

ANNUAL REPORT 2025



HOUSE OF LIGHT AND HOPE



BETHLEHEM
Since 1984



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DIRECTOR'S MESSAGE

Christian Love in Action:
My Journey at the House of Light and Hope
By Dr. Robert Caracache - Beit El Nour
Vice president and director.

My lifelong commitment to serving the most vulnerable, the forgotten, the uneducated, the exploited, flows from my Christian faith.

During the civil war, when so many were leaving Lebanon, I was urged to go as well. But **Archbishop Habib Bacha** told me something I never forgot:

"Robert, you are not a merchant closing one shop here to open another abroad. If people like you leave, to whom do we leave the country?"

Those words defined my mission. I chose to stay, convinced that my true reward would not be on earth but in heaven.

The people we serve are the most vulnerable. As the Gospel says, *"If you give a glass of water to one of these little ones, it is to Me that you give it."* We try to live that message through education, rehabilitation, and moral and spiritual support, and above all through prayer. Every member of our committee belongs to The People of God, a prayer group that sustains our mission.

We do not expect gratitude; our duty is to sow. Yet it is deeply moving to see so many of those we once helped rebuild their lives, starting families, working, and even returning to help others.

Faith sustains me through the hardships of our work. As St. Francis said, *"My cross, my joy."* And as St. John of the Cross reminds us, *"The only path to God is the Cross."* Our motto, *"Christian Love in Action"* is precisely this carrying one's cross with Jesus in the service of others.

The name House of Light and Hope captures the heart of our mission: bringing God's light and hope to the hearts of wounded youth. Through counseling, literacy, and vocational training, we help them reintegrate into society and heal

emotionally and spiritually.



We serve all who suffer, minors, women, refugees, without distinction of religion or origin. Supported by the Greek Catholic Patriarchate, we are blessed to receive help from church organizations, embassies, and private donors who share our vision.

Before the influx of refugees, we cared for about 400 people. Today, that number has nearly doubled, with hundreds of Syrian and Iraqi families now part of our programs. The economic crisis has deepened poverty and hunger, but we continue to provide education, psychological support, food, and medical assistance.

Our multidisciplinary team, social workers, educators, psychologists, and volunteers, works tirelessly to bring dignity and stability to those we serve.

As for Lebanon's future, I cannot claim optimism, but I remain rooted in Christian hope. What seems impossible to men is never impossible to God.

My final message is one of gratitude to all those who support us through donations and prayer.

Their faith and solidarity remind us that we are not alone. Our Church of the East continues to bear witness, through love in action, to the light and hope of Christ.

ABOUT BEIT EL NOUR

The “House of Light and Hope” Association (Beit-El-Nour in Arabic) is a Registered NGO. It was founded in 1984 by a Lebanese Greek-Catholic monk; Brother Nour (Nour means light in Arabic) and Dr. Robert Caracache during the darkest hours of the war in Lebanon.

Its active members are committed Christians in social work.

Presently Archbishop George Bacouni and Reverend Elie Chatawi are presiding over Beit-el-Nour.

We work especially with minor girls and boys who are exposed to or have survived violence and exploitation, as well as with their families.

Through counseling, abolition of illiteracy, and mainly vocational training we are providing opportunities for the “broken youth” in Lebanon, for reintegration into society and above all for healing of emotional and spiritual wounds by bringing God’s light and hope into their hearts.



**“...So your Father in heaven
doesn’t want one of these
little ones to be lost”**

Matthew Chapter 18, verse 14.

CHILD PROTECTION PROGRAM

The children's centers located in Sabra, Nabaa, and Tripoli serve the most vulnerable children and their families. Their primary objective is to ensure protection from all forms of violence and exploitation while safeguarding every child's right to education.

These centers have been operating for many years, providing support and guidance to hundreds of families.

In 2025, their doors were opened wide to children from the surrounding communities, without any discrimination based on nationality, religion, or any other affiliation.

