

## 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 12 months, we have raised USD 5,192.66 out of the targeted fund of 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 ( November 2024 – July 2025)**

**Identity, Belonging & Cultural Adjustment Training**

On 28 March 2025, it was facilitated by trainers who have completed both an internship and a Foundation Course in Counselling, a Psychology Support Session was conducted under the theme "Identity, Belonging & Cultural Adjustment."

As the title suggests, this session served as a space for participants to openly share their feelings and perspectives with one another. They listened with empathy and without judgment or criticism. Together, they created a warm and psychologically safe environment that fostered understanding, trust, and mutual support.

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Reporting on Activity Photos:



## Free Trauma Treatment and Counselling Services

As part of its ongoing mental health support initiatives, the RISE Center in Mae Sot has launched free trauma-focused services for individuals and communities residing in the area due to various life circumstances. These services include trauma therapy, trauma counselling, and general mental health counselling and are delivered by qualified and trusted mental health professionals.

The sessions are designed to support individuals who have experienced psychological trauma stemming from life changes, difficult living conditions, or distressing events. Common concerns addressed include emotional distress, prolonged stress, anxiety, sadness, social and workplace difficulties, behavioral or emotional disruptions, and psychosomatic symptoms. The program also provides specialized trauma care for those affected by childhood trauma, natural disasters, physical or sexual violence, and other critical incidents.

A key feature of these sessions is the creation of a safe, confidential, and non-judgmental environment, where participants are treated with empathy and dignity. Services are available every Wednesday and Thursday from 10:00 a.m. to 3:00 p.m. at the RISE Center, located at 1276, Moo 3, Tumbon Mae Tao, Mae Sot. The RISE team is committed to ensuring the confidentiality and safety of all participants while providing essential psychological support.

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**Reporting on Activity Photos:**



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## Capacity Building Workshop for local service providers

RISE Center, in partnership with BoPM, organized a Capacity Building Workshop for local service providers, teachers, and community members who offer emotional support within their communities. This two-day workshop was held on March 31 and April 1, 2025 (Monday and Tuesday). The sessions were led by Dr. Grace, a psychologist, EMDR therapist, trauma counselor, and experienced trainer. Throughout the workshop, participants engaged in reflective discussions about the challenges they face when working directly in the community, especially in addressing mental health issues. Dr. Grace provided guidance and practical strategies to help participants better manage and respond to these challenges, focusing on equipping them with tools for emotional care and trauma-informed support.



## Reporting on Activity Photos:

**RISE**

**Bridge of Peace Myanmar**

**Capacity Building**

**31.3.2025 & 1.4.2025**

The collage features several key elements: the RISE logo with a green plant icon, the Bridge of Peace Myanmar logo with a circular emblem and the acronym 'BOPM', a line drawing of a diverse group of people sitting together, and three photographs of a classroom. The top-right photo shows a whiteboard with handwritten notes in Burmese and English. The middle-right photo shows students in a classroom setting. The bottom-right photo shows students working at desks with laptops.

## **Bakery and Food Processing Training**

During times of crisis and uncertainty, it is easy to get discouraged by what we can't do or control. However, it's just as important to focus on what we can do by participating in meaningful, interest-based activities. With this in mind, the RISE Center has launched a Bakery and Food Processing Training program designed for people genuinely interested in culinary skills, including cooking, baking, and Thai-style food preparation like pork and chicken sausages. The training is especially suitable for those looking to restart small food-related businesses, start a personal entrepreneurship journey, or work in food production and baking. The training will run from April 21 to May 2, 2025, from 9:00 AM to 4:00 PM at the Language & Skills Development Center in Mae Pa. Upon successful completion, trainees will receive an official certificate issued by the Thai government.



