

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 15 months, we have raised USD 5,712.34 of the targeted USD 300,000. However, despite funding difficulties, we are dedicated to providing our services to the communities in need, as the demand is high. 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 (July 2025 – November 2025)

Psychological Support Session – “*In the Heart of Loss: A Journey to Healing*”

At the RISE Center, we organized a psychology support session facilitated by **Dr. Grace**, a Psychologist and EMDR Therapist. The session, titled “*In the Heart of Loss: A Journey to Healing*,” provided a dedicated space for participants to explore grief, loss, and emotional healing. Participants were invited to share their feelings and personal reflections with one another, practicing active, compassionate listening without criticism or judgment. Together, they created a warm and emotionally safe environment where difficult emotions could be expressed and held with care. Through this process, participants had a rare opportunity to openly discuss their experiences of loss, fostering empathy, mutual understanding, and a sense of community. Overall, the session strengthened participants' emotional resilience and psychological safety.

มูลนิธิ การศึกษาประกายแสง

Reporting on Activity Photos:



Training of Trainers (Batch 1) Graduation Ceremony at RISE Centre

On July 18th, 2025, at the RISE Centre, we held the graduation ceremony for our Training of Trainers (ToT) – Batch 1.

The Training of Trainers course was designed as a comprehensive program combining both theory and practice. Participants completed 40 hours of theoretical training and 10 hours of practicum, making a total of 50 training hours. Through this program, trainees strengthened their facilitation skills, deepened their understanding of adult learning, and prepared to apply these skills in their own communities.

We are deeply grateful to all participants for their commitment and engagement throughout the course and for being part of this important milestone for the RISE Centre.



Reporting on Activity Photos:



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Closing Ceremony of the TOT
Congratulations to all our trainees!

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Psychology and Mental Health Awareness Workshop with Rays of Youth Organization

Our RISE Center Mental Health Team supported a Psychology and Mental Health Awareness Workshop as part of the youth program of Rays of Youth Organization on Sunday, July 20. The workshop brought together young people who are actively contributing to their communities in various ways. They participated with great energy, joy, and openness, engaging actively in discussions and reflections throughout the session. The workshop was facilitated by Dr. Grace, who led the session and guided the youth in exploring key concepts around psychology and mental health, helping to increase awareness and encourage more supportive, informed attitudes within their communities.



Reporting on Activity Photos:

A COMMUNITY THAT EMPOWERS ITS YOUTH,
EMPOWERS ITS FUTURE



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Capacity Building Reading Class at RISE Center

We held our regular Capacity Building Reading Class, which takes place every two weeks at the RISE Center. In this session, we continued reading from Myers' Psychology, focusing on the sections on #WaysOfEmotions and #DevelopmentalStages. Participants discussed these topics together, sharing ideas and reflections to deepen their understanding of emotional processes and human development.



Reporting on Activity Photos:

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RISE
CAPACITY BUILDING



Biweekly on Fridays
10:00 am - 1:00 pm
At RISE Center



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Group Support Session – “Building Self-Esteem Together”

On 15 August 2025, the RISE Center – Mental Health Program organized a group psychological support session under the theme “Building Self-Esteem Together.” The session aimed to provide a safe and supportive space for participants to reflect on their self-worth, share personal experiences, and rebuild confidence in their own abilities and strengths.

During the session, participants were encouraged to openly express their feelings and perspectives. The group practiced empathetic listening—without judgment or criticism—and together created a warm, emotionally safe environment. The discussion highlighted that everyone has unique strengths and value, but that difficult life circumstances can limit opportunities to express these strengths and gradually weaken self-belief.

The session was facilitated by trainers who had completed RISE Center’s Internship, Training of Trainers (ToT), and Foundation Course in Counselling. Through guided reflection and group sharing, participants were supported in recognizing their inner resources, challenging self-doubt, and beginning to rebuild a more positive sense of self-esteem.