Enhancing Access to Quality Education for vulnerable children

"Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all."
SDG 4

Remedial educational support (after school classes) helps vulnerable Lebanese, Syrian refugee, and Palestinian girls and boys (ages 7 to 18) improve their academic performance and stay in school, reducing their risk of dropping out.



132 Registered at school children received educational support under the supervision of specialized educators.

Informal educational lessons help non-enrolled Lebanese, Syrian refugee, and Palestinian girls and boys (ages 7 to 18) to gain greater access to basic education, equipping them with skills and confidence for a safer and brighter future.



164 Out-of-school children received an educational support (Literacy - numeracy - language classes).

Main Challenges:

- The Lebanese education system, especially public schools, has been heavily impacted by the multiple crises affecting the country.
- Due to the economic crisis, public schools operate only 4 days per week, which limits students' learning and forces educators in support centers to recap and teach lessons not covered at school.
- Vulnerable children face a high risk of dropping out, as many parents are unemployed and require their children to work and contribute to the family income.
- In some families, cultural beliefs encourage early marriage for girls, viewed as both protection and a reduced burden on the household.
- Children without identification documents encounter significant barriers to school admission.
- Family-related issues, such as domestic violence, parental separation, and mental health challenges among parents, negatively affect children's academic performance and increase their risk of dropout and exploitation.

Success story:

Nour is a 9 year-old girl living in a small house with her father, his wife, her disabled brother, and her stepbrother. Nour faces several psychological and social difficulties due to her complex living situation and the family challenges she encounters daily.

Her stepmother treats her harshly, which has increased her psychological distress and made her feel unsafe at home. Additionally, she suffers from the absence of her biological mother, who remarried and had another child. This has caused Nour feelings of sadness and jealousy, as she feels that her mother's new family does not give her enough attention, and the jealousy between them adds to her pain.

These difficult circumstances have deeply affected the young girl's mental health. She often feels isolated and anxious and struggles to express her emotions. She also faces challenges concentrating on her studies and sometimes in her relationships with others.

Since joining the center, Nour has been receiving psychological and social support through specialized sessions with the psychologist, helping her build self-confidence and develop social skills. She also participates in recreational and educational activities that help her grow her abilities and enjoy her childhood despite the hardships.

Efforts have been made to work with her father and his wife to create a warmer and more

stable family environment, with awareness and support sessions aimed at improving their interactions with Nour and understanding her psychological needs.

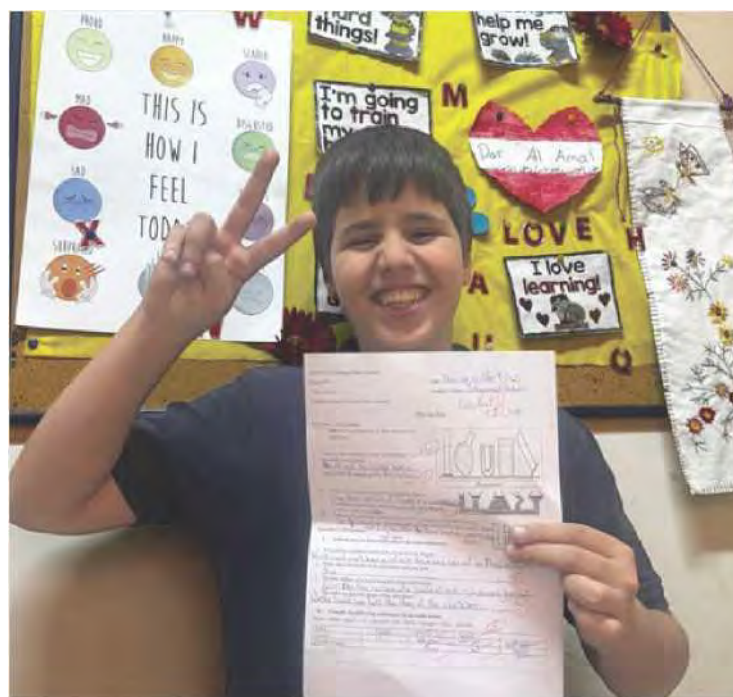
Thanks to this comprehensive support, Nour has shown significant improvement in her psychological and social wellbeing. She has become more capable of expressing her feelings and communicating healthily with others. She has developed a sense of hope and optimism for a better future.

