



SEWA-AIFW

Enhancing Family
Wellness for South
Asians in Minnesota

A capital campaign for the **Brooklyn Center Office Building**



Enhancing Wellness Opportunities for South Asians in MN

SEWA-AIFW's Office Expansion Will Benefit Many

Formed in 2004, SEWA-AIFW is a non-governmental, nonprofit 501c3 organization committed to bringing total family wellness to the South Asian Indian community.

We believe that in order to build a violence-free society, we must engage all members of our community to take responsibility in condemning domestic violence.

We provide women with information about their options and rights. SEWA-AIFW advocates and staff never tell a woman what to do; rather, we give women information about possible courses of action and help her become empowered to make her own decisions.

SEWA-AIFW volunteers are available 24 hours a day to answer your calls on our crisis hotline.

We offer confidential services, which include free or low cost legal support, women's emotional support groups, access to battered women's shelter and medical care.

Our Guiding Principles:

SEWA-AIFW originated from a desire to meet the unrecognized and unmet needs of the Asian-Indian diaspora and South Asian Immigrant & Refugee community in Minnesota.

SEWA means, "to serve" in Hindi, and was created to serve and promote "Total Family Wellness" For South Asians in Minnesota through culturally specific programs. SEWA began as a small group of volunteers and since its creation in 2004 has become registered as an official Minnesota Non-Profit Corporation, 501c3 established a Board of Trustees, gained a dedicated and growing group of culturally trained volunteers and has established programs designed to meet the needs of our communities in Minnesota. SEWA-AIFW is continuously involved in research, trainings and collaborations with other organizations to improve its programs and better serve the South Asian community in Minnesota.

www.sewa-aifw.org



Women's Programs

- Victim services
- Chai n' Chat
- Domestic Abuse & Violence Awareness Initiative (DAVAI)
- Desi Online Reading (DOR)
- South Asian Voices Podcast
- Shakti Support Group



LGBTQ+ Services

- South Asian Queer League (SAQL+)
- Satrangi Meet up
- Healing Sessions
- Workshops
- Discussion Panels
- Art, Music and Cultural Events





Seniors Programs

- Seniors Social
- Live Well at Home
- Culturally Specific Meals and groceries
- Transportation





