

45 Years



SESOBEL

Founded in 1976

Hamzet Wassel

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Newsletter

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To contact us
+961 9 235 435

Antoura - Ain El-Rihani, street 11 - Keserwan
P.o.Box : 551 Zouk Mikael - Lebanon





POPE FRANCIS ON THIS LENT: LET US DO GOOD TO ALL PEOPLE AND NOT GIVE UP

«Let us do good and not give up, for in due time we will reap if we do not give up. Then, as long as we have the opportunity, let us do good to all people». With this verse from Saint Paul's letter to the Galatians (6, 9–10a), His Holiness Pope Francis addressed his message on the occasion of the Lent season of 2022, which –“is an appropriate time for personal and collective renewal that leads us to the Passover of Jesus Christ, who died and rose from the dead.”–, as he pointed out at the beginning.

His Holiness the Pope said: “The resurrection of Christ from the dead revives our earthly hope through the “great hope” of eternal life, and indeed introduces the seed of salvation in the present moment”. Faced with the bitter disappointment of so many broken dreams, with the anxieties of so many contingent challenges, and with the frustration at the lack of our means, the temptation is our closing in on our individual selfishness and our indifference to the pain of others. In fact, the best resources are also limited: “Young men are weary and young men stumble” (Isaiah 40:30). The lent time calls us to place our faith and hope in the Lord Jesus (1 Peter 1:21), For only if we fix our eyes on Jesus Christ, the risen from the dead (Hebrews 12:2), can we do the commandment of the apostle: “Let us do good and not give up” (Galatians 6:9).

Let us pray and not give up. Jesus taught us that it is necessary to “keep in prayer without getting tired” (Luke 18:1). We need to pray because we need God. Self-sufficiency is a dangerous delusion. If the pandemic made us feel our personal and social weakness, this lent period will allow us to experience the consolation of faith

in God, without which we cannot find stability (Isaiah 7,9). No one is saved alone, because we are all on the same boat between the storms of history. Above all, no one is saved without God, because only the paschal mystery of Jesus Christ grants victory over the dark waters of death. Faith does not absolve us from the hardships of life, but rather allows us to overcome them, united with God in Christ, and with the great hope whose guarantee is God's love that has been poured out in our hearts by the Holy Spirit. (Romans 5:1-5).

Let us eradicate evil from our lives and not give up. The physical fast strengthens our spirit, to fight sin. Let us ask for forgiveness in the Sacrament of Repentance and Reconciliation and do not give up, knowing that God never tires of forgiveness. Let us fight cravings and not give up, this weakness that leads to selfishness and all kinds of evil, and we find, through the ages, different ways in which one can fall into sin. One of these ways is the danger of addiction to digital media, which impoverishes human relations. The lent season is the appropriate time to confront these dangers, and to develop a more integrated human communication consisting of «real encounters», face to face.

Let us do good in love working towards our neighbor and not give up. During this lent period, let us practice charity and give with joy (2 Corinthians 9:7). God “who provides the farmer with seed and bread for his food” (2 Corinthians 9:10) provides for each of us, not only

so that we may have what nourishes us, but so that we may be generous in doing good to others. If it is true that our whole life is a time for sowing goodness, let us especially take advantage of this period in order to care for those close to us, and to draw close to the brothers and sisters who have been wounded on the path of life (Mark 10:25-37). This is the time to seek out, not avoid, those in need, and let us pray, and not ignore, those who wish to be heard. This is a time to visit, not to abandon those who suffer from loneliness. Let us hear the call to do good for all, and give of our time to love the young and least protected, those who are rejected and despised, and those who are discriminated and marginalized.”

His Holiness Pope Francis concluded his message by saying: “The time of lent reminds us every year that “goodness, as well as love, justice and solidarity, cannot be achieved once and for all, but must be achieved every day.” Let us ask God to grant us the patience of the persistent farmer (Jacob 5,7) so that we do not stop doing good, one step at a time. Whoever falls, let him stretch out his hand to the Father, and he will always raise him up. [...] By living fraternal love towards all, we will be united with Christ, who gave his life for us (2 Corinthians 5, 14-15) and we will taste the joy of the kingdom of heaven, when God is “everything in everything” (1 Corinthians 15, 28).