Reporting on Activity Photos:



Youth-Led International Youth Day Celebration at RISE Center

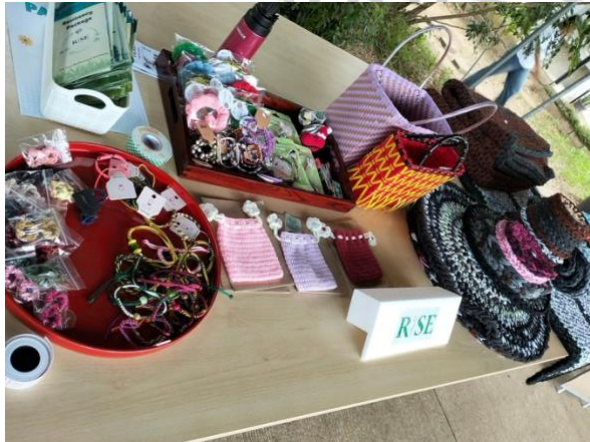
On 12 August 2025 (Tuesday), the RISE Center in Mae Sot will host an International Youth Day Event led by the local Youth Club. The event is designed and organized by young people themselves from beginning to end, providing them with an opportunity to practice leadership, creativity, and teamwork while celebrating the role of youth in their communities.

The event will take place from 4:00 PM to 8:00 PM at the RISE Center (1276, Mae Sot). Throughout the evening, a range of interactive and engaging activities will be offered, including a Food Fair featuring a variety of popular street food and Myanmar snacks, a Handmade Corner to showcase and support the creations of young artisans, a Photo Booth for participants to capture memories, a Game Station for light and fun group games, and an Unplugged Live music corner where youth can enjoy, request, and perform songs.

By creating this youth-led celebration, the event aims to strengthen youth participation, build confidence, and foster a sense of ownership and community among young people in Mae Sot.

มูลนิธิ การศึกษาประกายแสง
Education Foundation

Reporting on Activity Photos:



Youth-Led Content Creator Training by Youth Empowerment Team

As part of the “We Share” initiative, the RISE Center hosted a 2-day Content Creator Training led by the Youth Empowerment Team, the winning team from Youth Conference 2025. The training was designed as a free opportunity for young people interested in learning how to create impactful videos using only their smartphones.

The workshop took place on 23–24 August 2025 (Saturday and Sunday) from 9:30 AM to 4:00 PM at the RISE Center, BEAM Education Foundation, Mae Sot. Snacks and lunch were provided for all participants. The course specifically targeted youth aged 15–25, with limited seats to ensure active participation and close guidance. Participants were required to have smartphones with at least Android Version 10 or iOS Version 15, and a minimum of 2GB storage available to support video recording and editing.

Over the two days, participants were introduced to key skills needed to become content creators, including:

- Storytelling – understanding how to shape ideas into clear, engaging narratives
- Smartphone Recording – practical tips for framing, lighting, and audio using mobile phones
- Video Editing with CapCut – hands-on practice editing short videos
- Sharing Platforms (YouTube, TikTok) – how to share content effectively and responsibly online

At the end of the training, participants received a certificate of completion and were invited to join a private mentorship group for continued peer support and learning. The training not only built technical skills but also empowered young people to use digital media as a tool for expression, advocacy, and community storytelling.

Reporting on Activity Photos:

Content Creator Training



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August 23-24 (Sat-Sun)
9:30 AM - 4:00 PM

10-Day Training on Traditional Household Remedies and Multipurpose Soap Making

The RISE Center, in collaboration with the Language & Skills Development Center in Mae Pa (Ka Saw Naw), organized a 10-day practical training on traditional household remedies and multipurpose soap making from 25 August to 3 September 2025, running daily from 9:00 AM to 4:00 PM. The course aimed to equip participants with hands-on skills to produce low-cost, home-use products and to create new livelihood opportunities.

Over the training period, participants learned how to make a range of traditional and household products, including:

- Massage oil
- Inhaler balm
- Mosquito repellent spray
- Medicated oil (parot oil)
- Herbal hair wash, hair treatment, and softening solutions
- Laundry soap and dishwashing soap
- Liquid and bar multipurpose soaps

The training was hosted at the Language & Skills Development Center in Mae Pa, with a maximum of 25 participants selected to ensure quality practice and follow-up. By the end of the course, participants were able to independently produce these items for household use and explore them as potential small business products. Those who completed the full 10-day program received a certificate of completion, supporting both their practical life skills and income-generation prospects.

