

MEN TALK



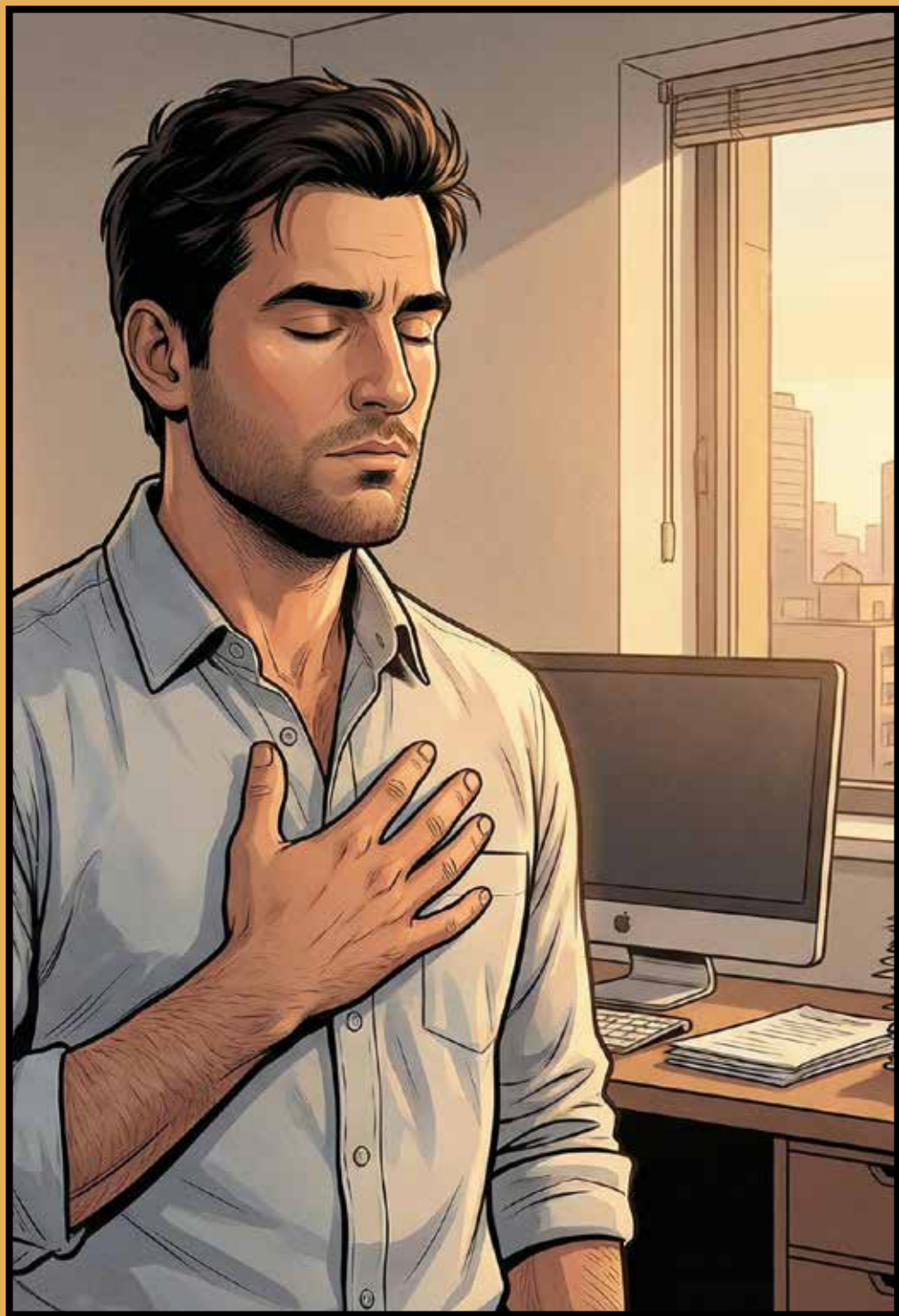
MEN TALK

PREPARED BY ANTHONY KEEDI

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PROTECTING BEYOND FEAR

FADI, IN HIS EARLY TO MID-30S, IS A HUSBAND AND FATHER OF TWO LIVING UNDER CONSTANT EXTERNAL THREAT. BELIEVING VIGILANCE IS THE ONLY WAY TO KEEP HIS FAMILY SAFE, HE SLOWLY BECOMES CONSUMED BY FEAR, FINANCIAL PRESSURE, AND CONTROL - UNTIL PROTECTION TURNS INTO HARM.