From the message of His Holiness Pope Francis on the occasion of the lent time, Rome, November 11, 2021

WITH GREAT ENTHUSIASM

«It is beautiful to know the meaning of giving and the most beautiful thing is to give.» (Mahatma Gandhi)

«Thomas» and «Richard», French volunteers, are with us this year to accompany children and youth at the Motor Disability Unit and support us on a daily basis.

Thank you, from the bottom of our hearts, for your availability and your special presence among us. Welcome to SESOBEL family and may Seit El Beit accompany you on your volunteer journey.

Motor Disability Unit



WELCOME "CORENTIN" _

There is nothing better than giving without counting...

We welcomed, Corentin, at the Autism Spectrum Disorder Unit, a French volunteer who, through his calmness, was able to establish a good relationship with the youth. He offers them affection and availability. From the very first day, he helped put smiles on the faces of children and youth.

Thank you for being there, thank you for sharing with us this "living together", being different but complementary.

Autism Spectrum Disorder Unit



A LOOK, A SMILE AND A WORD...

We noticed in a joint conversation: a look, a smile, and a word between Solineh and Karel, radiating love and joy that filled our hearts and minds.

Early intervention unit



WELCOME TO FATIMA AND ALAA

At the beginning of this year, the Intellectual Disability Unit welcomed Fatima and Alaa.

Fatima is distinguished by her gentle nature, calmness in class, and respect for her companions and teachers.

As for Alaa, always eager to come to school, he fills the class with life and laughter.

Welcome Fatima and Alaa in our family!

Intellectual Disability Unit



A HEART AND A SMILE

For Valentine's Day, Rita Kassouf prepared cute hearts with her parents. She gave them to her friends and the work team as a token of love and brotherhood.

As for Eliyah Matta, during speech therapy, he drew a happy face and gave it to Rita to express his love and friendship.

Times of small initiatives are very important!

Motor Disability Unit



PEEKABOO

Brayden loves to play Peekaboo with his teachers.

Every time he finds a new place he quickly hides in it: under the table, behind the door,...

This time, the hiding place was difficult, if he hadn't stretch his head and said: «Peekaboo, Acy (Nancy)», she would not have found him.

Early intervention unit



SORROW HAS A KEY

On Wednesday, Elie Roukoz arrived to SESOBEL a little upset.

He didn't want to work in class nor follow the set program for the day.

To understand what he wanted, we showed him a bunch of pictograms and he indicated the activity that he wanted.

We changed our program, prepared the activity, and installed the track in the stadium. Elie quickly and enthusiastically went to work, he was relieved and so happy that he wanted to do it again and again.

Autism Spectrum Disorder Unit



LOVE WITHOUT LIMITS

The measure of love is not in words, but in giving.

In all units of the educational department, our children and youth expressed the meaning of Valentine's Day, which symbolizes love, giving and concern for the other without limits.

Eyes were shining, laughter on the faces, and joy overwhelming on Valentine's Day. We celebrated this day at SESOBEL through various activities. We leave you with the pictures that express the good times we spent together.

Early Intervention Unit



WHAT DID THE PARENTS SAY ABOUT DISTANCE LEARNING?

It's wonderful to receive positive feedback about the work done with our children and youth. It's even better when these echoes are issued by the parents.

The presence of parents with their children in distance learning activities allowed them to get to know the importance and objectives of each workshop, and to feel the interaction and response of the children in each lesson. It increased the parents enthusiasm and drove them to participate actively in the activities.

The mothers of Karim Gabriel and Charbel Tabcharani liked to share their thoughts about this experience.

Charbel Tabcharani's mom: «My experience with Charbel in distance learning is very nice. I noticed Charbel's joy when he knows he has class. He prepares his things in advance and waits for the session to start».

