in our commitment to remain a source of

strength and opportunity. Please join us for an evening of inspiring stories, community education, cultural performances, and vibrant connection as we celebrate the enduring spirit of Minnesota's South Asian community!

**Buy
Tickets**



Become A Sponsor!

To continue our vital work and uplift those we serve, we seek the partnership of organizations and businesses through sponsorship support. Your support is crucial in ensuring our community celebration and education event can be inclusive of all members of our community including vulnerable individuals and families. By sponsoring this event, you will not only make a profound impact but also gain visibility with over 400 community and business leaders. We invite you to join us in this mission; please contact our team at anjuli@sewa-aifw.org for more information. We look forward to celebrating our shared journey and a hopeful future with you..

**Sponsorship
Info**

A Message of Healing

SEWA-AIFW is heartbroken by the senseless violence that has shattered our community and taken innocent lives at Annunciation Catholic School in Minneapolis this week, a place meant for learning, growth and safety.

We condemn this horrific act in the strongest terms. Our thoughts are with the victims, their families, and all those impacted by this senseless act of violence.

Experiencing or even hearing about a school shooting can trigger intense emotional responses—shock, fear, anger, sadness, and helplessness. These reactions are normal. Trauma from gun violence can lead to PTSD, anxiety, and depression. If you or someone you know is struggling, please seek help. Support is available, and healing is possible.

You are not alone. For immediate mental health support **Call or text 988** to connect to the NAMI MN crisis helpline. You can also reach out to the SEWA-AIFW Helpline for support and resources: ☐ 1-(952) 912 - 9100.

We thank the brave first responders and school staff who acted with courage. Now, more than ever, we must come together to grieve, support one another, and commit to building a safer future for our children.

For more information about common emotional responses, coping strategies for individuals, teens and children and tips for caregivers please read our latest blog post by clicking the button below.

More
Info

UPCOMING EVENTS



2025 South Asian Small Business Holiday Bazaar!

We are excited to announce that we will be hosting our 2025 South Asian Small Business Holiday Bazaar this **October 11th** at the SEWA-AIFW community center (**6645 James Ave N, Brooklyn Center, MN 55430**). Come support local businesses and artisans from **12PM to 5PM** and celebrate our rich culture together as we prepare for Diwali.

Sign Up
Here!

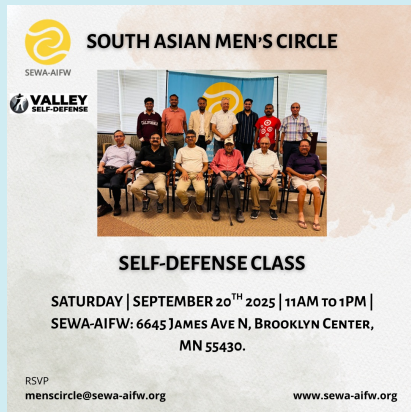
NAMI Walk

Less than 3 weeks to go —A NAMIWalks Minnesota You Don't Want To Miss! On Saturday, **September 27**, NAMI Minnesota will host one of their most meaningful event, NAMIWalks Minnesota. If you haven't yet registered or joined a team, now's the time! Join Sewa-AIFW team. Together, we can raise awareness, fight discrimination against people living with a mental illness, support families, and help expand mental health programs across Minnesota.

NAMIWalks Minnesota: Saturday, September 27 | 11:00 am – 3:00 pm Minnehaha Regional Park, Minneapolis, MN 55417.



Sign Up
Here!



South Asian Men's Circle - Self Defense

Join us for our upcoming South Asian Men's Circle happening this **September 20th (Saturday)** from **11AM to 1PM** at **SEWA-AIFW (6645 James Ave N, Brooklyn Center, MN 55430)** as we will be partnering with **Valley Self-Defense** to teach the basics of self-defense and how to keep yourself safe.

Health & Resource Clinics

SEWA-AIFW offers free monthly health and resource clinics with services like blood pressure, glucose, and hemoglobin testing, medical referrals, nutritional consultations, and chronic disease management. Community members can also access PPE, rapid test kits, vaccination guidance, and COVID-19 resources.