Testimony

“I have been attending at the center for 7 years and I have started learning on how to depend on myself in things related to life. I learned how to defend myself and I knew my rights. I learned how to appreciate myself and my potentials, so I decided to help other. I taught my friends at the school how to protect themselves from different forms of violence.

I am now in grade 7. The teachers at the centers helped me in my lessons especially that no one can help me at home. Finally I learned if I were exposed to danger that I should tell someone I trust to help me.”

F.B is a 13 year old Boy participating regularly in the remedial classes.



Protecting Vulnerable Children from Risks and Exploitation

The psychosocial support program enables children to enhance their psychosocial development, build resilience to trauma, and increase their awareness of protection issues and rights.

“End abuse, exploitation, trafficking and all forms of violence against and torture of children”. SDG 16.2

PSS sessions were facilitated by social workers and social animators. The session themes were tailored to the children’s specific needs.

300 children participated in interactive sessions focused on trauma healing and resilience.

Other Sessions targeted emotional and social development through the following themes:

- Emotional communication
- Respect and appreciation of diversity
- Conflict resolution self-awareness and self-esteem building.



Self-Protection

These sessions focused on identifying different forms of child abuse, understanding the profiles and tactics of abusers, and learning protective strategies against sexual violence. Methods included photos, short films, discussions, and role-playing.

'NO Means NO' sessions: The 'No Means No' program empowers adolescent girls to establish and maintain healthy personal boundaries, understand their rights in relationships, and navigate dating safely. Through interactive sessions and skill-building activities, the program equips girls with the knowledge and confidence to recognize and respond to unwanted attention or pressure, promoting their safety, self-respect, and overall well-being.

Number of participants: **50 adolescent girls.**

Family Home Visits

A total of **112** home visits were conducted to children's families.

The home visits helped social workers assess the child's and family's living conditions, provide personalized support, strengthen family capacities, monitor the child's well-being, and prevent risks such as neglect, abuse, or social exclusion.

Social and psychological follow up

The social and psychological follow-up is implemented to support vulnerable children at high risk of violence, school dropout, early labor, or early marriage. This service ensured continuous monitoring

of children's well-being and enabled early identification of distress or exposure to harmful situations. Through regular individual and family sessions, the program strengthened children's emotional resilience, self-esteem, and sense of security, while guiding caregivers to provide a stable and protective environment. By addressing both psychological and social factors, the social workers and the psychologists, contributed to preventing negative coping mechanisms, promoting school retention, and fostering children's healthy development and empowerment.



72 children received social follow up and individual psychological support

In addition to the above-mentioned activities, the recreational activities were an essential component of the children's program, playing a vital role in their overall development. These activities allowed children to express themselves, explore their talents and abilities, and develop a sense of group solidarity. They also contributed significantly to building self-confidence and self-esteem. Children were often most joyful and engaged during these session





Empowering Mothers for Positive Parenting and Child Development

“Being a parent is the most important job in the world. But many parents don’t get the time and support they need to be with their children.

Parental involvement is widely regarded as an essential factor in children’s health and wellbeing, including academic achievement.

A lack of parental involvement, and inappropriate discipline practices make children more vulnerable to mental health disorders, including substance abuse”.

“United Nations Department of Global Communications”

The program aimed to enhance mothers’ awareness of positive parenting practices, reduce domestic violence, and promote children’s educational support and development.

As part of the psychosocial support approach, a series of self-care sessions were organized for mothers, held once a week over four consecutive weeks. These sessions were designed to promote positive parenting and reduce domestic violence by enhancing mothers’ emotional well-being.