Men's Circle

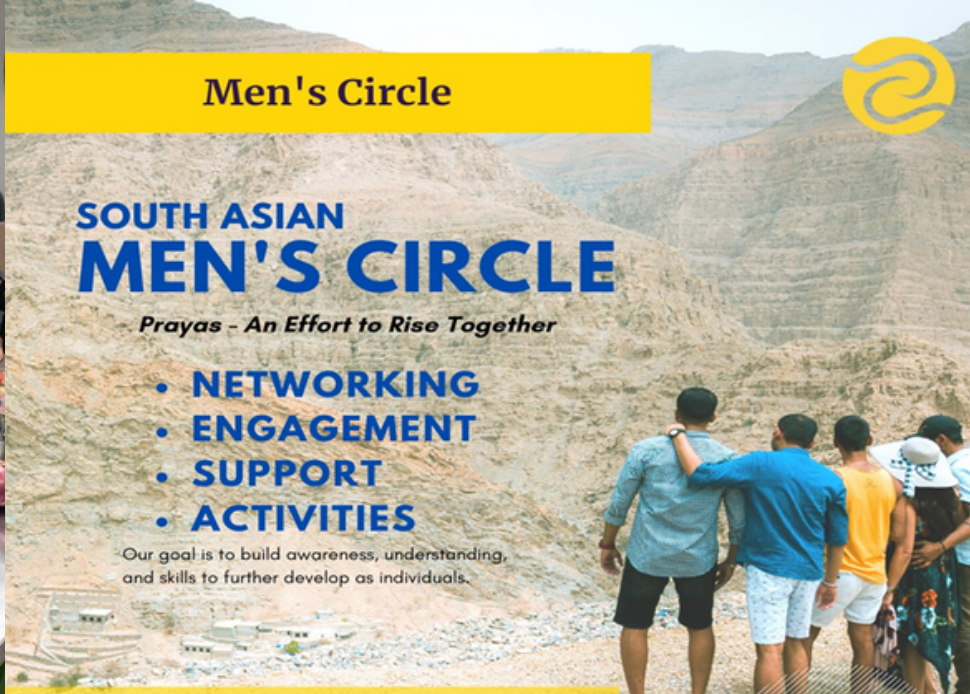


SOUTH ASIAN MEN'S CIRCLE

Prayas - An Effort to Rise Together

- NETWORKING
- ENGAGEMENT
- SUPPORT
- ACTIVITIES

Our goal is to build awareness, understanding, and skills to further develop as individuals.



In Person Clinics

- Monthly Health Webinars
- Flu Shot Clinics
- Blood Glucose Testing
- Cholesterol Testing
- Diabetes Screening



SEWA-AIFW at a Glance

We serve approximately
23,000
immigrants,
refugees & people
of color in 2021

97% South Asian
.5% African
.5% African American
1%Caucasian
1% Other

**99% of
clients**
are below poverty
guidelines

The majority of
South Asian
immigrants and
refugees in MN
are residents of
Hennepin County

We serve
approximately
3,500 victims of
domestic &
sexual violence
each year

Mission: To Enhance "Total Family Wellness" for
the South Asian community in Minnesota



Our Vision

Envisioning a South Asian community that is healthy and violence-free, with self-determined women and engaged and supported elders and families.

History

Formed in 2004 by Raj Chaudhary, SEWA-AIFW is a non-governmental, nonprofit 501c3 organization committed to bringing total family wellness to the South Asian Indian community.

Governance

SEWA-AIFW is governed by an 6-member board of directors. Historically, the majority of board members have been first and second-generation South Asian immigrants.

Staff and Volunteers

SEWA-AIFW employs 18 diverse staff members and works with approximately 200 volunteers

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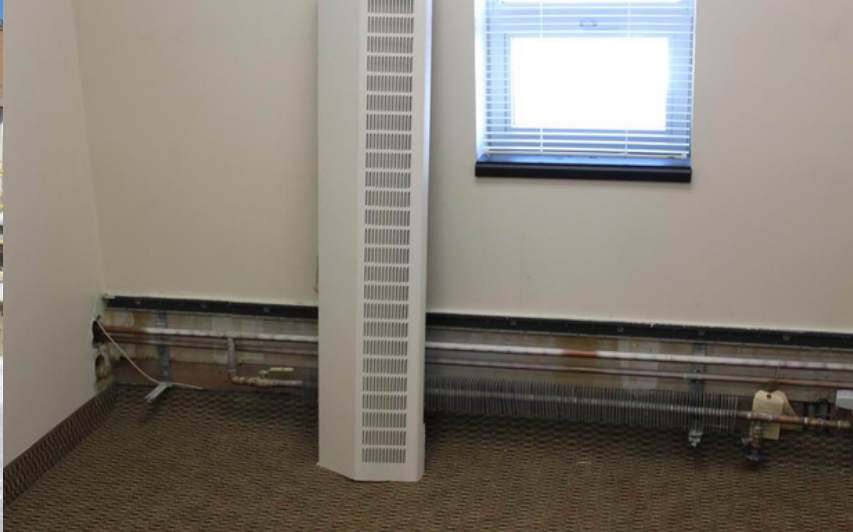
mn DEPARTMENT
OF HEALTH

Blue Cross and Blue Shield of Minnesota
FOUNDATION

SEWA-AIFW New Office Building



**6645 James Avenue N
Brooklyn Center, MN 55430**





The Brooklyn Center location was selected as the home of SEWA-AIFW's new office building for several compelling reasons, including:

Over the past 2 decades, immigrants and refugee populations have more than doubled in the Twin Cities area. In fact, 12% of Twin Cities residents have immigrated from another country compared to only 8% in Minnesota as a whole. Over 89% of Indian immigrants in Minnesota live in the Twin Cities 7-country region of the state. There are over 368,000 immigrants living in the Twin Cities area, which is over 78% of Minnesota's total statewide immigrant population (MN Compass).

