



SAATHI of Rochester has volunteers dedicated to empowering women from South Asia, who are victims of domestic violence and/or sexual assault. Our compassionate, confidential, and free services enable women to choose from appropriate options.

GOALS

- Victim Intervention
- Link victims with service providers
- Building collaboration with local programs
- Increasing Community education and awareness

FOR MORE INFORMATION CALL
(585) 234-1050
saathi_rochester@yahoo.com
www.saathiofrochester.org

PO BOX 92, EAST ROCHESTER, NEW YORK 14445

a person who survives in spite of
adversity and is characterized by a
determination to overcome the effects of
such a trauma

Survivor

*a person who continues to function or
prosper in spite of opposition,
hardship, or setbacks.*

3rd Anniversary Celebration
Saathi of Rochester, Inc.
Feb. 3rd 2007

Congratulations and Best
Wishes

For all their efforts to
SAATHI of Rochester

on the
3rd Anniversary

Susan and Tim Mathew

Best Wishes



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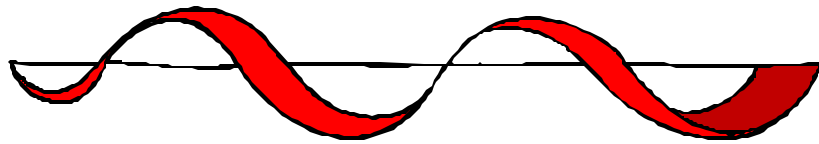
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www.GeethaVijay.com

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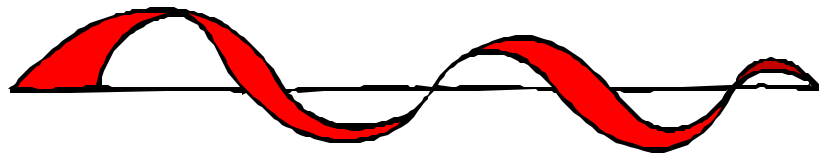


Best Wishes to SAATHI

On their

3rd Anniversary

Bipin and Kalpana Shah



Compliments to SAATHI

On
3rd Anniversary

Bhagwanti and Raj
Kachoria

Best Wishes to
SAATHI of Rochester

On the
3rd Anniversary

Anil and Param Sawhney

“

It does not matter how slowly you go so long as you do not stop .

”

Confucius

Dear Family,

A very warm welcome to all of you present here to celebrate the 3rd anniversary of SAATHI of Rochester, Inc. I chose to address you as family as you have come here to support the cause of SAATHI that is very dear to my heart. Our South-Asian culture emphasizes women to be tolerant and to suffer in silence as abuse and assault is considered a personal family secret that should not leak out and bring shame to the family. Endurance and tolerance of abuse is advised over and over again. SAATHI has 24x7 phone line, email and website to have victims learn about DV and connect with SAATHI advocates who have patience to hear and a trained mind to help the DV/SA victims. SAATHI is also a member of DVC (Domestic Violence Consortium) and is thus able to connect with various resources in the community as needed by the clients. SAATHI board members and friends continue to take further training in DV and SA. To increase the community awareness, SAATHI holds educational seminars in spring and in fall. A SAATHI board member has completed the training to be an immigration advocate and SAATHI has applied for accreditation by BIA (Board of Immigration Appeals). All immigration forms are completed by SAATHI advocate and fees are paid by SAATHI on behalf of victims. All your tax-deductible donations to SAATHI go towards helping DV/SA victims and a small amount for community education. SAATHI is a 501 (3) C organization, has no paid staff or office. All SAATHI board members and friends volunteer their time and monetary support for the clients. SAATHI appreciates your generous support and sincerely thanks each and every one of you here tonite and others who supported but could not attend.

All the best till we see you next year,
Sincerely

Shashi Sharma M.D.
President SAATHI Of Rochester, Inc.



