



SEWA-AIFW Setu | ■■■■■ ■■■■■:

Issue #: 003 | Date: October, 2025

UPCOMING EVENTS:



SEWA-AIFW graciously invites you to join us on **October 24th 2025** from **6PM to 9PM** at the **Heritage Center of Brooklyn Center** for a celebration of community! For twenty-one years, SEWA-AIFW has been a pillar of hope and unity for the South Asian community and we remain steadfast in our commitment to remain a source of strength and opportunity. We have gained invaluable knowledge, confronted challenges with resilience, and emerged stronger as a united community. Our journey of growth and transformation has been remarkable, and we look forward to sharing this story with you. Together, we will honor the lasting impact we have created and the strength of our shared community.

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. 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

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 Opportunities

South Asian Small Business Holiday Bazaar!

We are excited to announce that we will be hosting our 2025 Small Business Holiday Bazaar tomorrow, 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 festival season.



SEWA-AIFW FLU SHOT CLINICS

SRI VENKATESWARA TEMPLE
7615 Metro Blvd, Edina, MN 55439
October 4, 2025 | 10AM to 12PM
Services available:
• Flu Senior Dose 65+
• FluLuvax Flu Vaccine 6m+
• FluMist Flu Vaccine 2-49 yrs

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SIKH SOCIETY OF MINNESOTA
9000 W Bloomington Fwy, Bloomington, MN 55431
October 12, 2025 | 11AM to 2PM
Services available:
• Flu Senior Dose 65+
• FluLuvax Flu Vaccine 6m+
• FluMist Flu Vaccine 2-49 yrs

HINDU TEMPLE OF MINNESOTA
10530 Temple Dr, Maple Grove, MN 55311
October 26, 2025 | 11AM to 2PM
Services available:
• Flu Senior Dose 65+
• FluLuvax Flu Vaccine 6m+
• FluMist Flu Vaccine 2-49 yrs

PLEASE REGISTER HERE:

www.sewa-aifw.org

SEWA-AIFW Flu Shot Clinics

SEWA-AIFW will be hosting flu shot clinics in conjunction with our regular free health clinics throughout October to get ready for flu season! Here's what you need to know:

- If you're uninsured or your insurance plan doesn't cover vaccinations, you may qualify for free or low-cost flu shots.
- If you have insurance, most plans cover flu shots as preventive care, often at no cost to you. Please bring your insurance card when you get vaccinated.

Flu shots are free for those who are uninsured, underinsured, or have insurance plans that don't cover vaccinations. For those with insurance coverage, bringing your insurance card will help facilitate the process.

South Asian Health Assessment Tool (SAHAT)

☐ Your Voice Matters: Join Us in Shaping South Asian Health Research!

WWW.SEWA-AIFW.ORG

SOUTH ASIAN HEALTH ASSESSMENT TOOL (SAHAT)

YOUR VOICE MATTERS: JOIN US IN SHAPING SOUTH ASIAN HEALTH RESEARCH!

South Asians face unique health challenges—from heart disease and diabetes to mental health and cancer—but we are often left out of the research that shapes healthcare policies and treatments.

SEWA-AIFW invites you to be part of the change.

By participating in the health research, you help:

- Ensure our communities are represented in medical studies.
- Improve culturally sensitive care and resources.
- Break stigma around health issues like mental illness.
- Build a healthier future for our families and generations to come.

Your story, your experience, your health—it all matters.

Please take 10-minutes to complete the SAHAT survey.

At the end you can enter to win 1 of 10 Amazon gift cards.

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[Take the Survey](#)

Read Our Latest Blog Post:



Our story today features the inspiring individuals serving the South Asian community, through their work on SEWA-AIFW's 'Health and Resource Clinic' Program. Motivated by a deep commitment to health care for their fellow community members, they have made a profound difference in the health and mental wellbeing of countless immigrants.

[Read More](#)

A Monthly Look On Mental Health Matters:

Domestic Violence Awareness Month - With Survivors, Always.



Domestic Violence Awareness Month (DVAM), observed every October, is a national effort to bring attention to the widespread issue of domestic violence. It serves as a time to mourn victims, celebrate survivors, and connect with those working to end the cycle of abuse. Throughout the month, advocates and organizations engage the public through various campaigns, workshops, and events. A key symbol of DVAM is the purple ribbon, worn to show support for survivors and raise consciousness about the problem. The month-long observance aims to educate communities on the different forms of domestic violence—which can be physical, emotional, financial, or psychological—and to share resources for those in need of help.

For the South Asian population in the diaspora, this month provides a platform to address culturally specific challenges that often prevent individuals from seeking help. Survivors within our community frequently face unique barriers, including strong cultural stigmas around divorce and family honor, fear of ostracization, and for immigrants, the added complexities of visa dependency and lack of familiarity with the legal system.

How SEWA-AIFW Can Help Our Communities

SEWA-AIFW (Asian Indian Family Wellness) is at the forefront of providing critical, culturally-specific support to the South Asian community in Minnesota. SEWA-AIFW offers a holistic approach to "total family wellness," directly addressing domestic violence through a 24/7 crisis line, confidential support groups, and connections to free or low-cost legal services and shelters. Understanding the cultural nuances, their advocates empower survivors by providing information and options, rather than dictating solutions. Beyond crisis intervention, SEWA-AIFW strengthens the community by investing in prevention strategies and hosting meaningful events empowering individuals and families to promote healthy relationships. By creating a trusted network of support that respects cultural backgrounds, SEWA-AIFW plays an indispensable role in building a healthier environment for South Asian communities in Minnesota.

Written by Mubina Qureshi, Co-Executive Director of SEWA-AIFW. Have questions? Please contact Mubina@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.



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