

SEMI-ANNUAL NEWSLETTER - 2025



AWARENESS DAY ON MENTAL AND PHYSICAL HEALTH FOR PEOPLE WITH DISABILITIES

Masira Fund and Center concluded the year 2024 with a fruitful study day titled “Our Health, Our Strength: Between Body and Mind for People with Disabilities”, held at the Ibn Sina Science and Technology Center in Nazareth.

The event was attended by over 80 participants, most of whom were family members of individuals with physical and mental disabilities. The study day addressed vital topics aimed at improving the quality of life for this community, emphasizing the connection between mental and physical health.

The program featured welcome remarks by prominent figures and professional contributions from experts in both mental and physical health.



SUPPORT GROUPS

Masira Fund and Center successfully completed a new support group in Deir Al-Asad, with the participation of 15 women under the guidance of coach Zakia Akl Sawad. The group provided a space for sharing experiences and offering psychological and social support.

In addition, the unique Zoom-based group “A Journey Into My Inner World” was concluded for families from the Shaghur region. Led by Dua Khazen and joined by 12 women, the program equipped participants with effective tools to strengthen social connections and cope with daily challenges.



RAMADAN MARKET



"Even though I was very sick, I participated — and for the first time, I genuinely felt like a real seller"

"The bazaar was really nice, and I'm happy I took part"

"Despite the circumstances, it was a vibrant evening — a truly amazing experience."



These were some of the participants' impressions from the Ramadan Bazaar in Umm al-Fahm, where Masira Foundation took part in collaboration with Nassim Al-Amal Association to support and empower women and girls with disabilities by showcasing their artistic and traditional art work.

Proceeds from the sales will go toward supporting projects that improve the quality of life for people with disabilities and promote their inclusion in society.

SUCCESSFUL COMPLETION OF THE 'KESHET' PROGRAM

- "For the first time, I feel that my voice is truly being heard."
- "I learned how to open up about the story I'm living — honestly."
- "My voice has become calmer; I listen more and respond with balance."
- "This course changed my life completely. I now express myself and think in a whole new way."

With these heartfelt reflections, participants in the "Keshet" course summed up a journey that reshaped their understanding of family communication with their family members from people with disabilities.

Organized by the Masira Fund and Center, the course included 15 intensive sessions focused on building strong, supportive family relationships.

In a moving closing session, attended by Executive Director Zuhria Azab and Projects Manager Hanaa Suliman, participants shared personal stories that highlighted the deep and lasting impact the program had on their lives.



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MASIRA ASSOCIATION FORUM

Under the title: “True success is not an individual achievement, but the result of integrated collective effort,”

the Masira Forum of Associations held a meeting hosted by the "Ehna Hon" Association in 'Ilut.

The gathering focused on exchanging ideas and networking among organizations, with the aim of planning future programs and partnerships. The goal of the meeting was to strengthen the spirit of collaboration and shared responsibility among the participating associations.



A Session with Itaf Awad: Time to Start Taking Care of Ourselves Again

It's not just society that goes through pressure — we, the Masira team, also experience daily stress and emotional exhaustion. That's why the session with Itaf wasn't just helpful — it was essential!

The meeting offered a safe space to express ourselves, release stress, and breathe... It was part of building the emotional resilience we need to continue giving professionally — with a calm heart and positive energy.

MASIRA GRANTS PROGRAM

Selection of Projects to Be Funded as Part of the “Grants Program” Named After Dr. Hala Espanioly, Supported by the Masira Fund and Center, in Collaboration with the Tsadik Foundation.

“Jannat Adan” Association – Sakhnin

Project: Handicrafts Bazaar – A bazaar for selling handmade products, with support for purchasing equipment and materials to organize sustainable bazaars. These bazaars will showcase members' handmade items such as soap, candles, chairs, and more. The project will also include training workshops for members with the help of professionals.



“MARY” Association – Kfar Yasif

Project: “Therapeutic Garden” – Establishing a therapeutic garden on the plot of land adjacent to the association's building. The produce from the trees will be used to prepare healthy foods and fresh juices, while medicinal plants will be used to make three types of creams. This garden will serve as a welcoming café for visitors, creating a vibrant community space while generating sustainable income to support the long-term resilience of the association

“Al-Haneen” Theater – Nazareth

Project: Community Theater Workshops – A series of sessions led by a professional trainer, offering exercises from the world of theater. These workshops aim to raise awareness and support the development of emotional sensitivity, critical thinking, and self-empowerment.

Handmade Products Bazaar – Jannat Aden

As part of Eid Adha ceremony, the Jannat Aden Association in Sakhnin held a special bazaar supported by the Masira Foundation and Sadeeq Association.

Members with disabilities showcased handmade products they created in workshops, including candles, soap, accessories, flower arrangements, and Eid sweets.

A unique corner featured donated gifts that were rewrapped and sold at symbolic prices — delivering a clear message:

"We are capable... we can work, create, and sell."



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GENERAL BOARD ANNUAL MEETING

At its latest annual meeting, Masira Foundation reviewed its key achievements and challenges from 2024, emerging with fresh energy and new plans for the year ahead!