□ Locations & Times:

- **1st Saturday: 10 a.m.–1 p.m. at Sri Venkateswara (Balaji) Temple: 7615 Metro Blvd, Edina, MN 55439**
- **2nd Sunday: 11 a.m.–2 p.m. at Sikh Society of Minnesota: 9000 W Bloomington Fwy, Bloomington, MN 55431**
- **4th Sunday: 11 a.m.–2 p.m. at Hindu Temple of Minnesota: 10530 Troy Ln N, Maple Grove, MN 55311**

Lead Testing

Some imported household products such as certain spices, home remedies, cosmetics, and glazed cookware may contain harmful levels of lead. To help keep your family safe, SEWA-AIFW is offering free testing at our health clinics. Please bring your spices or household items (spices in a small plastic bag) for lab analysis and peace of mind.

Locations & times:



- **1st Saturday: 10 a.m.–1 p.m. at Sri Venkateswara (Balaji) Temple: 7615 Metro Blvd, Edina, MN 55439**
- **2nd Sunday: 11 a.m.–2 p.m. at Sikh Society of Minnesota: 9000 W Bloomington Fwy, Bloomington, MN 55431**
- **4th Sunday: 11 a.m.–2 p.m. at Hindu Temple of Minnesota: 10530 Troy Ln N, Maple Grove, MN 55311**

2025 AANHPI Unity Summit

AAUC will host its 3rd Annual AANHPI Unity Summit on **September 16–17, 2025**, in **Washington, D.C.**, bringing together more than 150 AAPI leaders, nonprofits, policymakers, and allies from across the nation. This two-day gathering will focus on strengthening collaboration within AAPI communities, amplifying advocacy efforts, and elevating policy priorities that directly impact our communities. Participants will also have the opportunity to learn from shared data, resources, and innovative solutions that highlight the power of collective action. The Summit is designed not only as a conference but as a space for meaningful connection and networking, where attendees can exchange ideas, hear success stories, and build lasting partnerships with peers who are working toward similar goals.



**More
Info**

Research Initiatives

☐ **SAHAT: A 10-Minute Survey to Understand South Asian Health Issues**

We invite you to participate in the **SAHAT Survey**—a community-driven health assessment designed specifically for **South Asians living in Minnesota (who are 18 years or older)**.

☐ **Why SAHAT matters:**

South Asians face unique health risks, including higher rates of heart disease, diabetes, and mental health challenges. Yet, these issues are often underrepresented in mainstream health research.

☐ **Why your voice is needed:**

The SAHAT Survey helps us gather accurate, culturally relevant data to improve health services, advocate for better care, and design programs that truly reflect our community's needs.

☐ **It only takes 10-15 minutes.**

Your responses are **confidential** and will directly support efforts led by **SEWA-AIFW** to build healthier futures for South Asian families.

☐ **Click here to take the SAHAT Survey**

<https://forms.gle/8MWAAhF7Xcmh1oCe9>

Thank you for being part of this important initiative. Together, we can make a lasting impact.

☐ **As a thank you, at the end of the survey you'll have the chance to enter a raffle for a \$50 Amazon gift card. We're giving away 10 Amazon gift cards to survey participants—don't miss your chance to win!**

If you have any questions or need support while completing the survey, please reach out to Sayali at **Sayali@SEWA-AIFW.org**.

OUR MONTH IN REVIEW



SEWA-AIFW At India Fest!

We had an incredible time serving our communities on **August 16th** at the Minnesota State Capitol during India Fest! Despite the challenges of the rain on that day, we had a great turnout of folks who visited our booths C-10 and C-11 where we provided resources, medical services, giveaways and more. We would like to kindly thank everyone who visited our booth and made this event special for us, we look forward to serving you further!

Chai & Chat - Self Defense Session

Our Chai & Chat group had an incredible session learning about the basics of self-defense and how to keep yourself safe on Saturday, **August 30th** at

the SEWA-AIFW office. Taking a class like this isn't just about learning physical techniques—it's about stepping outside your comfort zone and investing in yourselves. Every one of the participants did that with grace and strength, and it was truly inspiring to witness.

Interested in joining our Chai & Chat events? If so, please reach out to mubina@sewa-aifw.org.



Mayor of Cincinnati visits SEWA-AIFW

Cincinnati Mayor Aftab Pureval visited the SEWA Center, using the opportunity to recognize the significant community impact of our programs. Mayor Pureval, the first Asian American elected Mayor of Cincinnati and of South Asian descent, met with SEWA staff during his tour and commended SEWA on its wide-ranging services that address health, safety, and advocacy needs within the South Asian diaspora. His visit underscores SEWA-AIFW's growing role in shaping culturally responsive services and policy at the local and national level. Mayor Pureval expressed his hope to explore ways to expand our service model of community-based care and total family wellness.