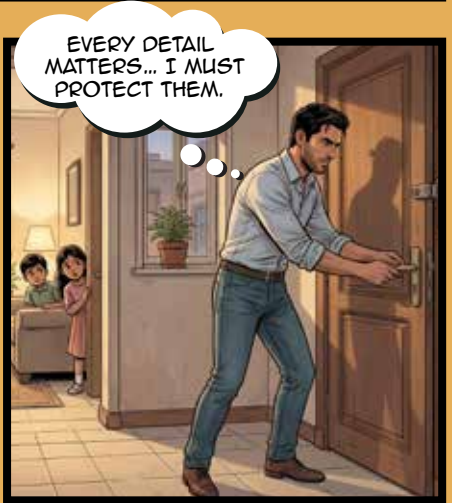
I HAVE TO KNOW EVERYTHING... I CAN'T LET ANYTHING HAPPEN TO THEM.



THE CONSTANT FEAR FOR HIS FAMILY'S SAFETY CONSUMED HIM.



I CAN'T BE LATE... I NEED TO MAKE SURE THEY'RE OKAY.



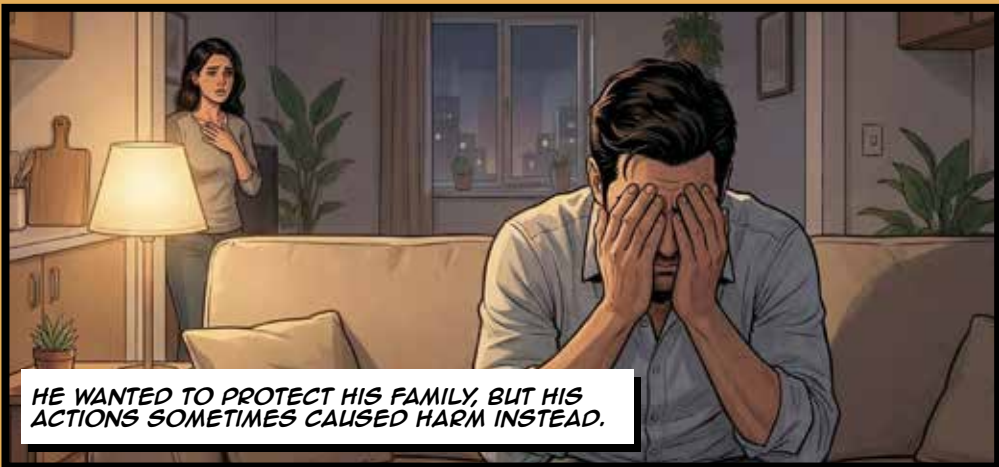
EVERY DETAIL MATTERS... I MUST PROTECT THEM.



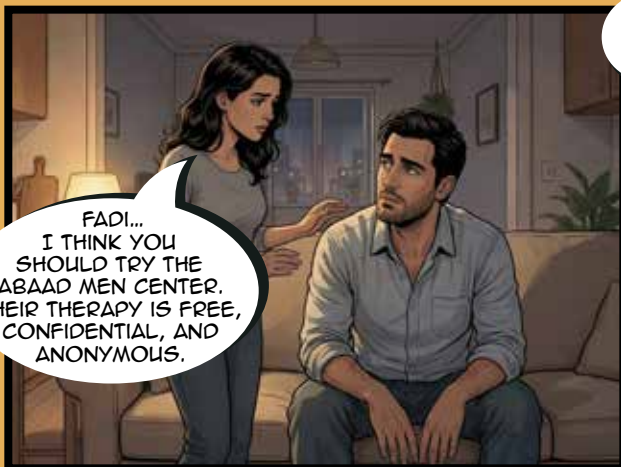
NOT NOW! I'M BUSY!



WHY CAN'T THEY UNDERSTAND THE PRESSURES I'M UNDER?



HE WANTED TO PROTECT HIS FAMILY, BUT HIS ACTIONS SOMETIMES CAUSED HARM INSTEAD.



FADI...
I THINK YOU SHOULD TRY THE ABAAD MEN CENTER. THEIR THERAPY IS FREE, CONFIDENTIAL, AND ANONYMOUS.



DO I REALLY NEED THIS? WHAT WILL THEY THINK?