Reporting on Activity Photos:



Herbs and Household Use Products
အိမ်တွင်းသုံးတိုင်းရင်းဆေးနှင့် ဘက်စုံသုံးဆပ်ပြာ
ပြုလုပ်နည်း သင်တန်းသားခေါ်ယူခြင်း



- သင်တန်းကာလ - 25.8.2025 မှ 3.9.2025 ရက်နေ့ထိ
- အချိန် - နံနက် 9 နာရီ မှ ညနေ 4 နာရီထိ
- နေရာ - Mae Pa (Language & Skills Development Center)

သင်တန်း၏လိုအပ်ချက်များ

- Herbs and Household Use Products အမှန်တကယ် စိတ်ဝင်စားသူ၊ သင်တန်း ပြီးဆုံးသည့်အထိအမှန် တကယ်တတ်ရောက်နိုင်သူဖြစ်ရမည်။
- အသက် ၁၇ နှစ် နှင့် အထက်ရှိသူဖြစ်ရမည်။
- အမျိုးသမီးများ၊ LGBTIQ+ များ၊ စိတ်ပါဝင်စားသော သူများနှင့် အထောက်အထားရှိသူ လျှောက်ထားရန် ဖိတ်ခေါ်ပါသည်။
- ပေးထားသော Link (သို့မဟုတ်) အောက်ပါ QR Scan မှ တဆင့်လျှောက်ထားကာ အသေးစိတ်အချက်အလက်များ အား ပြည့်စုံစွာဖြည့်ရပါမည်။



သင်တန်းအစီအစဉ်

- သင်တန်းကာလအတွင်း သင်ကြားရမည့် ခေါင်းစဉ်များ
- အနှိပ်ဆီ
 - ရှုဆေး
 - ခြင်္သေ့ဖျန်းဆေး
 - ပရုတ်ဆီ
 - ခေါင်းလျှော်ရည် ၊ ပျော့ဆေး
 - အဝတ်လျှော်ဆပ်ပြာ၊ ပန်းကန်ဆေး ဆပ်ပြာ
 - ဘက်စုံ သုံးဆပ်ပြာအရည်/ဆပ်ပြာခဲ



မှတ်ချက်

- သင်တန်းကာလ အတွင်း နေ့လည်စာ မစီစဉ်ပေးပါ။ (မိမိကိုယ်ပိုင်ထမင်းဗူးများယူလာပေးရန် မေတ္တာရပ်ခံအပ်ပါသည်။)

(သင်တန်းသား 25 ဦးသာရွေးချယ် အကြောင်းကြားပေးမည်ဖြစ်ပါသည်)