Karim Jibril's mom: «Karim loves the distance learning classes, especially on Fridays, with the beauty salon class. As a mother, I am very happy and like the experience, because we are able to give him purposeful preoccupations and in the right way.»

Poly-handicap and Severe
Intellectual Disability Unit



PEOPLE GO AND PEOPLE COME

This year, we welcomed two special people in our team.

«Jana Issa», her presence and enthusiasm for work added a sweet spirit to our unit.

“Rita Tannous”, who is so gentle and caring.

Welcome!

Autism Spectrum Disorder Unit



VOCATIONAL REHABILITATION PROGRAM - VRP

SUPPORT AND SOCIALIZATION PROGRAM - SSP

LOVE THE WORLD AS THE LORD LOVES YOU

Every work done with all our heart and with love is "Valentine's Day".

"Love" is a verb that requires effort and compromise.

On February 14, We had a stop with VRP youth at SESOBEL and online. With a heart drawing, the youth expressed their love for Valentine's Day.

- Myriam in her red sweater the same color of her cheeks, said that love is the love of our family and brothers.
- Anthony said that love comes from the heart.
- Jad said that it's a young man and a girl who love each other, and the world would be joyful.

Online via Zoom, Marina, Lourdes and Chantal expressed their love for SESOBEL and their friends, and the longing for their gatherings.

We say:

How great is your love, O God... For our happiness, you gave yourself freely as our gift. You didn't ask for anything in return, no gift, no money, no word or anything... Give us a big heart as Yours that keeps beating and loving.

Layla Zoughaib

YOU ARE THE TRUE LOVE

This is how we lived Valentine's day, young and committed, and the joy would not have been complete without you. You taught us true love with a look, with eagerness, with a laugh from the heart, and we will let these sweet pictures express what we live every day with you.



SCHOOL INCLUSION

SOCIAL ACCOMPANIMENT

SESOBEL MESSAGE EVERYWHERE...

How sweet it is when the strategies that we prepare, come true little by little.

SESOBEL Jezzine is transmitting its knowledge and message to Saida and Chouf regions in cooperation with the International Qualification Fund (WRF). SESOBEL Jezzine entered the Jezzine region, east of Saida and a part of the Chouf region: we contacted the mayors, clinics, schools... in search of beneficiaries for physical treatments, movement aids, special care supplies and modifications inside homes and cars.

This project allowed us to get acquainted with many institutions and associations and to introduce and communicate the message of SESOBEL to the homes and hearts of many people.

When the beneficiary's file is accepted and he obtains his demands, we give him – the prayer of Sitt al-Bayt – to keep mentioning SESOBEL in his prayers.



MONTHLY MEETINGS OF THE SIBLINGS: "SIBLINGS LIKE NO OTHER"

For this year, the group of siblings for the 6–10 age category will deal with self-esteem topic through activities prepared in advance: What am I proud of? The tree of self-esteem, self-image (passions and qualities).

For the group between 11 and 15 years old, we offer accompaniment in the period of adolescence. Various subjects dealing with the relationship of the teenager with his family and his entourage are set up: Benevolent communication, my emotions, my difficulties and my challenges...

For the group between 16 and 22 years old, capacity building, personal development and career guidance are added to the intervention program. Several themes are addressed: "Support bank", "Stress management", "Communication and self-image", etc.

DIY made for Saint Valentine's Day.



PSYCHOSOCIAL CAFE FOR MUMS

Organized by the social department and the psychological unit, on February 16, the 3rd psychosocial café took place at SESOBEL. We have dealt with the subject of the basket of emotions.

A new meeting space that allows them to get information and share feelings. For two hours, the social worker and the psychologist answered all the requests from the participants.

It is not a therapy, nor a conference but a free instance to let off steam.



PARENTAL INVOLVEMENT GROUP IN THE CHILDREN'S LIFE PROJECT IN THE EARLY STIMULATION UNIT

8 topics have been discussed so far with the mothers of the Early Stimulation Unit.

We see great motivation on the part of the participants who await this meeting with enthusiasm every week.

