

Campaign Update Summary:

The BEAM Education Foundation is dedicated to fostering social change in Myanmar and Thailand by providing education and mental wellness support to migrant youth. By empowering students to promote resiliency, healing, and development within their communities, BEAM aims to create a lasting impact. The project is "Myanmar Migrant Youth: Education and Mental Health (62933)", and the funds collected from this project will ensure the continuation of BEAM's vital programs, supporting teachers, social workers, administrative staff, volunteers, and most importantly, the students. Throughout the fundraising campaign over the past 26 months, we have raised USD 9,395.64 of the targeted USD 300,000. Despite funding difficulties, we remain dedicated to providing our services to communities in need, given the high demand. Your generous donation can significantly impact these individuals' lives, helping sustain and expand BEAM's efforts to transform communities through education and mental health initiatives.



Progress Report on Activities Conducted by RISE Center and BEAM Education Foundation for promoting resiliency, healing, and development in their local communities (April 2026 – July 2026)

Group Psychological Support Session – "Mastering Anger"

On 7 May 2026 (Thursday), the RISE Center, Mental Health Program organized a group psychological support session from 9:30 AM to 12:30 PM at the RISE Center, Tumbon Mae Tao, Mae Sot, under the theme "Mastering Anger."

The session created space for participants to look honestly at anger, not as an enemy to be pushed down, but as a signal worth listening to. Attendees shared personal experiences of frustration, irritation, and rage in a warm, non-judgmental environment, practicing empathetic listening as they traded perspectives with one another.

Facilitators guided the group through practical strategies for recognizing anger as it rises, understanding what sits beneath it, and choosing responses that protect both the self and the relationships around it. The session was led by trainers who had completed RISE Center's Internship, ToT, and Foundation Course in Counseling.

Reporting on Activity Photos:



Youth Conference 2026 – "Harmony in Diversity" (Bees' Club, Supported by BEAM Education Foundation)

From 18 to 20 May 2026, RISE Center hosted the "Harmony in Diversity" Youth Conference 2026, organised by Mae Sot's Bees' Club (a youth empowerment initiative) and supported by BEAM Education Foundation, running daily from 9:00 AM to 5:00 PM at the RISE Center under the banner "Building Foundation for the Future."

The three-day conference brought together young people from diverse backgrounds to share ideas, exchange experiences, and think collectively about what a more inclusive future along the Thailand–Myanmar border could look like. Sessions blended structured discussion with participatory activities, giving attendees the chance to practice collaboration and cross-community understanding in real time.

By opening its space to a youth-led programme like this one, RISE Center reinforced its role as a community hub — a place where the next generation can meet, be heard, and start shaping the organisations, projects, and networks that will carry their communities forward.

Reporting on Activity Photos:

[Please attach event photos from the RISE Center Facebook post]



Group Psychological Support Session – "Behind the Screen: Loneliness and Mental Health"