Reporting on Activity Photos:



## Bakery & Food Processing သင်တန်းသားခေါ်ယူခြင်း



သင်တန်းကာလ - 21- 4, 2025 မှ 2-5-2025 ရက်နေ့ထိ  
အချိန် - နံနက် 9 နာရီ မှ ညနေ 4 နာရီထိ  
နေရာ - Mae Pa ( Language & Skills Development Center)  
(10-4-2025 နေ့အထိ စာရင်းပေးသွင်းနိုင်ပါသည်)

**သင်တန်းခေါင်းစဉ်များ**

- Granola Bar
- Nougat
- Muesli
- Brownie Cookie
- Healthy snack bars



**Processed Thai food**

- Different kind of Sausages



(သင်တန်းသား 10 ဦးသာရွေးချယ်ကာ ဖုန်းဆက်  
အကြောင်းကြားပေးမည်ဖြစ်ပါသည်)

**စာရင်းပေးသွင်းရန်လိုအပ်သောအချက်အလက်များ**

- ပေးထားသော Link ( သို့မဟုတ်) အောက်ပါ QR Scan မှ တဆင့် လျှောက်တင်ကာ အသေးစိတ်အချက်အလက်များ အား ပြည့်စုံစွာဖြည့်ရပါမည်။
- အစားအစာနှင့် မုန့်ဖုတ်ခြင်းတွင် အမှန်တကယ် စိတ်ဝင်စားသူဖြစ်ရမည်။
- အသက် ၁၇ နှစ် နှင့် အထက်ရှိသူဖြစ်ရမည်။
- သင်တန်း ပြီးဆုံးသည်အထိအမှန်တကယ်တတ်ရောက်နိုင်သူဖြစ်ရမည်။

**Contact Us!**

Phone Number:  
0840178091

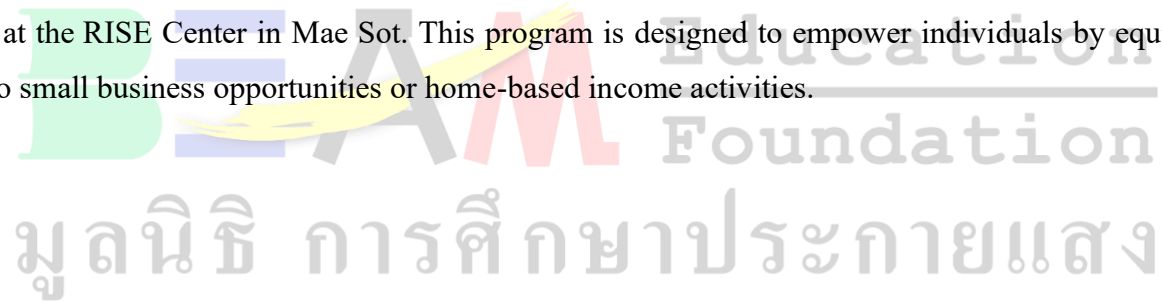
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## **Basket Weaving Training Program**

As part of its ongoing livelihood and skills development efforts, RISE Center will be launching a Basket Weaving Training program in Mae Sot for interested community members. This training aims to promote creativity through handicrafts and provide practical skills that can support income generation and sustainable livelihoods. The course will cover both Basket Weaving Level 1 and Level 2, allowing participants to build foundational skills and gradually advance to more complex techniques. The training will focus on traditional basket weaving methods, introducing participants to the art and techniques of handcrafting woven products. The training will take place from April 21 to May 2, 2025, running daily from 9:00 AM to 4:00 PM at the RISE Center in Mae Sot. This program is designed to empower individuals by equipping them with hands-on artisan skills that can lead to small business opportunities or home-based income activities.



Reporting on Activity Photos:



BEAM Education Foundation  
มูลนิธิ การศึกษาประชาชน

## Basket Weaving

သင်တန်းသားခေါ်ယူခြင်း



RISE

- သင်တန်းကာလ - 21.4.2025 မှ 2.5.2025 ရက်နေ့ထိ
- အချိန် - နံနက် 9 နာရီ မှ ညနေ 4 နာရီထိ
- နေရာ - RISE Center

**သင်တန်း၏လိုအပ်ချက်များ**

- ပေးထားသော Link ( သို့မဟုတ်) အောက်ပါ QR Scan မှ တဆင့်လျှောက်ထားကာ အသေးစိတ်အချက်အလက်များအား ပြည့်စုံစွာဖြည့်ရပါမည်။
- လက်မှုလုပ်ငန်းများ စိတ်ဝင်စားသူ၊ သင်တန်း ပြီးဆုံးသည် အထိအမှန်တကယ်တတ်ရောက်နိုင်သူဖြစ်ရမည်။
- အသက် ၁၇ နှစ် နှင့် အထက်ရှိသူဖြစ်ရမည်။