National CAPACD Conference

Amina Baha and Sayali Amarapurkar from SEWA-AIFW participated in the National CAPACD's Minneapolis-St. Paul Coalition Convening held on Monday, **August 25th**. In alignment with the founding principles of National CAPACD, this convening served as a vital platform for coalition members from all over US to come together in solidarity, exchange insights, and collaboratively strategize responses to the escalating challenges facing our communities.



SEWA-AIFW CEO meets with Gates Foundation

SEWA-AIFW CEO Anjuli Cameron visited the Gates Foundation Headquarters in



Seattle to explore shared goals around women's health and economic empowerment. The Gates Foundation's \$2.5 billion investment in women's health research reflects a global effort to address long-standing gaps, aligning with SEWA's belief that improving women's health creates generational benefits. Both organizations also emphasized advancing economic opportunities for women, with SEWA focusing on supporting South Asian women entrepreneurs at the community level. This visit reinforced SEWA's commitment to empowering South Asian women across health, wellness, and economic growth while opening doors for future collaboration.

South Asian Men's Circle Cooking Session

On Saturday **August 23rd**, SEWA's South Asian Men's Circle had a successful gathering with 17 participants who came together to cook, bond, and share experiences. The group prepared five dishes in just 1.5 hours, welcomed a new member, and engaged in meaningful discussions on "cooking as therapy" and its benefits for stress relief and well-being. The event concluded with everyone enjoying the food, sharing stories, and capturing the moment with a group photo.



Interested in joining our South Asian Men's Circle? Reach out to Dasharath@sewa-aifw.org for more information.

HUM Meet-Up



Our HUM seniors had a great get together on Saturday, **August 27th** to celebrate India's Independence Day, play games together, have a potluck lunch, and a birthday celebration for one of our seniors! Thank you to all that attended our HUM meet up and for making this event a success! Our HUM meet ups take place every 3rd Wednesday in Edina, so join us for the next one!

Interested in joining or volunteering at our next HUM Meet-Up? If so, please contact Bharati@SEWA-AIFW.org.

A Monthly Look On Mental Health Matters:

September is Suicide Prevention Month - A Call to Awareness and Action in the South Asian Community

Suicide is a deeply complex and painful issue that affects individuals and families across all communities—and the South Asian community in Minnesota is no exception. Cultural stigma, silence around mental health, and limited access to culturally competent care often prevent individuals from seeking help when they need it most.

In our community, conversations about mental health can be difficult. Many people struggle in isolation, fearing judgment or misunderstanding. But breaking this silence is essential. Suicide prevention begins with awareness, compassion, and connection. It means recognizing the signs of distress, offering support without shame, and creating safe spaces where people feel seen and heard.

This month, let's commit to learning more, speaking openly, and supporting one another. Whether it's checking in on a friend, attending a local mental health workshop, or advocating for culturally sensitive resources, every action counts.

Local Resources for Support in Minnesota

- 988 Suicide & Crisis Lifeline: Call or text 988 for free, confidential support 24/7. Services available in English and Spanish, with interpretation for other languages.
- Crisis Text Line: Text MN to 741741 for immediate help.
- NAMI Minnesota: Offers suicide prevention classes, support groups, and culturally responsive resources. Visit namimn.org for details.
- Mental Health Minnesota: Provides emotional support and advocacy. Visit mentalhealthmn.org or call 651-493-6634.
- MannMukti: A South Asian-led platform reducing stigma through storytelling and mental health advocacy. mannmukti.org
- DeQH Hotline: For South Asian LGBTQ+ individuals. Call 908-367-3374 for Peer support.
- Mobile Crisis Teams: Available in every Minnesota county. For Hennepin County, call 612-596-1223.

Together, we can build a community where mental health is prioritized, and no one feels alone in their struggle. **For more information about this post write to Sayali@SEWA-AIFW.org**

If you have questions regarding the items in this Setu issue or future issues, please contact [Addo @SEWA-AIFW.org](mailto:Addo@SEWA-AIFW.org) or Sayali@SEWA-AIFW.org.



SEWA-AIFW | 6645 James Ave N | Minneapolis, MN, MN 55430 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!