



REBUILDING BEIRUT

Updates from FDCD's field team



TWO WEEKS LATER

As clean-up efforts are completed and the true extent of the damage of the August 4 explosion is uncovered, many NGOs are turning their attention to the longer, slower process of rebuilding the homes damaged across BEirut. FDCD is happy to partner with other NGOs in this work to provide the most efficient assistance available to those in need.

At the same time, all of us living in Beirut are still discovering the longer-term impacts of the trauma we have all experienced. Material aid is desperately needed, of course, but we also recognize that true healing is deeper than the suturing of wounds and covering of broken windows. That's why FDCD is also working to create safe spaces to process trauma, build resilience, and come together as a community in these difficult times.

During this time of crisis, we are been so grateful for the brave and selfless Lebanese volunteers rebuilding our city as well as for international partners who have jumped into action to aid in this recovery effort. We know that we will only move forward by holding onto one another, and we are blessed to begin this difficult journey with all of you.

With hope,
Riad Jarjour, FDCD President

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Thank you to our
volunteers!



UPDATES FROM THE FIELD

FDCD is excited to welcome two new team members who are working on the ground in the most impacted areas of Beirut, assessing damage and coordinating FDCD's aid efforts.

Currently, our field team is surveying damage and speaking with as many families and impacted people as possible to get a sense of the extent of the need in these areas. FDCD is coordinating with other NGOs and the Lebanese army to collect information about impacted families and what kinds of aid they need most urgently, to determine what organizations are best suited to provide this aid.

At the end of the week, the FDCD team will complete this process and begin distributing food parcels to families in need and working with local contractors to begin rebuilding damaged homes and small businesses.

LOOKING AHEAD...

Beginning next month, FDCD will offer a series of workshops about trauma, self-care, and coping with the long-term effects of grief after the August 4 explosion. FDCD is working with Dr. Marie-Adele Salem, a psychologist and trauma specialist, to create a specialized curriculum for these workshops. If you are in Beirut and know of someone who would benefit from this, please don't hesitate to reach out to info@fdcd.org

WHAT'S IN A FOOD PARCEL?

FDCD is distributing boxes of food to families in need around Beirut. These food parcels contain a variety of ingredients needed to make nutritious, filling meals and include:

- Rice, flour, and bulghur
- lentils, chickpeas, and fava beans
- Tuna and canned meat
- Tomato paste, oil, salt, and sugar
- Hygiene items (bleach, multipurpose detergent)

OUR PLAN TO REBUILD

The people of Beirut have shown that they are ready and willing to help one another, but may need some coordination and material support to do so effectively. FDCD connects those in need to those who can help, and to provide them with the resources they need to rebuild.

Families know what repairs they need most urgently, and so we follow their lead. After talking with families, FDCD hires local contractors and builders and purchases necessary materials and supplies so that families can return home as soon as possible.

Thank you to our volunteers!

On August 10, 20 youth from across Lebanon traveled to Beirut for 3 days to assist in cleanup efforts. Together with FDCD staff, they cleaned debris in homes and covered windows in plastic sheeting, and collected plastic waste from the streets in order to recycle it.