(သင်တန်းသား 10 ဦးသာရွေးချယ်ကာ မှန်းဆက် အကြောင်းကြားပေးမည်ဖြစ်ပါသည်)

**သင်တန်းအစီအစဉ်**

- Basket Weaving Level 1
- Basket Weaving level 2

**မှတ်ချက်**

**ကိုယ်ပိုင်ရေပန်းလေးများယူလာ ပေးပါရန်**






**Contact Us**

Phone Number: **0840178091**

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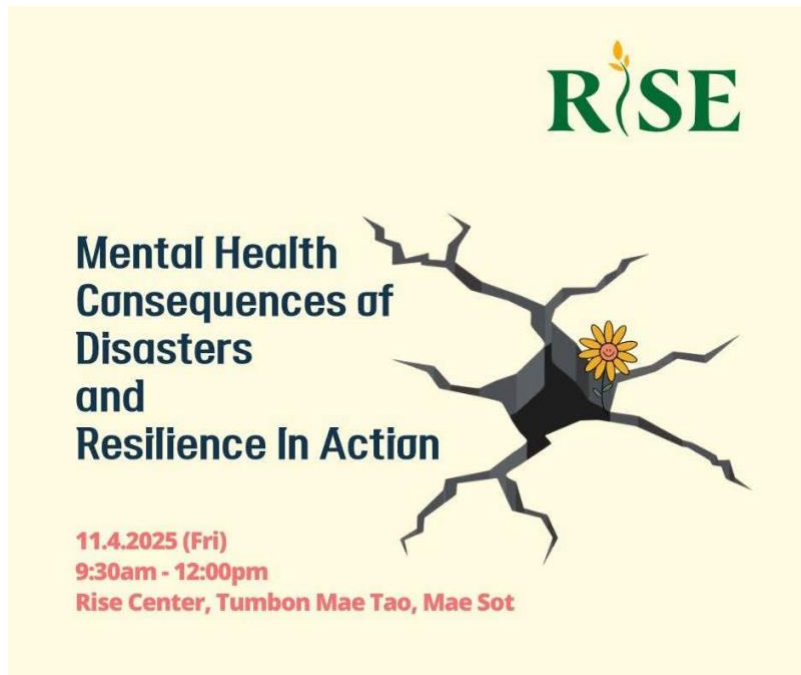
## **Psychology Support Session: Mental Health Consequences of Disasters and Resilience in Action**

On April 11, 2025, the RISE Center hosted a Psychology Support Session facilitated by trainers who have completed both the Internship and Foundation Course in Counselling. The session was held under the theme "Mental Health Consequences of Disasters and Resilience in Action."

As a support session, it provided a safe and welcoming space where participants could openly share their feelings and perspectives. The environment encouraged empathy and active listening, free from criticism or judgment. Through this process, participants were able to connect, reflect, and co-create a psychologically warm and secure space—fostering mutual understanding, emotional safety, and peer support.



Reporting on Activity Photos:



## **"We Share": 7-day Self-Defense and Combat Striking Workshop**

RISE Center introduced a new initiative called "We Share", a program designed to connect knowledge, skills, and resources from RISE's friends, partners, and networks with individuals and communities who are eager to learn or in need of support. Through this initiative, RISE serves as a bridge facilitating the sharing of expertise, educational insights, and practical know-how from those willing to share to those ready to receive.

As part of this "We Share" program, RISE warmly welcomes individuals who are interested in contributing their time, skills, or knowledge to join and take part in future sessions. The first activity under this initiative will be a 7-day Self-Defense and Combat Striking Workshop facilitated by Coach Han, taking place from April 23 to April 29. The sessions will be held daily from 4:00 PM to 6:00 PM at the RISE Center in Mae Sot. Youth and community members interested in self-defense are invited to participate and benefit from this skill-sharing opportunity.