HE KNEW THERE WAS NO JUDGMENT HERE... ONLY HELP.



LET'S TALK ABOUT WHAT'S HAPPENING INSIDE YOU, NOT JUST OUTSIDE THREATS.

HE REALIZED THAT IN TRYING TO PROTECT THEM FROM THE WORLD, HE HAD OVERLOOKED THE HARM HE CAUSED AT HOME.



YOUR ANGER IS A SIGNAL. LET'S FIND HEALTHIER WAYS TO PROTECT YOUR FAMILY AND YOURSELF.



I CAN CONTROL MYSELF... I CAN BE THE PROTECTOR THEY NEED, NOT THE ONE WHO SCARES THEM.



I'LL TRY TO SHARE MY STRESS... WE CAN FACE THIS TOGETHER.

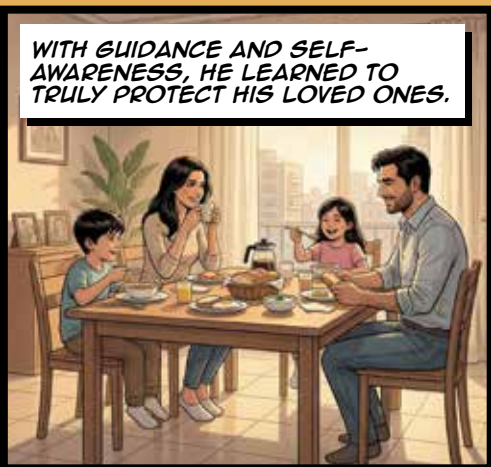


PROTECTION IS NOT JUST FEAR... IT'S CARE, GUIDANCE, AND CALM PRESENCE.



I UNDERSTAND NOW... PROTECTING THEM STARTS WITH HOW I ACT.





THE TRUE PROVIDER

SAMIR, IN HIS MID-TO-LATE 40S, BELIEVES HIS ROLE AS A FATHER IS TO PROVIDE. LONG HOURS AND CONSTANT WORK KEEP HIS FAMILY FINANCIALLY SECURE, BUT SLOWLY DISTANCE HIM FROM THE MOMENTS THAT MATTER MOST. IN CHASING STABILITY, HE RISKS BECOMING A STRANGER IN HIS OWN HOME.









I THOUGHT
FINANCIAL SECURITY
WAS ENOUGH... BUT I'M
MISSING THEIR
LIVES.



YOUR
SON NEEDS A
COMPASSIONATE
LISTENER, NOT
HARsher
DISCIPLINE.



A NEW UNDERSTANDING
OF HIS ROLE AS A
PROVIDER BEGAN TO
FORM.



GOOD
MORNING!
LET'S EAT
TOGETHER



LISTENING TO HIM...
REALLY HEARING HIM... THIS
IS AS IMPORTANT AS
WORK.



TIME SPENT TOGETHER BROUGHT JOY AND CALM TO THE HOME.



I LOVE SEEING YOU HERE WITH US... PRESENT.

I'M LEARNING WHAT THEY REALLY NEED FROM ME.



PROVIDING ISN'T JUST FINANCIAL... IT'S PRESENCE, ATTENTION, AND LOVE.



