



SEWA-AIFW

SEWA-AIFW Setu | ■■■■ ■■■■:

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Designed and edited by Addo A. Joachim & Sayali Amarapurkar.

A Message from Our CEO:

Welcome to the inaugural issue of SEWA-AIFW Setu, our new monthly newsletter. The word **Setu** means "bridge" in Sanskrit, symbolizing our role as a bridge between cultures, services, and community supports. With each Setu issue, we will showcase our impact and leadership in advocating for our community. Setu will highlight our efforts to expand health access, promote safety, wellness, and education programs and share updates on our intergenerational initiatives that connect youth, families, and elders. This edition arrives during National Wellness Month, a perfect time to reflect on our well-being and the importance of supporting one another. The SEWA Setu is your connection to our work, offering a window into the ways we are building a more resilient, healthy, and interconnected community. We look forward to sharing this journey with you.

Anjuli Mishra Cameron

August is National Wellness Month!



August is National Wellness Month, a reminder to prioritize self-care and embrace habits that support your physical, emotional, mental, and social well-being. Whether it's taking time to relax, nourishing your body with healthy foods, managing stress through mindfulness, or connecting with loved ones, small daily changes can lead to lasting wellness.

This is the perfect time to reflect on your well-being and take steps toward a healthier, more balanced life. Prioritize physical health by staying active and nourishing your body. Support your mental health through mindfulness, therapy, or taking breaks when needed. Strengthen your emotional wellbeing by acknowledging your feelings and practicing self-compassion. Foster social connections by spending quality time with loved ones and building a supportive community. Sleep as rest is essential for every aspect of wellness, so do not forget to also prioritize your sleeping habits. Small, consistent changes can make a big difference!



SEWA-AIFW Research Internship Program

SEWA-AIFW is excited to launch a new Research Internship Program for undergraduate and graduate students, as well as high school juniors and seniors passionate about community health and social impact. Join us in advancing culturally responsive research that addresses health disparities in South Asian communities—apply now and be part of meaningful change!

We are seeking several highly motivated Research Interns to support ongoing research projects. This internship offers hands-on experience in all stages of the research process, including literature reviews, data collection and analysis, and the preparation of reports and presentations.

The intern will work closely with senior researchers and community stakeholders and will gain exposure to culturally responsive research methods.

For more information, please contact Sayali@sewa-aifw.org.

More Information



Volunteer opportunity at SEWA-AIFW's Refugee Program

SEWA-AIFW is very fortunate to receive funding from Refugee Programs Office of the Minnesota Department of Human Services to provide social services to newly arrived immigrants in the United States. SEWA-AIFW has been providing supportive services in Employment, Family Education and Family Resource Connections ever since the funding was awarded this year. SEWA-AIFW's mission had always been serving, supporting, and enhancing family wellness, especially the vulnerable and underserved populations in the Twin Cities and Minnesota. It started with the South Asian Community. With the new funding, SEWA-AIFW's service has expanded to serve new immigrants from all over the world.

SEWA-AIFW is seeking volunteers for tutors, family coaches, befrienders, and mock interviewers. If you are passionate about welcoming and helping newly arrived refugees integrate in the mainstream and have few hours of free time, please join our team and help SEWA-AIFW address barriers refugee families and new immigrants face.

For more information, please contact Amina@sewa-aifw.org.

UPCOMING EVENTS



SEWA-AIFW is going to be at India Fest!

Join us at IndiaFest, the India Association of Minnesota's signature cultural event, on August 16 at the Minnesota State Capitol Grounds. Experience the vibrant sights, sounds, and flavors of India through dance, music, food, regional exhibits, and a bustling bazaar. The day concludes with an exciting Bollywood Night from 6–9 p.m., turning the upper mall into a lively dance floor! SEWA-AIFW is proud to be part of this celebration! Visit us at Booths C-10 and C-11 between 11 a.m. and 4 p.m. for:

- ☐ Free blood pressure & glucose screenings
- ☐ Physician & nutrition consultations
- ☐ Health referrals & first aid
- ☐ Free PPEs, rapid test kits & educational materials

All services are free and open to everyone—bring your friends and family and make your health a priority while enjoying the festivities!

IndiaFest

Chai & Chat - Self Defense

We will be hosting our monthly Chai & Chat on Saturday, August 30th at SEWA-AIFW! Join us to learn the basics of self defense during our upcoming Chai & Chat meet-up as we will be having **Valley Self-Defense** at SEWA to teach a self-defense workshop.

Event Date: **August 30th 2025**

Event Time: **2PM to 4PM**

Event Location: **SEWA-AIFW - 6645 James Ave N, Brooklyn Center, MN 55430**

For more information or questions please contact Mubina@SEWA-AIFW.org.

Register Here!



NAMI Walk

Join Our Team for NAMI Walks 2025!

Event Date: **Saturday September 27th 2025**

Event Time: **11am to 2pm**

Location: **Minnehaha Park - 4801 S Minnehaha Dr., Minneapolis, MN 55417**

Dear Friends,
We're excited to share that our team, [SEWA-AIFW],



will be participating in the **2025 NAMIWalks** event—an inspiring community walk that raises awareness for mental health and celebrates the power of coming together for a cause that touches so many lives. We warmly invite you to **join our team** and walk alongside us! Whether you’ve participated before or this is your first time, NAMIWalks is a welcoming, energizing event that brings people together in support of mental health for all. By walking with us, you’ll be part of a national movement to promote mental health awareness, reduce stigma, and build a stronger, more compassionate community. As NAMI says, “*No one walks alone.*” And we’d love to have you with us.

Ready to walk with us? You can sign up by clicking the button below. It is free and will provide you all the details of the event.

Sign Up Here!



