

# JRS LEBANON LIVELIHOODS PROGRAM



## Enhancing Economic Stability and Psychosocial Well-being

The program targets vulnerable individuals in Bourj Hammoud, Bar Elias, and Baalbek, aiming to strengthen their economic resilience and mental well-being. It includes a Youth Development Program to build soft skills and career readiness, Vocational Training for adults to gain technical expertise and employment support, and an Entrepreneurship component offering business training and seed funding. Throughout the program, MHPSS services—such as individual counseling, group therapy, peer support, and youth clubs—foster emotional resilience, mentorship, and social inclusion.

### Core Program Components

#### 1. Youth Development (Ages 14-21)

Life skills and career guidance workshops to build communication, confidence, and job readiness.

#### 2. Vocational Training (Ages 21-60):

Hands-on technical training in fields like admin work, cooking, leather craft, and digital skills, paired with career guidance on job search and interview prep.

#### 3. Entrepreneurship Support:

Business training on planning, marketing, and finance, with seed funding and mentorship provided to top participants to launch small businesses.



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*Yara, a resilient young woman, overcame immense personal and financial hardships through psychosocial support and skill training, transforming her life with confidence and hope."*

Mira, 26 years old

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## Locations We Serve

JRS Lebanon operates learning centers in:

- Bar Elias
- Burj Hammoud
- Baalbek

## MHPSS in Livelihood Activities

JRS Lebanon integrates MHPSS into its Livelihood Program to address emotional barriers to employment. Support includes counseling, social-emotional workshops, stress management, and peer groups that promote resilience and well-being.



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*"Despite life's challenges, I turned my passion for crafts into a source of strength and economic empowerment"*

Mira, 45 years old

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