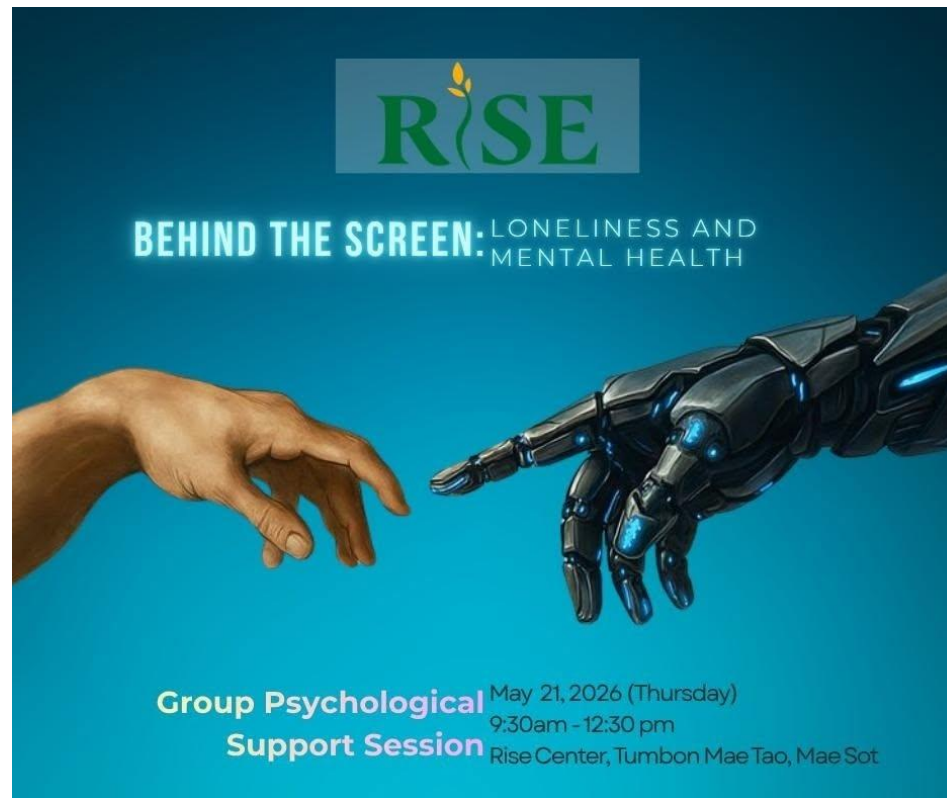
On 21 May 2026 (Thursday), the RISE Center – Mental Health Program organized a group psychological support session from 9:30 AM to 12:30 PM at the RISE Center, Tumbon Mae Tao, Mae Sot, under the theme "Behind the Screen: Loneliness and Mental Health."

The session invited participants to reflect on a quieter cost of the digital age: the loneliness that often sits just behind the screen even when we appear constantly connected. Attendees explored how heavy phone and social media use can deepen isolation, disrupt sleep and mood, and pull attention away from the relationships and moments that actually nourish mental wellbeing.

Through open sharing and facilitated group discussion, participants named their own experiences of digital-age loneliness and worked together on gentle, practical ways to reconnect — with themselves, with people around them, and with the offline world. The session was facilitated by trainers from RISE Center's Internship, ToT, and Foundation Course in Counselling programmes.

Reporting on Activity Photos:

[Please attach event photos from the RISE Center Facebook post]



Group Psychological Support Session – "Together We Recharge"

On 4 June 2026 (Thursday), the RISE Center – Mental Health Program held a group psychological support session titled "Together We Recharge" from 9:30 AM to 12:30 PM at the RISE Center, Tumbon Mae Tao, Mae Sot.

The session was designed as a collective pause, a space where participants who had been carrying heavy loads at work, at home, or in the community could set them down for a few hours and gather strength alongside others doing the same. Attendees shared what had been draining them, listened to one another with empathy, and reflected together on what genuinely restores energy in daily life.

Rather than framing rest as a solo project, the session leaned into the idea that recovery is often more sustainable when it is shared. Participants left with small, concrete practices they could return to during the week, and with a reminder that they were not carrying their weight alone. Facilitators from RISE Center's Internship, ToT, and Foundation Course in Counseling led the session.

Reporting on Activity Photos:



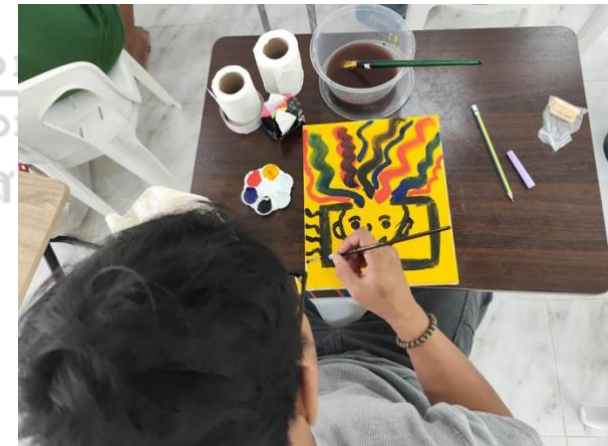
Stress Relief Art Workshop – RISE Center Staff, Alumni & Guest Artist

On 11 June 2026, the RISE Center hosted a Stress Relief Art Workshop bringing together RISE staff, program alumni, and an invited Guest Artist for a relaxed, playful afternoon of painting and shared creativity at the RISE Center in Mae Tao, Mae Sot.