Led by a specialized psychologist with expertise in trauma-informed care and family counseling, the sessions focused on:

- **Stress management and emotional regulation**
- **Self-awareness and personal well-being**
- **Creating a nurturing home environment**

Each session included interactive components such as guided discussions, relaxation techniques, and role-playing exercises based on real-life parenting situations.

The sessions achieved strong engagement and meaningful outcomes:

- **Increased awareness of self-care:** Participants reported a better understanding of the importance of self-care in their parenting role.
- **Recognition of stress impacts:** Many mothers noted increased awareness of how stress can negatively affect their relationships with their children.
- **Adoption of constructive strategies:** Caregivers shared that they had begun implementing more positive communication techniques at home.
- **Improved confidence and well-being:** Participants described feeling more relaxed and confident after each session, recognizing the value of prioritizing their mental and physical health to better support their families.

A total of **112**

mothers, including those of children attending the center and others from the surrounding communities, expressed interest in the program and participated in the sessions.

Several mothers expressed how the sessions had positively influenced their lives:

“I’ve noticed a big change in my relationship with my children. I’ve become more patient and understanding.”

“The breathing exercises really helped me manage my stress. I now use them whenever I feel overwhelmed.”

“At home, communication has improved. I listen to my children more and try to talk to them in a calm and positive way.”

“Through these sessions, I learned that it’s okay to set limits and to say no when I feel tired. I also learned how to express my needs without feeling guilty.”

VULNERABLE WOMEN IN THE WOMEN'S PRISONS.

PROGRAM

The women's program encompasses two main sub-programs:

- **Rehabilitation of marginalized women.**
- **Rehabilitation and social reintegration of female prisoners.**

Lebanon's prison legislation, governed by Decree No. 14310 (1949), is outdated and fails to address the specific needs of female inmates. Key challenges include insufficient reproductive healthcare, limited educational and vocational opportunities, lack of attention to foreign or stateless women, and overcrowding.

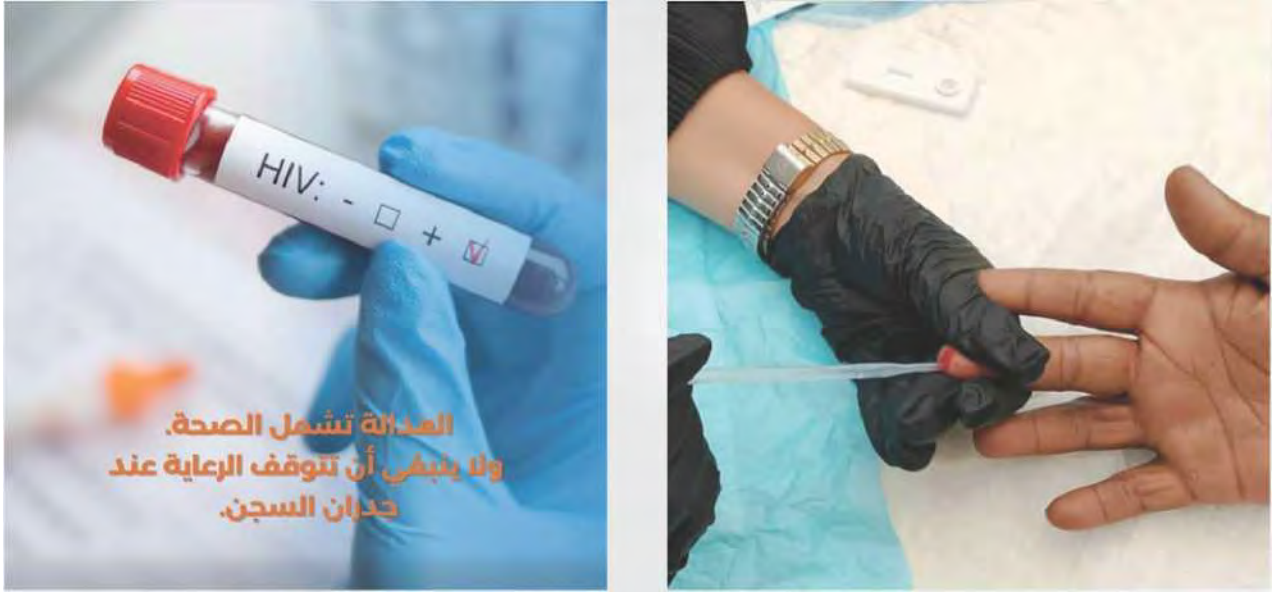
The program aims to strengthen the rehabilitation and social reintegration process for marginalized women and female prisoners by improving their access to physical and mental health services, legal assistance, and continuous individual, family, and group follow-up within a discrimination-free environment.