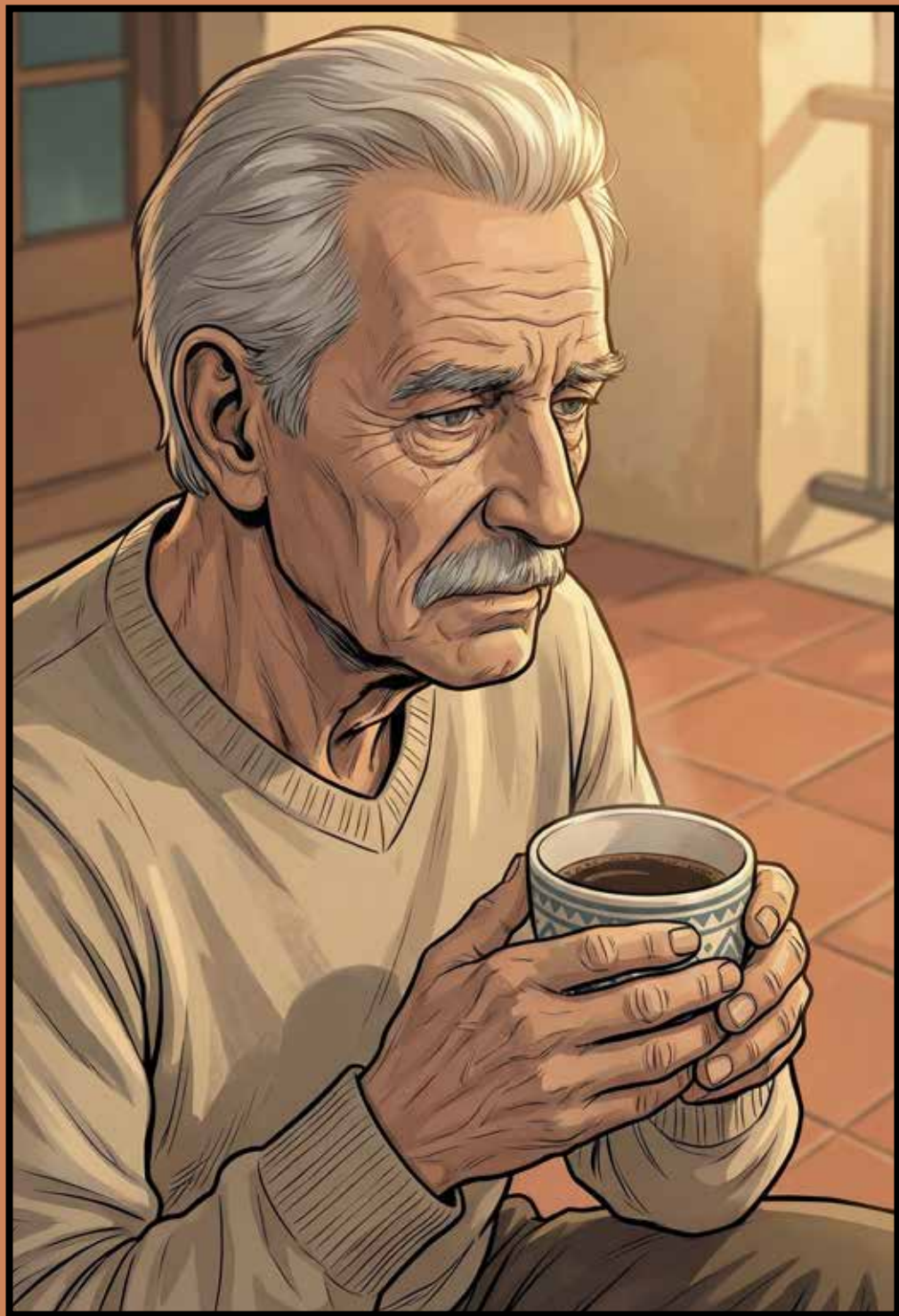
THIS CONNECTION... THIS IS THE BEST OUTCOME.

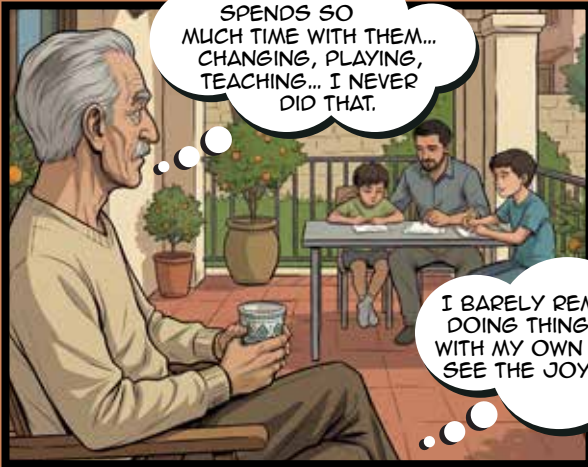


SEEKING HELP IS A STRENGTH. BEING PRESENT MATTERS AS MUCH AS PROVIDING.