“

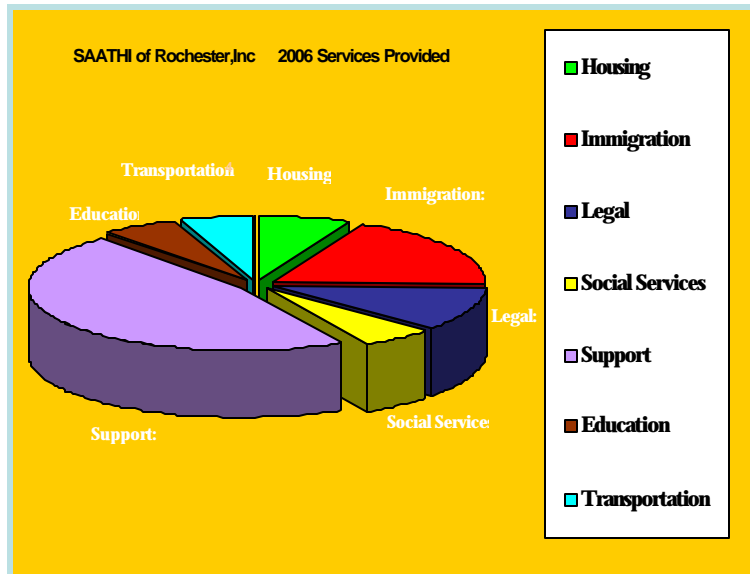
Look not mournfully into the past,
it comes not back again.

Wisely improve the present, it is thine.

Go forth to meet the shadowy future without fear

”

Henry Wadsworth Longfellow



In 2006, SAATHI served **44** clients. While in about half of the cases, the help given was only of supportive nature (emotional support, accompanying the client to court, doctor's offices etc.), in other cases, the clients needed help with housing, legal problems, travel, immigration issues and medical conditions.

Back on My Feet Again

Gonna learn to fly again
Gonna break these chains around me
 May be hard, but I'll do it
 When I'm back on my feet again

Soon these tears will all be dry
 Soon these eyes will see the sun
 Might take time, but I'll see it
 When I'm back on my feet again

When I'm back on my feet again
 I'll walk proud down the street again
 And they will all look at me again
 They'll see that I'm strong

Gonna hear the children laugh
 Gonna hear the voices sing
 Won't be long till I hear them
 When I'm back on my feet again

Gonna feel the sweet light of heaven
 Shining down it's light on me
 One sweet day I will feel it
 When I'm back on my feet again

And I'm not going to crawl again
 I will learn to stand tall again
 I'm not going to fall again
 Cause I've learned to be strong

Soon these tears will all be dry
 Soon these eyes will see the sun
 Won't be long till I see it
 When I'm back on my feet again.
 I will be back on my feet again!

Michael Bolton

Compliments to SAATHI
 on the
 3rd anniversary

Shala & Asim Farid

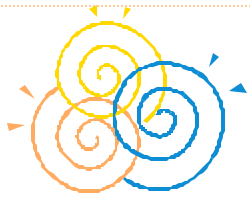
Asim Farid MD, FRCS (Edinburgh)
 Colon-Rectal Surgery

125 Latti more Rd. Suite 270
 Rochester NY 14620
 585-244-5670

121 Erie Canal Park Dr. Suite B
 Rochester, NY 14626
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“The freedom of the
 seed resides in its
 fulfillment of its nature
 and its destiny, which is
 to become a tree; the
 failure to achieve this
 becomes for the seed a
 prison .”

**Rabindranath
 Tagore**



Best Wishes to SAATHI
of Rochester

On the
3rd Anniversary

Manjula and Jagat Mehta

Congratulations SAATHI!

On your
3rd Anniversary

Rekha Shrivastava,
M.S.,CRC
Psychotherapist

Marital and Family therapy
Treatment of Depression, Anxiety and
Panic Disorder

Blossom Medical Center
780 Blossom Road
Rochester, N.Y. 14610
585-281-2988

As a Survivor

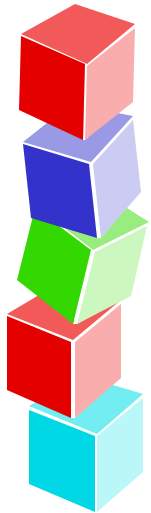
I am a *Survivor* and have rebuilt my life and can attest to the fact that there is a better life to look forward to. I address this to all those of you who have helped me or other survivors like me.