Additionally, it seeks to enhance community awareness and understanding of the challenges faced by these vulnerable groups, promoting positive social attitudes and reducing prejudice and exclusion.

The program is implemented in a day center at Sin El Fil as well as in Women's prisons in Lebanon: Baabda - Zahle - Tripoli.

Strengthening Community Support Networks

We ensured access to information and resources by sharing lists related to healthcare clinics, gynecology services, sexually transmitted infections (STIs), pediatrics, voluntary HIV and mental health testing, legal advice, shelters for women victims of social-based violence, drug abuse treatment services, child protection services, and specialized services for refugees.



Strengthening psychosocial and legal support services

Psychological and psychosocial support is crucial for individuals experiencing trauma and mental health issues, as it promotes healing and resilience:

352 women received psychosocial support in order to cope with trauma and stress

Legal aid ensures access to justice and the protection of basic rights, particularly for vulnerable groups. Both are essential for individual well-being and societal equality:

599 female prisoners attended legal awareness sessions

20 legal cases were transferred to lawyers



352 women received psychosocial support in order to cope with trauma and stress

Strengthening the community's capacity to support and protect vulnerable groups

The members of the Internal Security Forces at Tripoli Prison received a training on human rights policy and standards, the equality and non-discrimination approach, non-violent communication, and the rights and duties of prisoners and prison workers.

Our right holders also participated in an advocacy training to increase their knowledge and understanding of advocacy principles and techniques and were trained on how to develop advocacy strategies and campaigns tailored to target groups.

Providing a safe, accessible spaces and immediate support for vulnerable groups

We welcome marginalized women and provide them with safe places where they can freely express their opinion and seek assistance upon needed.

We offered **488** medications, **491** hygiene kits, **42** rental subsidies, and **38** medical supports.

Our community outreach team consists of qualified and trained "peers' educators" who reached **386** at-risk women in their communities and provided them with much-needed assistance.

657 people received voluntary counselling and testing for HIV.

Women's testimonies: The Effects of Confinement on Lives and Rights

"After a long time in prison, you become afraid of the world, the society- Afraid that while you're walking someone is watching you. You become afraid of everything around you"

"If you have connections, your case moves forward; if you don't, it remains forgotten."

"I have been detained for 35 months and have attended only one court hearing."

"I have been in detention for two years and four months, yet I know nothing about my case."

"What human rights are they talking about? Yes, we made mistakes, but we do not deserve such neglect."



THANK YOU

Beit El Nour extends its sincere gratitude to all donors for their unwavering support and commitment to serve without discrimination. Their generosity and trust have been instrumental in enabling us to continue our mission of providing assistance, care, and hope to those most in need.

In Christ's service

**Msgr. Georges Bacouni Greek-Catholic Archbishop of Beirut and Byblos
Honorary President of Beit-el-Nour (House of Light and Hope)**

**Reverend Father Elias Chatawi
President of Beit-el-Nour (House of Light and Hope)
Parish priest of the Greek-Catholic church of Our Lady of The Coast.
Director of the Greek-Catholic Patriarchal College.**

**Dr. Robert Caracache
Vice-president and Director of Beit-el-Nour (House of Light and Hope)
Psychotherapist**