LESSONS IN FATHERHOOD

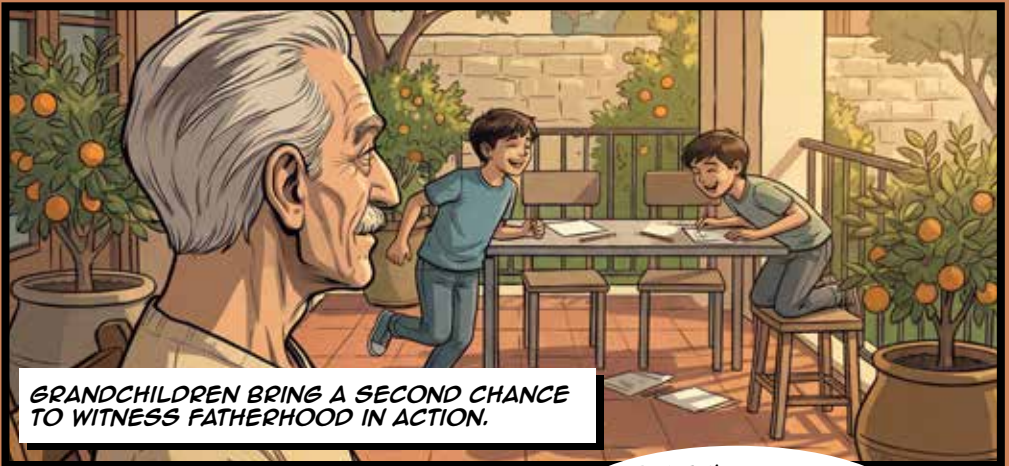
CHARLES, 70, IS A GRANDFATHER REFLECTING ON THE FATHER HE ONCE WAS. AS HE WATCHES A NEW GENERATION APPROACH PARENTHOOD WITH MORE PRESENCE AND EMOTIONAL OPENNESS, HE BEGINS TO CONFRONT PAST REGRETS AND RETHINK WHAT ACTIVE FATHERHOOD CAN BE - EVEN NOW.



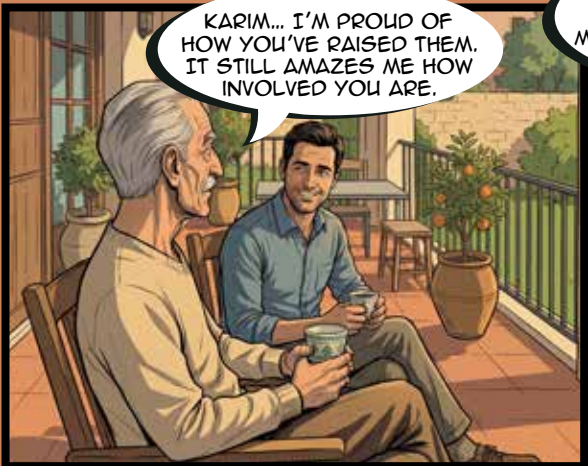


HE SPENDS SO MUCH TIME WITH THEM... CHANGING, PLAYING, TEACHING... I NEVER DID THAT.

I BARELY REMEMBER DOING THINGS LIKE THIS WITH MY OWN KIDS... NOW I SEE THE JOY IN ACTION.

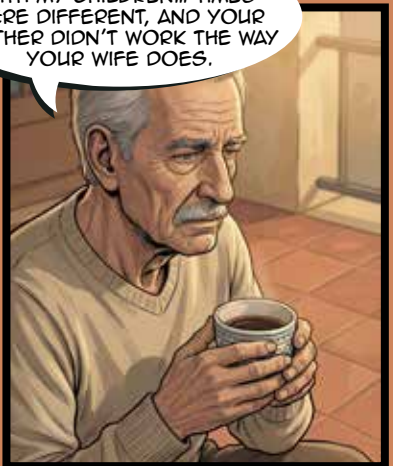


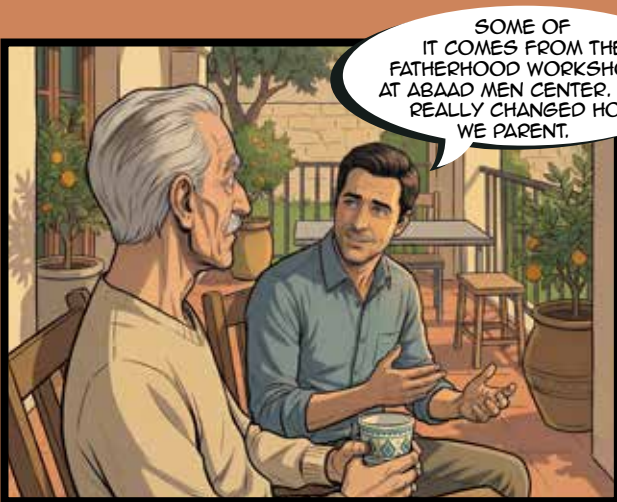
GRANDCHILDREN BRING A SECOND CHANCE TO WITNESS FATHERHOOD IN ACTION.