MAZOUT CALL



A Thank you note from the family of Christopher:

You embraced us
And tenderness you gave us
Thank you, SESOBEL
You never left us
This winter,
my house is surrounded by snow
But the sweetest gift you gave us
You provided a ton of diesel
And with a ton of love overwhelmed us
Thank you, SESOBEL

A Thank you note from Chris and Giovanni Chikani family:

I am Michel Chikani father of Chris and Giovanni. My wife Rachel and I would like to thank the management and all the staff for their valuable assistance of a ton of diesel.

I would have never been able to secure this large amount.

Thank you very much for your interest in every detail of our lives.

May God give you strength to continue with your mission.

INTENSIVE REHABILITATION THERAPY

The physiotherapy unit launched the intensive rehabilitation therapy program on October 19, 2021.

This program consists of intensive physiotherapy rehabilitation for a limited period of 3 to 4 weeks, 3 times a week (Tuesday, Wednesday and Thursday). Each session lasts 2 hours, with a «home program» prepared by the physiotherapists and applied at home by the parents on Mondays and Fridays.

15 children have benefited from this therapy so far and according to the pre and post therapy assessments, the results are impressive.

The children and the parents showed motivation during the intensive therapy period and they are all satisfied and happy with the results especially that the children are newly able to perform tasks that they did not do before.

Physiotherapy Unit



MESSAGE FROM A FRIEND IN FRANCE

Nothing is probably changing for you except that everyday life is becoming more and more difficult to live with.

Are you able to feed yourself properly?

I hope that the events in Ukraine will not harden further the life of the Lebanese.

The time of a trip every two years is far away. We did not know our happiness.

For us the meeting with SESOBEL. I always said to travelers «Don't miss the arrival of the children in the morning».

The joy of these children to find the big family, friends, girlfriends, to hug their teachers! You give them lots of love. The children give it back as well. We have discovered your work, with each child in search of his skills so that he can blossom fully. The collaboration with siblings. With social workers in the families. These social workers are part of the family. They are among friends.

I may be repeating myself but yes, you are an example. This kind of NGO does not exist in France too framed, too administrative.

No one will forget these rewarding trips. We will not forget you, Yolande, Dania, Georgette. With you, we discovered Lebanon. For my part, Lebanon has been part of my life for a long time. My deepest friendship to all my friends at SESOBEL.

Michel Chatellier

BEMO BANK & SESOBEL ROTATING ART

In its continued support for art and culture, BEMO Bank launched a pioneering project in Lebanon called «Rotating Art» on Friday February 25, 2022 at 12:30 p.m. in the bank's board room in Achrafieh.

The project «The Rotating Art» is a step forward to restore Lebanon's position as an art hub, increase Lebanese artistic literacy, make art more democratic, promote artists, and create, through art, a more convivial Lebanon.

In fact, this project, as detailed by Mr. Riad Obegi (CEO of the bank), aims to show the importance of works of art and the possibility of their access to the public. Their circulation will take place in different locations, whether private places such as the homes of employees, friends, customers, collectors, etc. or public places such as schools, municipalities, etc.

This project will be carried out through a draw that will take place at the bank and will decide the names of the winners of the artworks for a period of one month. This artwork will be available to the public for a fixed period

of time (1 month) then the work will return to the bank to participate in a new draw.

As the BEMO bank has some masterpieces for different artists such as: Basbous, Hady SY,... and 5 paintings made by the youth and children of SESOBEL, we are the only NGO partnering in this pioneering project in Lebanon.

The project committee:

From BEMO bank: Mr. Riad Obegi – CEO, Mrs. Joumana Hobeika, Mr. Gabriel Rizkallah, Mrs. Claudine Feghali, Mrs. Jocelyne Chami, and Mrs. Mirna Soufan (responsible for this project at the bank).

From outside: the artist and sculptor Mr. Hady SY, the collector of artworks Mrs. Roula Alami and SESOBEL, represented by Mrs. Fadia Safi (CEO), Mrs. Frida Chammas (member of the Board) and Mrs. Jeannette Mattar.

Jeanette Mattar