Contact Us

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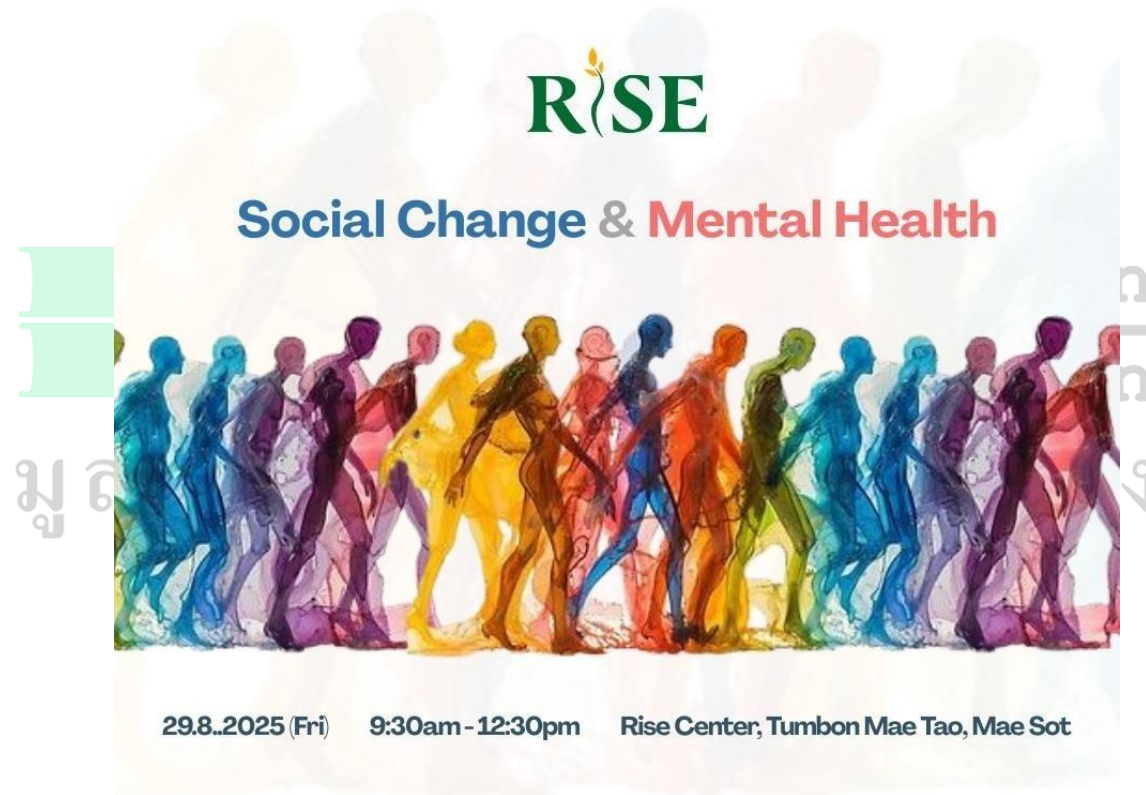
Group Support Session – “Social Change & Mental Health”

On 29 August 2025, the RISE Center – Mental Health Program organized a group psychological support session under the theme “Social Change & Mental Health.” The session was designed for individuals navigating rapid, complex changes in their social environment—such as shifts in politics and military context, the economy, population movements, culture and traditions, technology and innovation, emerging ideas, social movements, inequality, and struggles for social justice. The main aim was to provide emotional support and a safe space for participants to reflect on how these changes affect their mental health and daily lives.

During the session, participants were encouraged to share their feelings, experiences, and perspectives with one another. In line with a support group approach, the space emphasized empathy, non-judgment, and active listening. Participants listened to each other with compassion, without criticism or blame, and together they co-created a warm, psychologically safe environment where difficult emotions and worries could be expressed openly.

The session was facilitated by trainers who had completed RISE Center’s Internship, Training of Trainers (ToT), and Foundation Course in Counselling. Through guided reflection and group dialogue, participants were supported to better understand the emotional impact of social change, recognize their own coping resources, and feel less alone in their experiences. The activity strengthened community connections and resilience in the face of ongoing social, political, and economic transformation.

Reporting on Activity Photos:



Advanced Cake Decoration Training at Mae Pa Language & Skills Development Center

From 10–19 September, a 10-day Cake Decoration Training was conducted at the Language & Skills Development Center in Mae Pa. The training ran daily from 9:00 AM to 4:00 PM and was designed as an *advanced* course for participants who already had basic cake-baking skills or prior experience attending a baking course.

During the training, participants received practical, hands-on instruction on how to prepare and decorate a variety of cakes, including Fruit Cake, Cheese Cake, Coconut Cake, and Birthday Cakes, with a strong focus on professional cake decoration techniques. All necessary ingredients and materials were provided, and participants were able to take home the cakes they produced themselves.

The class was limited to 20 participants to ensure close guidance and quality practice. By the end of the course, participants had strengthened their technical skills in cake decoration and product presentation—enhancing both their confidence and their potential to use these skills to generate income and pursue small business opportunities in the future.