Participants spent the session translating their stress, moods, and hopes onto canvas using color and brushwork to ease pressure that words don't always reach. Working side by side, staff and alumni traded techniques, encouraged one another, and rediscovered how much lightness and joy can come from making something with your hands in good company.

The workshop reflected an important part of RISE Center's culture: caring for the caregivers. In a setting where staff and alumni support others through difficult experiences week after week, protected time for creative self-care isn't a luxury; it's part of what allows the work to continue with warmth and sustainability.

Reporting on Activity Photos:



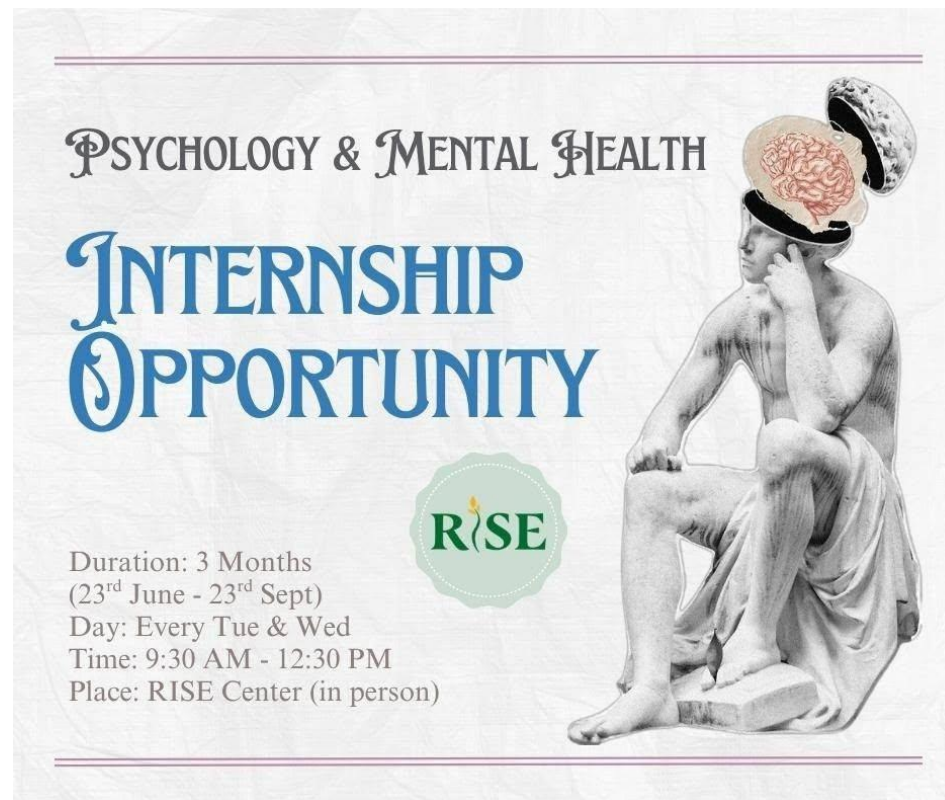
Psychology & Mental Health Internship Program – Batch 3 Recruitment

Through late May and mid-June 2026, the RISE Center ran a full recruitment cycle for Batch 3 of its Psychology & Mental Health Internship Program, closing applications on 15 June. The program runs for three months (23 June – 23 September 2026), every Tuesday and Wednesday from 9:30 AM to 12:30 PM, in person at the RISE Center.

Batch 3 targets Burmese and Thai speakers with a genuine interest in psychology and mental health, providing them with foundational grounding in counseling principles, supervised hands-on placement within RISE Center services, and mentorship from experienced facilitators. The program has already produced many of the facilitators who now lead the weekly group support sessions featured throughout this report.

By continuing to invest in local trainees rather than relying on outside expertise alone, RISE Center is deliberately building a self-sustaining, trauma-informed workforce rooted in the communities it serves along the Thailand–Myanmar border.