KARIM... I'M PROUD OF HOW YOU'VE RAISED THEM. IT STILL AMAZES ME HOW INVOLVED YOU ARE.

I WASN'T LIKE THAT WITH MY CHILDREN... TIMES WERE DIFFERENT, AND YOUR MOTHER DIDN'T WORK THE WAY YOUR WIFE DOES.

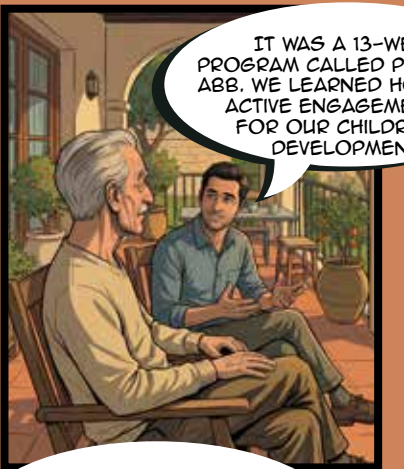




SOME OF IT COMES FROM THE FATHERHOOD WORKSHOPS AT ABAAD MEN CENTER. THEY REALLY CHANGED HOW WE PARENT.



FATHERHOOD WORKSHOPS? WHAT'S THAT ABOUT?



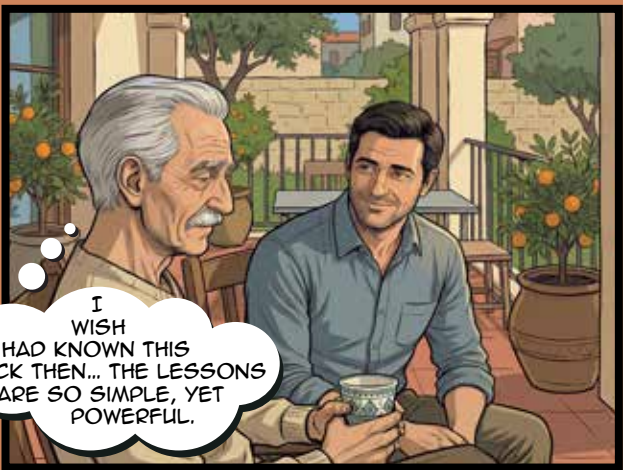
IT WAS A 13-WEEK PROGRAM CALLED PROGRAM ABB. WE LEARNED HOW VITAL ACTIVE ENGAGEMENT IS FOR OUR CHILDREN'S DEVELOPMENT.



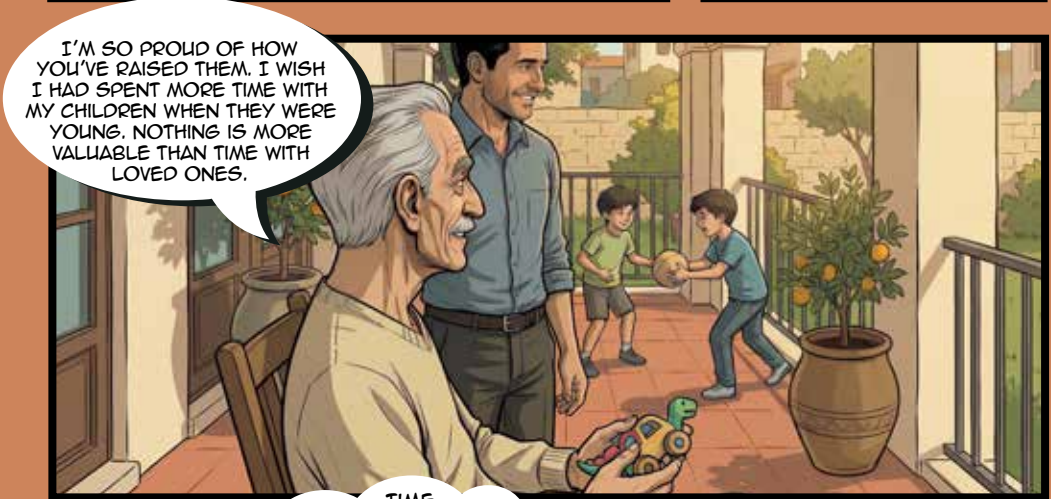
COUPLES SHARED PRESSURES AND EXPERIENCES, LEARNING TO PARENT AS A TEAM.