SEWA-AIFW has assisted with over 5,152 cases of domestic violence over the years. There are no other domestic violence programs or support centers in Brooklyn Center to support these cases. Therefore, SEWA-AIFW will play remarkable role in preventing and reducing domestic violence in the area through our culturally-specific programs and awareness efforts for domestic violence in order to build a violence-free community.

There are limited human services and economic development infrastructures located in Brooklyn Center and few in Brooklyn Park that are dedicated to serving immigrant and refugee populations. Therefore, SEWA-AIFW is going to play an increasingly vital role in responding to regional necessities and closing the gaps in services.

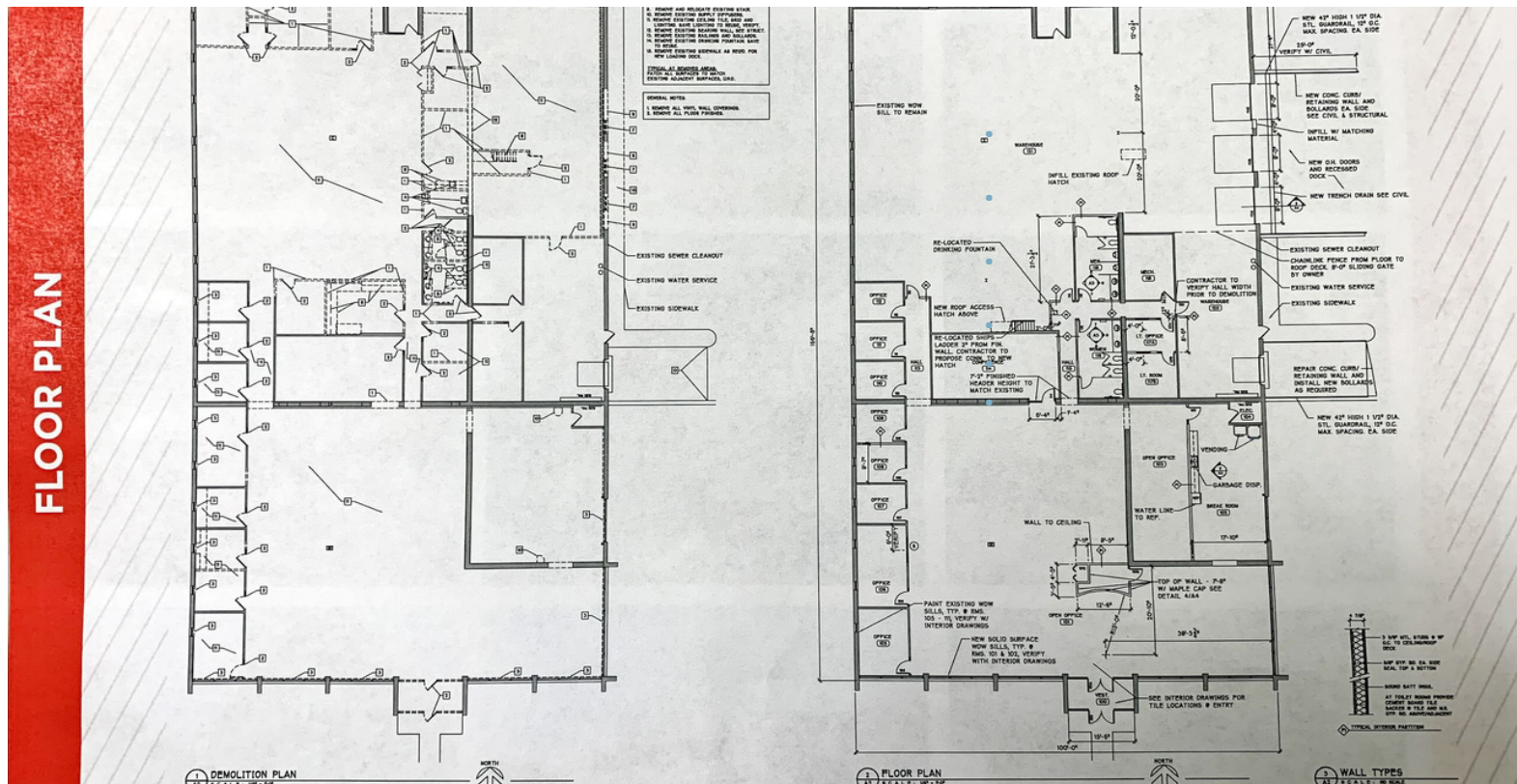
SEWA-AIFW is located less than 8.5 miles from North Minneapolis and almost 5.2 miles from the Bottineau LRT. SEWA serves a large amount of North Minneapolis & Brooklyn Center immigrant and refugee populations. One of the significant local resources is the bus line, and with the development of the Bottineau LRT, it will be comparatively easy to access the new SEWA-AIFW office from the North Minneapolis area.