Reporting on Activity Photos:



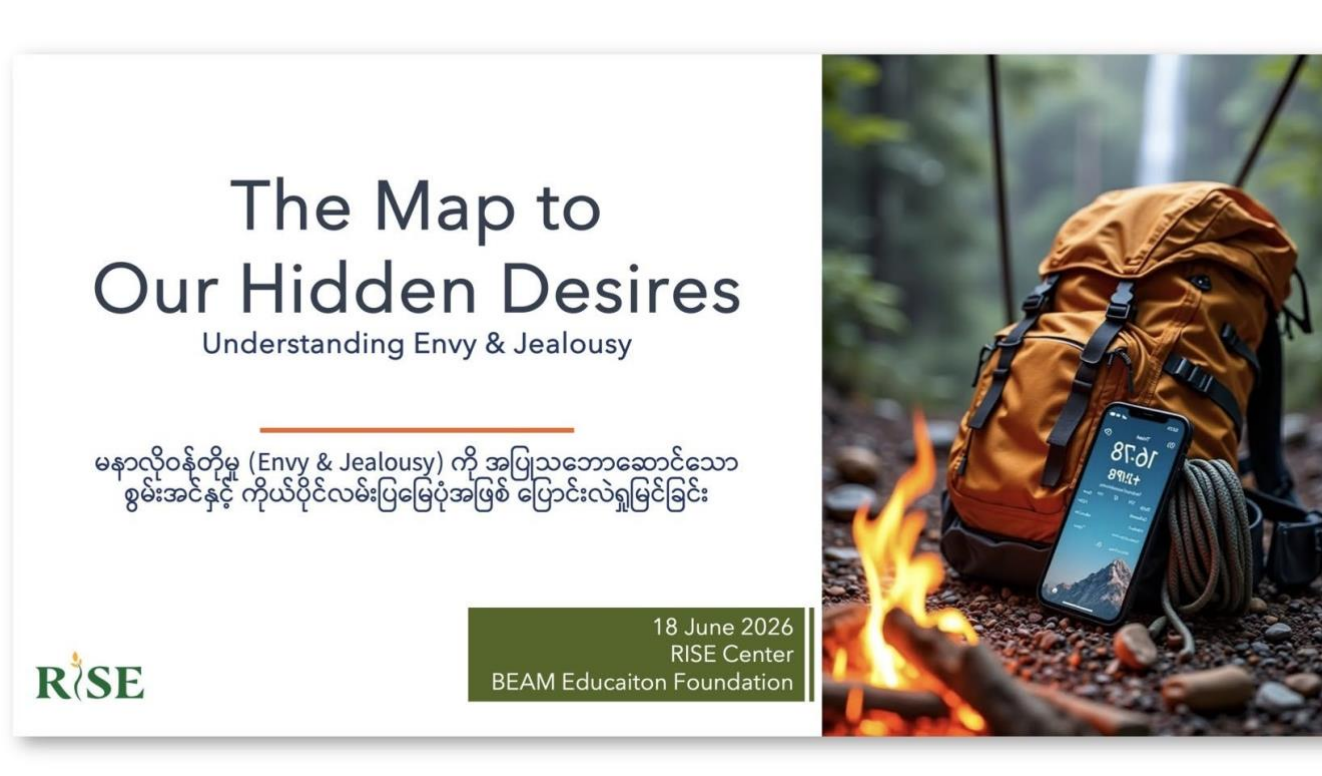
Group Psychological Support Session – "The Map to Our Hidden Desires: Understanding Envy & Jealousy"

On 18 June 2026 (Thursday), the RISE Center – Mental Health Program, in collaboration with BEAM Education Foundation, held a group psychological support session titled "The Map to Our Hidden Desires: Understanding Envy & Jealousy" at the RISE Center, Tumbon Mae Tao, Mae Sot.

The session invited participants to look at envy and jealousy not as shameful feelings to be pushed away, but as honest signals about what we value and long for. Through guided discussion, participants explored how these emotions can be re-read as a personal compass — pointing toward unmet needs, undeveloped potential, or directions worth taking seriously in their own lives.