Reporting on Activity Photos:

**RISE**  
**Self-Defense and Combat Striking**  
*A perfect blend of fun and learning this summer to Improve physical fitness and agility*

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- ပြီလ ၂၃ ရက်နေ့မှ ၂၉ ရက်နေ့အထိ ✓
- RISE Center ✓

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အသက် ၁၄ နှစ်အထက်မည့်သူမဆို လာရောက် ပါဝင်ကြ ဖို့အားလုံးကို ဖိတ်ခေါ်တယ်

## **Psychology and Mental Health Awareness Workshop**

As part of its Mental Health Program, RISE Center organized a Psychology and Mental Health Awareness Workshop on April 21 and 22, 2025 (Monday and Tuesday). The workshop was attended by enthusiastic youth from SAW School, who actively participated in the sessions with great energy and curiosity. The sessions were designed to raise awareness around key mental health and psychological topics in an engaging and youth-friendly format. Participants contributed openly and interacted with interest throughout the two-day event. The workshop was facilitated by Dr. Grace, who led the sessions herself, providing expert guidance and encouraging thoughtful discussion among the youth.



Reporting on Activity Photos:



## **Finding Hope and Motivation Workshop**

The RISE Center hosted a Psychology Support Session facilitated by trainers who have completed the Internship and Foundation Course in Counselling Training. The session was conducted under the theme "Finding Hope and Motivation."

As a peer support session, participants were encouraged to openly share their feelings and perspectives with one another in a safe and respectful environment. The session fostered active listening, empathy, and emotional openness free from judgment or criticism. Together, participants co-created a warm and psychologically safe space that supported mutual understanding, emotional connection, and inner reflection.



**Reporting on Activity Photos:**



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## **We Share: Migrant Youth Guide Book**

As part of the "We Share" initiative, the RISE Center distributed a resource book titled "Migrant Youth Guide", which was recently shared with the center for wider community use. This guidebook was originally developed by members of the "Winkuu" team, as part of their winning project from the "NEXT GEN CHANGE" Youth Conference, held last year by BEAM Education Foundation in Chiang Mai.

The guide was specifically created to provide practical and essential information for Myanmar migrant youth living in Thailand. It includes detailed sections on:

- Organizations that provide support in areas such as mental health, livelihoods, healthcare, and education
- Information on how to apply for scholarships
- Guidance on immigration-related issues
- Procedures related to Pink Card registration, work permits, CI (Certificate of Identity), and passports
- Additional topics include opening bank accounts, obtaining driver's licenses, and accessing important emergency and labor-related contact numbers in Thailand

The booklet serves as a valuable tool for young migrants seeking accurate and accessible information to help navigate their lives and rights in Thailand.

Reporting on Activity Photos:

ရွှေ့ပြောင်းလူငယ်လမ်းညွှန် RISE



CLICK THE LINK TO READ THE BOOK

စာအုပ်အပြည့်အစုံအား ပေးထားသော LINK မှတစ်ဆင့်ရယူပါ

## Training of Trainers (T.O.T) for Mental Health Awareness

The RISE Center, in collaboration with BEAM Education Foundation, is set to organize a Training of Trainers (T.O.T) for Mental Health Awareness throughout the month of June and early July 2025. The training sessions will take place on June 9, 10, 16, 17, 23, 24, 30, and July 1, from 9:30 a.m. to 4:00 p.m. each day.

This T.O.T. is designed to strengthen the capacity of individuals currently working in the field of mental health, with the goal of enhancing their knowledge, skills, and facilitation abilities. The training will cover a range of essential topics, including:

- Understanding Mental Health
- Stress, Anxiety, and Trauma
- School Violence Prevention
- Resources and Support Systems
- Engagement Strategies



The training will be led by Dr. Grace, a psychologist, EMDR therapist, and supervisor, who will serve as the lead facilitator. In addition, Dr. Sombat Tapanya (PhD), Senior Technical Adviser with the Peace Culture Foundation and the Global Parenting Initiative, will join as a guest trainer to contribute his expertise and insights.

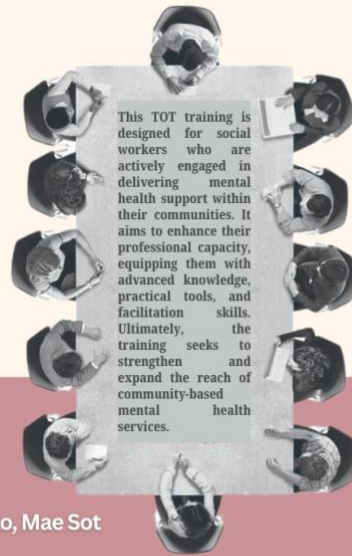
This comprehensive program aims to empower participants to deliver mental health awareness more effectively within their own communities and professional networks.