SEWA-AIFW is launching a \$1.5 million capital campaign to expand our office and enhance family wellness opportunities for South Asian families living in Minnesota.

Key features of the new office building include:

- 8,431 SF Office
- 8,430 SF Warehouse
- Dock loading
- 45 dedicated parking spots
- Permitted exterior storage (approx. 3,000 SF)



Campaign Budget

Purchase	Cost
Building Purchase	\$1,450,000
Renovation & Build Out	\$2,632,419
Equipment & Furnishings	\$174,025
Capital Campaign	\$50,000
Total (renovations, build out, capital campaign, equipment, furnishings)	\$2,856,444.00

SEWA-AIFW Board of Directors & Outcomes

Sushila Shah, Interim Board Chair & Treasurer

Retired Hamline University Librarian
Women's Advocate Volunteer
Owner of CPA Firm

Ashley Alaveres, Secretary

Analyst Team Lead IT Specialist,
Metronic

Dr. Ramesh Chandan, Board Member

Retired Food & Nutrition Researcher,
General Mills
DESI Food Plate Curator

Shakuntala Maheshwari, Board Member

Cultural Art Teacher, Compass
Longtime SEWA-AIFW Volunteer

Dr. Ansar Ahmed, Board Member

Neurologist, Founder & Chair of Medical
Committee, Anjumen-e-Asghari

Shekhar Alluri, Board Member

Target Lead Software Developer
Longtime SEWA-AIFW Volunteer
Management Consultant

SHORT-TERM OUTCOMES

- Community Outreach
- Referrals (employers, employment training, human services, health care, immigration, legal, language)
- 24-7 Crisis line
- Distribution of charitable goods
- Social gatherings and storytelling
- Health education
- Grant management for youth
- Internships + connecting young adults to mentors and employers
- Mental health workshops
- Tabling at community events
- Research
- Increase awareness of family violence in the SAI community
- Decrease stigma related to seeking help
- Increase access to culturally appropriate family violence services
- Increase in individuals' feeling of security and safety related to domestic violence situations
- Increase social connectedness among seniors and among people experiencing family violence
- Increase capacity of Sewa and other organizations to serve the community
- Increase awareness of South Asian community needs and assets among policymakers and human services providers

LONG-TERM OUTCOMES

- Decrease in family violence
- Increase social and emotional well-being to prevent future mental health problems and isolation
- Improve physical and mental health outcomes, particularly for seniors
- Dispel the 'model minority' myth
- Reduce health disparities