The financial and professional reports were approved, and the current leadership was re-elected for another term, with the addition of new members who will further strengthen the foundation's community work.

The organization also decided to expand its goals to offer more services aligned with the evolving needs of people with disabilities today.

The message was clear: When challenges grow, Masira is the first to show up — steady, active, and committed to giving from the heart of the field.



A breath of fresh air, heartwarming moments, and the soothing rhythm of music

As part of the Family Center's trip from Kfar Qara to Haifa, a special musical gathering was held — an initiative by Masira in collaboration with Yad b'Yad Association for people with disabilities, a member of our Associations Forum.

The live performance brought a joyful spirit and warm atmosphere to a day filled with activities, connection, and unforgettable moments. 🎵❤️



A Special Trip for the Board Members and Team of "Masira" to the Carmel mountain of Haifa

It included a delightful nature walk through the Carmel mountain forests, followed by a relaxing break and a delicious meal in a warm, joyful atmosphere — shared with Masira's general assembly members, staff, and their families.

A simple day, full of energy, connection, and heartfelt laughter! ❤️



EID GIFTS DISTRIBUTION

On the occasion of Eid al-Adha, the Masira Fund and Center distributed special gifts, generously provided by AHAVA, to the associations participating in the Masira Associations Forum.

The initiative aimed to spread joy, love, and the festive spirit of Eid among families and participants. 🌙



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"SANADAK" PROGRAM AND THE NEW SUPPORT GROUPS

Due to the state of emergency the country experienced in June, Masira Fund and Center reactivated its "Sandak" program for emotional resilience and support groups, in partnership with the JDC (Joint Distribution Committee), to be present and offer assistance to those who need it most.

What does the "Sandak" program include?

- ✓ One-on-one emotional support sessions via phone or Zoom with professionals
- ✓ Support groups for parents and persons with disabilities
- ✓ Open awareness lectures and sessions via Zoom
- ✓ Short videos on psychological and social well-being



As part of the implementation of the "Sandak" project, seven dedicated support groups were launched for persons with disabilities and their families, held in various towns to ensure accessibility and relevance to participants' needs.

The groups took place in: Deir al-Asad, Haifa, Majd al-Krum, Nazareth, Jerusalem, and two in Tamra.

Each group provided a safe space for support, sharing, and strengthening emotional resilience during times of emergency. ❤️

In addition, two online Zoom sessions were held with stand-up comedian Nidal Badarna and therapist Samar Abu al-Heija.

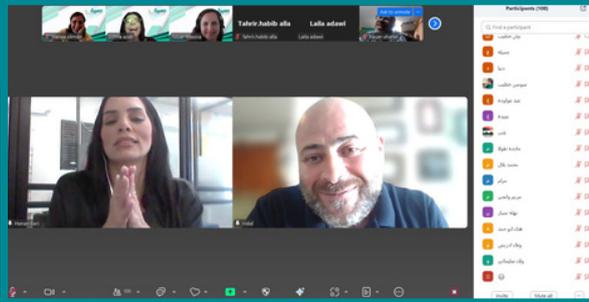
Laughing Out Loud with Nidal

When Things Got Heavy... We Turned to Laughter!

We hosted a Zoom stand-up comedy show with Nidal Badarna, and over 100 participants from across the country joined in — sharing real, heartfelt laughter. ❤️

The goal? To ease the tension and recharge with positive energy.

Because in times of crisis, laughter is the truest form of healing.



"Practicing Self-Care" Workshop

In the Midst of the Stress... We Found a Moment for Ourselves!

65 participants took part in the "Self-Care Exercises" workshop with Samar Abu al-Heija, creating a cozy and calming space to slow down and reconnect with ourselves.

We explored breathing techniques and stress-relief tools like Capistar, and most importantly — we were reminded that we're in this together. ❤️



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HIGHER EDUCATION PROGRAM – SECOND COHORT

The Higher Education Program, in partnership with the Open University, is a support and accompaniment program for a group of students with disabilities. Its goal is to empower them to enroll and study in the fields of social sciences and humanities. The learning takes place in accessible classrooms, within an organized group that offers a supportive administrative, academic, and personal framework for the students.

As part of the project's expansion, Masira is now launching a new and unique group — the second cohort of the program — specifically designed for individuals with hearing disabilities, in collaboration with the Ansit Association in Kfar Qara, which is party of our Associations Forum.



EDUCATION OPEN DAY

For Every Academic Dream... There's a Path. For Every Barrier... Someone Breaks It.

Masira Fund and Center, in collaboration with the Nazareth-Wadi Ara Campus of the Open University, is pleased to announce an inspiring and hope-filled Open Study Day titled:

“Higher Education for People with Disabilities – A Future Without Barriers.”

The event will spotlight academic opportunities available to people with disabilities, essential rights to know, inspiring success stories, and accessible educational pathways.

Because education is a right...

Accompaniment (Mentoring) Program for Academics with Disabilities



This project aims to support students with disabilities within the Arab community, assisting them in their academic journey and integration — both within university life in particular, and in society at large. At this stage of the program, we are mentoring 50 students with disabilities, supporting them through their academic journey until graduation.

With your support and guidance, a student can achieve their academic dream!

Be part of our project — reach out to us today.



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