มูลนิธิ การศึกษาประกายแสง

Reporting on Activity Photos:



Cake Decoration Training
ကိတ်မုန့်အလှဆင် သင်တန်းသားခေါ်ယူခြင်း



- သင်တန်းကာလ - 10.9.2025 မှ 19.9.2025 ရက်နေ့ထိ
- အချိန် - နံနက် 9 နာရီ မှ ညနေ 4 နာရီထိ
- နေရာ - Mae Pa (Language & Skills Development Center)

သင်တန်း၏လိုအပ်ချက်များ

- ကိတ်မုန့်အလှဆင် သင်တန်းသည် အခြေခံကိတ်မုန့်ဖုတ်သင်တန်း တက်ရောက်ခဲ့ဖူးသူများ (သို့) ကိတ်မုန့်ဖုတ်လုပ်ငန်းအတွေ့အကြုံရှိသူ တက်ရောက်နိုင်ပါသည်။
- အမှန်တကယ်စိတ်ဝင်စားသူ၊ သင်တန်း ပြီးဆုံးသည်အထိအမှန် တကယ်တတ်ရောက်နိုင်သူဖြစ်ရမည်။
- အသက် ၁၇ နှစ် နှင့် အထက်ရှိသူဖြစ်ရမည်။
- အမျိုးသမီးများ၊ LGBTQ+ များ၊ စိတ်ပါဝင်စားသောသူများနှင့် အထောက်အထားရှိသူ လျှောက်ထားရန် ဖိတ်ခေါ်ပါသည်။
- အောက်ပါ QR Code အား Scan ဖတ်ပြီးလျှောက်ထား နိုင်ပါသည်။ အချက်အလက်များအား ပြည့်စုံစွာ ဖြည့် သွင်းပေးပါရန် မေတ္တာရပ်ခံပါသည်။

သင်တန်းအစီအစဉ်

- သင်တန်းကာလအတွင်း ပို့ချသွားမည့် ခေါင်းစဉ်များ
- Fruits Cake
 - Cheese Cake
 - Coconut Cake
 - Birthday Cake and Cake decoration

မှတ်ချက်

- သင်တန်းကာလအတွင်း နေ့လည်စာကိုမိမိ ကိုယ်ပိုင်ထမင်းဗူးများယူလာပေးရန် မေတ္တာရပ်ခံ အပ်ပါသည်။
- Class support documents

Contact Us

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(သင်တန်းသား 20 ဦးရေသာ အကန့်အသက် ဖြင့်ရွေးချယ် အကြောင်းကြားပေးမည်ဖြစ်ပါသည်)

Group Support Session – “Wise Attention”

On 12 September 2025, the RISE Center – Mental Health Program will organize a group psychological support session under the theme “Wise Attention.” The session is designed to help participants reflect on how they pay attention to their thoughts and emotions, and why cultivating “wise attention” is especially important during times of difficulty and uncertainty.

As a support session, participants will be invited to share their feelings and perspectives with one another in a safe, non-judgmental space. The group will practice empathetic listening, without criticism or blame, and work together to build a warm and emotionally safe environment where personal experiences can be expressed openly.

The session will be facilitated by trainers who have completed RISE Center’s Internship, Training of Trainers (ToT), and Foundation Course in Counselling. Through guided reflection and group discussion, participants will explore questions such as: *What is wise attention? Why does it matter now? How can we observe and examine our minds in daily life?* The overall aim of the session is to strengthen mental resilience and support participants in developing healthier inner awareness and coping strategies in the midst of ongoing challenges.

มูลนิธิ การศึกษาประกายแสง

Reporting on Activity Photos:



Staff Team-Building and Well-Being Workshop at RISE Centre

The RISE Centre organized an internal workshop for staff members, focusing on team building and staff well-being. The session was designed to strengthen relationships among team members, support their mental and emotional health, and create a more connected and supportive working environment.

We would like to extend our heartfelt appreciation to each staff member for their dedication in implementing our programmes to the best of their ability and for carrying out their responsibilities across different sectors. With this workshop, we reaffirmed our shared commitment to continue working together to bring the RISE Centre's mission and vision into reality.



Reporting on Activity Photos:



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3-Day Workshop – “Strengthening Skills and Resilience: Vocational Empowerment”

The RISE Center organized a three-day follow-up workshop titled “Strengthening Skills and Resilience: Vocational Empowerment” for former participants of its livelihood training courses. The workshop was held from 1–3 October, from 9:30 AM to 3:30 PM at the RISE Center (Mae Tao). Its main purpose was to strengthen participants’ practical skills, confidence, and readiness to apply what they had learned in real-life and income-generating activities.