Following the format of RISE Center's support-session model, participants shared feelings openly, listened to one another with empathy and without judgment, and worked together to reframe difficult emotions into positive energy and self-guidance. The session was facilitated by trainers who had completed RISE Center's Internship, Training of Trainers (ToT), and Foundation Course in Counselling.

Reporting on Activity Photos:



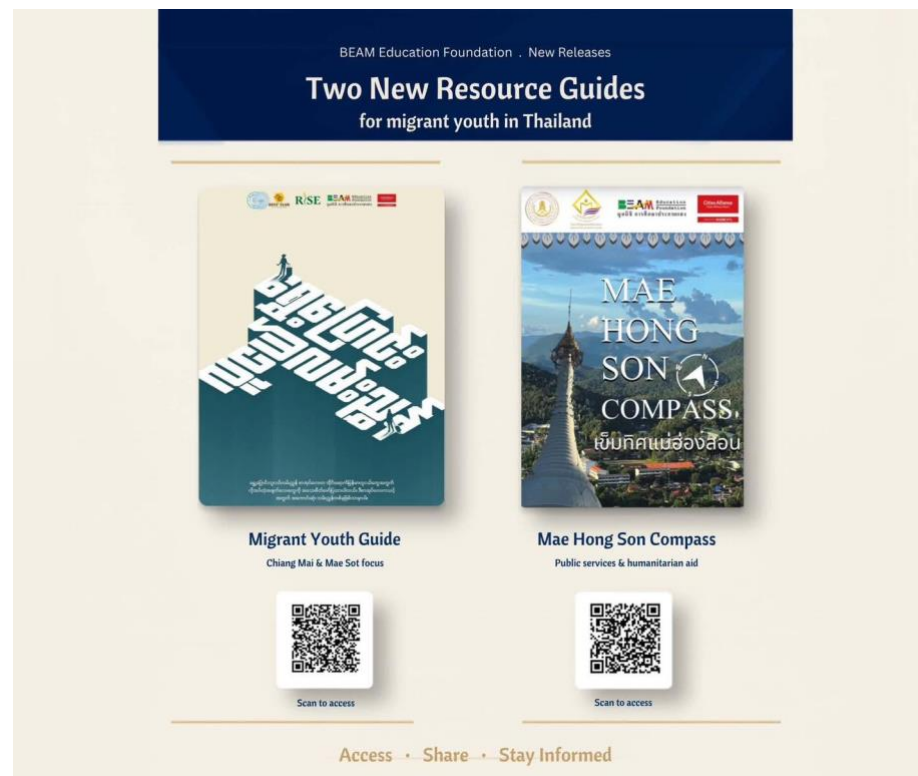
Publication Release – Two New Resource Guides for Migrant Youth in Thailand

On 20 June 2026, RISE Center and BEAM Education Foundation announced the release of two new resource guides developed for migrant youth living in Thailand: the Migrant Youth Guide (focused on Chiang Mai and Mae Sot) and the Mae Hong Son Compass (focused on public services and humanitarian aid in the Mae Hong Son region).

The Migrant Youth Guide brings together practical information that young migrants routinely need but have to hunt down piece by piece — organisations offering support in mental health, livelihoods, healthcare and education; scholarship opportunities; immigration matters including pink card, work permit, CI and passport processes; and everyday essentials such as opening a bank account, applying for a driving licence, and emergency and labour-related contact numbers in Thailand.

The Mae Hong Son Compass extends the same idea to the Mae Hong Son area, mapping local offices, schools and educational resources, health services, and other humanitarian aid channels. Both guides were released free of charge, available for download via QR code, and framed with the invitation: "Access. Share. Stay Informed." The publications reflect BEAM and RISE Center's shared belief that reliable, plainly-written information is itself a form of care.

Reporting on Activity Photos:



Pride Month Awareness Workshop & Group Support Session – "A World Where Everyone Belongs: Building a Community of Respect and Inclusion"

On 26 June 2026 (Friday), the RISE Center – Mental Health Program marked Pride Month with a special Awareness Workshop and Group Support Session titled "A World Where Everyone Belongs: Building a Community of Respect and Inclusion", held from 9:30 AM to 12:30 PM at the RISE Center, Tumbon Mae Tao, Mae Sot.