PAST EVENTS



SAPNA Mini Golf Meet Up

We had a fun day of mini golfing on Sunday, August 3rd at Big Stone Mini Golf for our monthly SAPNA meet up! Thank you to everyone who joined us as it was a relaxing day spending time with each other while exploring the course and the beautiful Big Stone sculpture gardens.

Interested in joining our next SAPNA Meet-Up? If so, please contact Shradha@SEWA-AIFW.org.

2025 Desi Pride Event

We successfully celebrated pride month together by hosting our Desi Pride event at Queermunity on Saturday, June 21st! Despite the brutal heat, we still

took to the streets in joyful solidarity with honks of support cheering us on. We also had an incredible workshop by Bhavana Goparaju titled 'A Body of Many Lands: Queer Histories & Politics of Belonging' and short film screening of the short film, 'Paramita' by Kirthi Nath.

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



HUM Meet Up

We hosted a successful HUM meet up on June 18th at The Oaks in Edina! This was an exciting meet up as we celebrated Father's Day for our HUM dads! We also had Nick Donahue, an Edina community police officer who shared some education and answered some questions on scams that target seniors through emails and phone calls. 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.

Senior Social at French Park

Our seniors and staff had a relaxing day at French Park on Monday, June 9th for our weekly senior social gathering. We had a great time doing some light outdoor exercises, singing and enjoying great food from Hyderabad Grill! Our senior social program takes place twice a week, with an in-person session every Monday, and a virtual session every Thursday.

Interested in joining our senior social? Reach out to Rohini@sewa-aifw.org for more information.



SEWA-AIFW 2025 Annual Health & Resources Fair

We successfully hosted our SEWA-AIFW 2025 Annual Health & Resources Fair on Saturday, May 17th at the SEWA office! This event was a huge success thanks to our community partners and leaders, our generous sponsors and most of all, our medical providers, staff, and volunteers!

New Additions to the SEWA Team!



Allison Precht

**Community Support
Director**

Allison@sewa-aifw.org



Sayali Amarapurkar

**Community Connections,
Education and Research
Director**

Sayali@sewa-aifw.org



Chhimi D. Wangchuk

**Employment & Career
Support Coordinator**

Chhimi@sewa-aifw.org

Addo A. Joachim

**Marketing, Events &
Outreach Coordinator**

Addo@sewa-aifw.org

A Monthly Look at Mental Health Matters

Mental health plays a crucial role in our overall well-being, yet many families feel uncertain about where to turn when challenges arise. Whether you're helping a child manage academic pressures, supporting a teen through anxiety, or seeking guidance for yourself, knowing what types of care are available can be empowering.

SEWA-AIFW is here to help. We provide information, guidance, and resources on a wide range of mental health supports—so you don't have to navigate this journey alone.

Below is a guide to the various levels of mental health support you might encounter:

1. Preventative Care

The best time to address mental health is before a crisis occurs. Preventative programs—often found in schools and workplaces—teach coping strategies, offer mental health education, and provide screenings to catch concerns early.

2. Community & Outpatient Services

These services include therapy (individual, group, or family) and medication management. They're designed to fit into everyday life and are typically offered in clinics or private practices.

3. Crisis Intervention

When someone is in immediate emotional distress—such as experiencing a panic attack or suicidal thoughts—crisis hotlines, mobile response teams, and stabilization centers offer urgent, short-term care, sort of like an ER for mental health.

4. Foster Care

Children dealing with trauma or instability may benefit from foster care, including therapeutic foster homes that provide structured emotional support and healing environments.

5. Residential Treatment

For individuals needing round-the-clock care, residential treatment centers offer a safe, structured setting with therapy, medication support, and life skills development.

6. In-Patient Hospitalization

In cases of severe mental health crises—such as psychosis or suicidal behavior—hospitalization provides intensive care until the person is stable enough to transition to a less restrictive setting.

Community Announcements



Understand the journey of people with mental illness in recovery. In Our Own Voice (IOOV) is a unique public education program in which two trained speakers share compelling personal stories about living with a mental illness and achieving recovery, demonstrating

A photograph of four young adults of Asian descent, two men and two women, smiling and standing outdoors in front of a brick building.

Calling Asian and Asian American College Students

Contribute to important research on ethnic-racial discrimination and mental health!

Who Can Join:	See if you qualify!
<ul style="list-style-type: none">• Identity: Asian/Asian American descent (East Asian, South Asian, Southeast Asian)• Currently living in the U.S. and should have lived in the US for at least 10 consecutive years• Age: 18-24 years old• Education: Currently enrolled as an undergraduate student• Tech: Own an Apple or Android smartphone• Compensation: up to \$45	<p>Learn more about the study!</p>

ODU IRB This study has been approved by ODU IRB protocol #2199270

For more details, contact us at stress.strength.study@gmail.com

This project hopes to better understand the mental health experiences of Asian and Asian American college

that there is hope for recovery for people with mental illnesses. The presentation includes personal stories and video clips, as well as offering an opportunity to ask questions. The IOOV program has touched many lives and is effective in reducing the stigma surrounding mental illnesses. This 60 to 90-minute class is for any groups interested in learning more about mental illnesses and recovery.

Date: Monday, August 18, 2025
Time: 11:30 AM-1:00 PM

**Zoom Registration
Link**

(specifically, East Asian, South Asian, and Southeast Asian) students living in the U.S. Specifically, the study aims to better understand how ethno-racial discrimination affects mental health among Asian and Asian American college students. This research study is conducted entirely online and is completely anonymous. College students can receive up to \$45 as compensation for their time.

More Information

For any questions about this newsletter or to submit community events to be included in the next newsletter, please contact Addo@sewa-aifw.org.



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