The workshop had four key objectives:

- To deepen participants’ understanding of basic economic and business concepts relevant to daily life and small enterprises;
- To strengthen peer connections and mutual support among trainees;
- To encourage collaboration and joint initiatives when applying the skills gained from previous vocational trainings;
- To provide psychosocial support, helping participants build resilience and stay motivated in the face of challenges.

These objectives were implemented through four main programme components:

1. Information-Sharing Session – Participants exchanged practical information and experiences on how they had (or planned to) apply their vocational skills after the training.
2. Psychosocial Support & Motivation Session – Activities focused on strengthening mental resilience, self-confidence, and the ability to cope with difficulties.
3. Basic Business Lessons – Simple, applicable lessons on basic economics and small business management to support participants in running or starting small income-generating activities.
4. Group Reflection & Action Planning – Participants collectively reflected on the topics discussed, explored how to use their skills more effectively, and discussed ways to collaborate in the future.

Reporting on Activity Photos:

RISE CENTER မှ ဖွင့်လှစ်ခဲ့သော အသက်မွေးဝမ်းကျောင်းသင်တန်းများ ကိုတက်ရောက်ခဲ့ကြသော သင်တန်းသူ/ သားများ ထံသို့



“Strengthening Skills and Resilience: Vocational Empowerment”

ခေါင်းစဉ် ဖြင့် ၃ ရက်တာ Workshop အားပိတ်ကြားခြင်း

အချိန် - မနက် ၉:၃၀ မှ ညနေ ၃:၃၀ နာရီ

နေ့ရက် - အောက်တိုဘာလ ၁၂/၃ (၃ရက်)

နေရာ - RISE Center (မယ်တောင်)

အခြေခံစီးပွားရေး အသိပညာများ ပိုမို နားလည် သဘောပေါက်လာစေရန်

သင်တန်းသူ/သား များ အချင်းချင်း အပြန်အလှန် ချိတ်ဆက်မှု ပိုမို အားကောင်းလာစေရန်

သင်တန်းမှရရှိခဲ့သော ပညာရပ်များကို ပြန်လည် အသုံးချရန်အတွက် လိုအပ်သော ပူးပေါင်းဆောင်ရွက်မှု များအားကောင်းလာစေရန်

စိတ်ပိုင်ဆိုင်ရာ ပံ့ပိုးကူညီမှုပေးနိုင်ရန်



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Support Session – “You are not alone: Community approaches to Suicide Awareness and Care”

On 21 November 2025, the RISE Center – Mental Health Program organized a group support session titled “You are not alone: Community approaches to Suicide Awareness and Care” at the RISE Centre in Mae Sot. The session aimed to create a safe and caring space for participants to reflect on how growing social, economic, and political pressures are affecting mental health, and to explore how communities can respond with understanding, care, and support around suicide-related distress.

The session was facilitated by Dr. Grace, who guided participants through a series of reflections and group discussions. In line with a support group approach, participants were invited to share their feelings and experiences with one another, while the group practiced empathic, non-judgmental listening. Together, they created a warm and emotionally safe environment where difficult emotions, fears, and worries could be spoken about openly rather than carried alone.

Discussions focused on how suicide is increasingly present as a painful topic in many people’s surroundings, especially when situations feel overwhelming and support seems out of reach. The session highlighted the importance of accurate awareness, emotional regulation, and the role of community support. Participants explored how to better manage their own emotions during crisis periods, and how to offer more caring, appropriate support to friends, family, and community members who may be struggling. They also shared personal ways of coping, and reflected together on how to rebuild hope and inner strength in times of difficulty.

Overall, the session contributed to strengthening collective resilience, reducing isolation around suicide-related distress, and encouraging a more supportive and attentive community response to mental health challenges.

Reporting on Activity Photos:



**You are not alone:
Community approaches to
Suicide Awareness and Care**

Nov 21, 2025 (Fri) 9:30am - 3:30pm Rise Center, Tumbon Mae Tao, Mae Sot