The workshop centred the values of human rights, equality, non-discrimination, and inclusion, opening a space where participants could share diverse experiences and perspectives freely. Through interactive activities and small-group discussion, attendees explored what it means to build a community grounded in respect, understanding, and empathy for people of every identity and background.

Participants engaged in bonding activities, reflected together on love and compassion as the ground of connection, and looked honestly at how to strengthen a community that welcomes difference rather than divides over it. The session extended RISE Center's commitment to inclusive programming — affirming that mental wellbeing is inseparable from the freedom to be oneself and to belong.

Reporting on Activity Photos:



Motorcycle Repair Training – Registration Opens for August–September 2026 Cohort

On 15 July 2026, the RISE Center, in collaboration with BEAM Education Foundation, opened registration for the next Motorcycle Repair Training, scheduled from 8 August to 6 September 2026, 9:00 AM to 4:00 PM daily at Mae Sot Technical College. The course totals 75 training hours across 10 days and is limited to 20 participants to ensure quality practical instruction.

Building on the success of the March 2026 cohort, the training is designed for community members with a genuine interest in motorcycle repair and maintenance as a vocational skill. Participants gain hands-on experience in servicing and repair, applicable both for personal use and as a foundation for employment or small business opportunities in Mae Sot's active automotive repair sector.

Applications close on 28 July 2026, with selected candidates notified individually. This continued vocational programming reflects RISE Center's commitment to expanding livelihood pathways for the migrant community by responding to real, local market demand.

Reporting on Activity Photos:



BEAM Education Foundation
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- သင်တန်းကာလ - 8.8.2026 မှ 6.9. 2026 ရက်နေ့ထိ
- အချိန် - နံနက် 9 နာရီ မှ ညနေ 4 နာရီထိ
- နေရာ - Technical College Maesot)
- ကာလ: 10 ရက်(75နာရီ)
- (28/7/2026 နေ့အထိ စာရင်းပေးသွင်းနိုင်ပါသည်)

မှတ်ချက်

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လျှောက်ထားရန်အစီအစဉ်

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Group Psychological Support Session – "Small but Unshaken"

On 23 July 2026 (Thursday), the RISE Center – Mental Health Program organized a group psychological support session from 9:30 AM to 12:30 PM at the RISE Center, Tumbon Mae Tao, Mae Sot, under the theme "Small but Unshaken", drawing on Maya Angelou's reminder that "there is no greater agony than bearing an untold story inside you."

The session offered a warm, non-judgmental space for participants who have felt small, silenced, or weighed down by difficult experiences they have carried alone. Attendees were invited to share their feelings and perspectives openly, listen to one another with empathy, and together create a psychologically safe environment where untold stories could begin to be heard.

Through guided group discussion and peer support, participants explored how strength does not require being big or loud — that steadiness in the face of hardship is itself a quiet kind of resilience. The session was facilitated by trainers who had completed RISE Center's Internship, ToT, and Foundation Course in Counselling.

Reporting on Activity Photos:



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The activities summarized in this report reflect the continued dedication of the RISE Center and BEAM Education Foundation to promoting resiliency, healing, and development across migrant and displaced communities in Mae Sot and surrounding areas. Across the April – July 2026 period, RISE Center's work has spanned a steady rhythm of weekly group psychological support sessions on themes ranging from anger and loneliness to envy, quiet resilience, and collective rest; a three-day youth conference on harmony in diversity; a creative stress-relief workshop for staff and alumni; the launch of a new cohort of mental health interns; the release of two practical resource guides for migrant youth navigating life in Thailand; a Pride Month awareness workshop on belonging and inclusion; and continued vocational training that opens real income-generating pathways. Together, these efforts affirm RISE Center's ongoing commitment to ensuring that the most vulnerable members of the Thailand–Myanmar border community have meaningful access to healing, dignity, and opportunity.