**Reporting on Activity Photos:**



**TOT for  
community-based  
mental health  
providers**

8-Day Training  
Starting on June 9th  
(every Monday & Tuesday)  
9:30am - 4:00pm  
RISE center, Tumbon Mae Tao, Mae Sot



This TOT training is designed for social workers who are actively engaged in delivering mental health support within their communities. It aims to enhance their professional capacity, equipping them with advanced knowledge, practical tools, and facilitation skills. Ultimately, the training seeks to strengthen and expand the reach of community-based mental health services.

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## **We Share: Half-day handicraft sharing session**

As part of the “We Share” initiative, the RISE Center organized a half-day handicraft sharing session at New Wave School. The session was led by Ma Nway, a graduate of RISE Center’s handmade craft training program, along with other former trainees. Together, they shared practical knowledge and skills with students at the school.

The focus of the session was on everyday household crafts, particularly how to create multi-purpose mats and floor cloths using simple materials and techniques. Throughout the half-day program, children actively participated and demonstrated a high level of creativity and interest in the craft activities.



Reporting on Activity Photos:

**We Share: Half-day handicraft sharing session**



**We Share: Half-day handicraft sharing session**



**We Share: Half-day handicraft sharing session**



**We Share: Half-day handicraft sharing session**



## Second round of its Psychology & Mental Health Internship Program

In July, the RISE Center is launching the second round of its Psychology & Mental Health Internship Program. This program aligns with RISE's broader mission to support the mental well-being of Myanmar nationals living along the Thai-Myanmar border by providing accurate, appropriate, and accessible mental health information and services.

RISE has consistently conducted awareness activities and training for volunteers interested in mental health and passionate about supporting their communities. This internship program is specifically designed for individuals eager to deepen their understanding of basic psychological theories, ethical principles in the field, and how mental health professionals offer care and support.

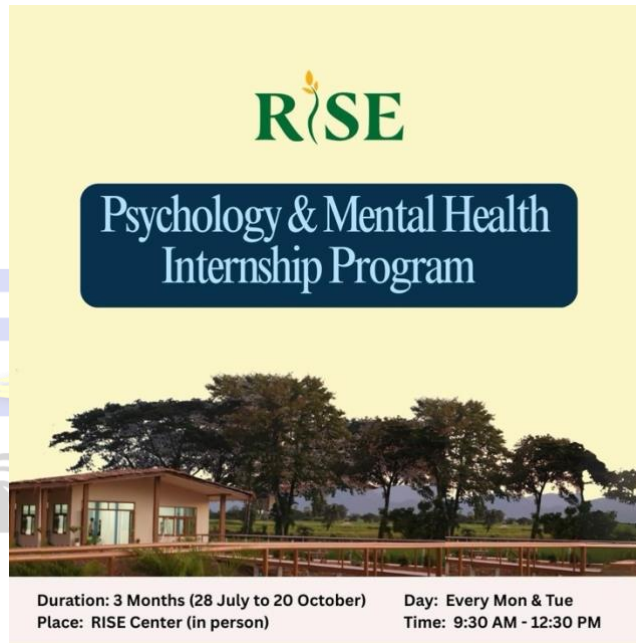
The program aims to help participants:

- Develop a foundational understanding of psychological theories
- Gain clear and accurate knowledge about mental health and psychology
- Learn about the professional practices and ethical standards followed by mental health professionals
- Use mental health knowledge responsibly to support themselves and others in their communities

Eligible applicants must be 16 years or older, able to commit to the full three-month internship from July to October, and available to attend in-person sessions at the RISE Center in Mae Sot. Participants must also complete all assigned projects, presentations, and tasks during the program.

The internship is open to individuals from any field of study, provided they have a genuine interest in and commitment to learning about psychology and mental health. Strong team collaboration and full attendance are also essential for participation.

**Reporting on Activity Photos:**



The poster features the RISE logo at the top, followed by the program title in a dark blue rounded rectangle. Below the title is a photograph of a modern building with large windows and a wooden walkway, surrounded by trees. At the bottom, a white box contains the program's duration, location, day, and time.

**RISE**

**Psychology & Mental Health Internship Program**

Duration: 3 Months (28 July to 20 October)    Day: Every Mon & Tue  
Place: RISE Center (in person)    Time: 9:30 AM - 12:30 PM