If you are in any capacity to help a victim of domestic violence, whether you be an attorney, a Judge, a doctor, a counselor, a teacher, a parent, a sister, a brother, an aunt, an uncle, a cousin, or simply a friend -- please help the victim by taking her by the hand and assisting her as she strives to seek safety.

If you are in a position of a Judge, then you have the capability of assuring that name-calling, false accusations, threats and threatening stances and looks are not allowed in the courtroom. You have the extreme authority to ensure that the victim of domestic violence is not reduced to a puddle of tears once she leaves your courtroom.

To the attorneys, I ask that you try to remember the effect of your words spoken in court, on all around you. It is not simply about trying to get the upper hand in a trial, or a court hearing. It is about a victim who has been battered on some level, and who is seeking safety from the abuse. It is about a life that is crying out for help and aid in finding peace once again. It is about a person who longs to stop being abused.

The greatest respect that I have for an attorney that I know is one whom I have seen state only the facts. I have witnessed both sides of this spectrum. I have witnessed my abusers attorney stand off to the side and point fingers at me, cursing and 'glaring' at me, with my advocate at my side. However, I have also witnessed an attorney, who stuck to the facts and didn't play the game that I have seen so often in court between attorneys. She stated only the facts and each time an accusation was made that was false, she was quick to point out the facts, nothing more.



Thank You SAATHI

Best Wishes

Kamal and Tarun Kothari
Jaimala and Krishan Thanik
Uma and Prasad Penmetsa

To the doctor, I would like to ask that you be aware of any sign, regardless of how subtle it may be, in a woman that may be enduring domestic violence. I was able to hide it for so many years and no one picked up on it. Several times I went to the doctor for pelvic and lower abdominal intense pain with no explanation. When asked about it, I didn't give an answer. I simply couldn't tell about what was happening at home.

As a doctor, I plead with you, that if you are even remotely suspicious that a woman/man/child is being abused, please don't hesitate whatsoever to seek and assure that your suspicion is not true before sending them on their way back home. It is better that you investigate a suspicion and be wrong, than to ignore it and find it all too late, that you were right.

To counselors, I would ask on behalf of all victims, that you not only support them in your office, but outside of your office, as well. The most traumatic words I have ever heard from a therapist were these words: "I am here to validate your feelings in this office, but beyond this I'm sorry to say I cannot offer any support." The words that I heard that day have played through my head again and again.

The victim needs to know that not only will you be there for them, after they were in your office and trusting you more than they have ever trusted a single soul, but that you will also support them when they must face their abuser and all accusations in court. This can be done in so many ways, such as writing a letter or making a phone call.

To friends and family, I would ask that if you have any suspicion at all, it is indeed better to report it, than to take the chance of brushing it aside and then witness the worst of your fears coming true. Your loved one may be upset at your reporting your suspicion; however, they can be alive and upset. Eventually, I believe, they will be able to acknowledge that you did the right thing. I wish someone had reported what they saw happening to me...I truly do.

When you are speaking with a victim of domestic violence, please allow them the time and the freedom to find their voice. They may be very quiet at first; however, once they realize they can trust you, they will open up and begin to share. They may begin by repeatedly apologizing to those they are speaking with. They may become suddenly quiet or timid, as they wonder whether or not they have angered or upset you while they voiced their feelings and thoughts. They may become paralyzed in fear that you will turn away and no longer befriend or support them. They may fear the loss of your compassion and understanding to the point of appearing paranoid or worrying too much. When you speak with a victim of domestic violence, whether it be in a support group, an online chat room, or privately over coffee and lunch -- please allow them the freedom to learn to speak. Allow them the freedom to test the verbal waters.

Most men are not violent. In fact, men can play an important part in helping to stop relationship abuse. Violence against women isn't just a women's issue—it's a men's issue as well. Your male friends can do more than just commit to never using violence against their partners. They can speak up and make it clear that they will not tolerate abusive behavior in others. Ask your male friends not to look the other way if their friend is abusing his partner. Tell them not to take a joke about domestic violence lightly, and let them know that violence against women is no laughing matter. Men speaking out against abuse can have a big impact.



Congratulations to SAATHI of
Rochester

On 3rd Anniversary

From Neelam and Vinod Bajaj
India Palace Restaurant
1900 S. Clinton Ave. Rochester, NY 14620

Anonymous