WE ALSO LEARNED WAYS TO DISCIPLINE WITHOUT YELLING OR HITTING... SO OUR CHILDREN RESPECT OUR AUTHORITY WITHOUT FEAR

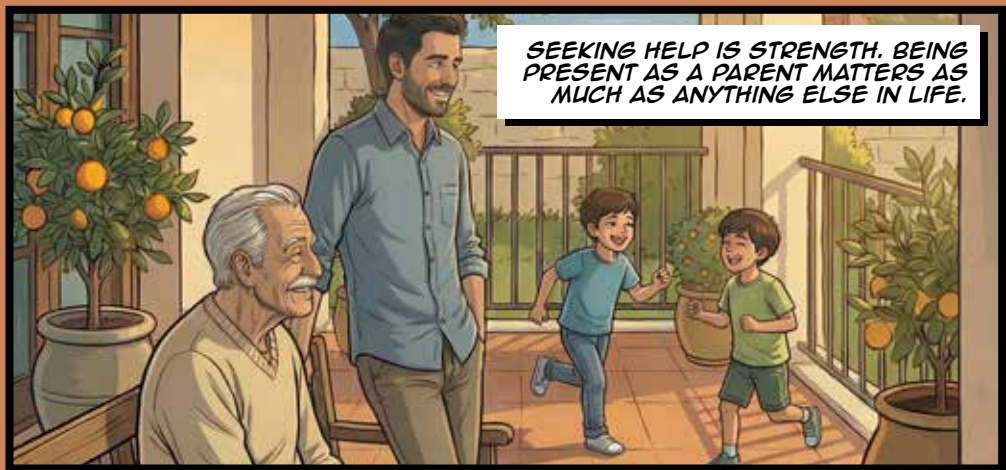
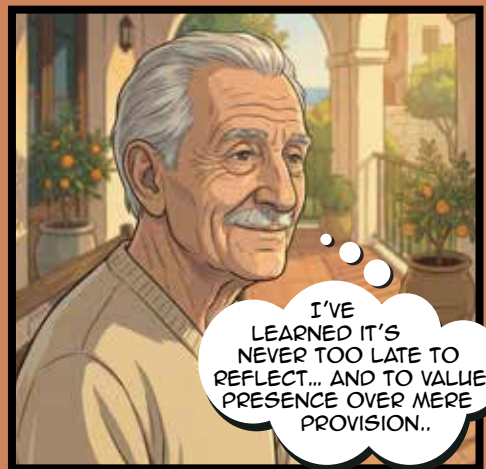
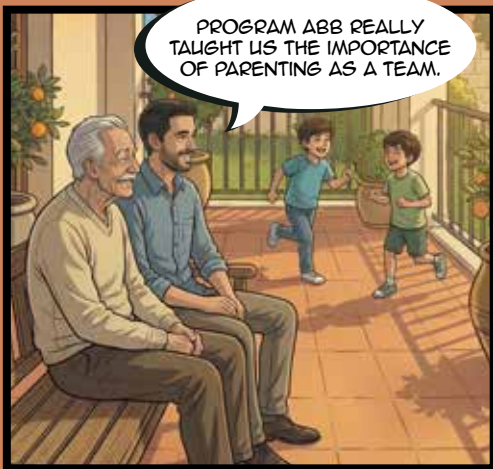
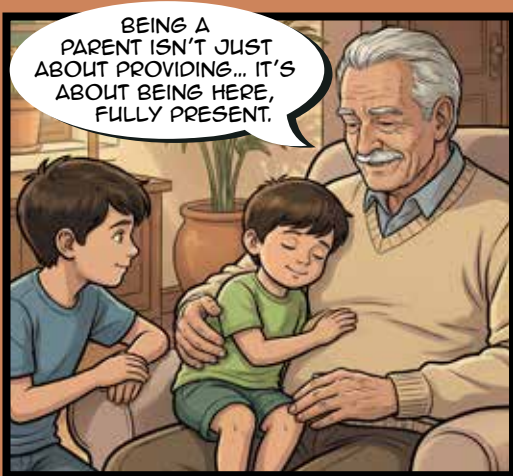


I WISH I HAD KNOWN THIS BACK THEN... THE LESSONS ARE SO SIMPLE, YET POWERFUL.



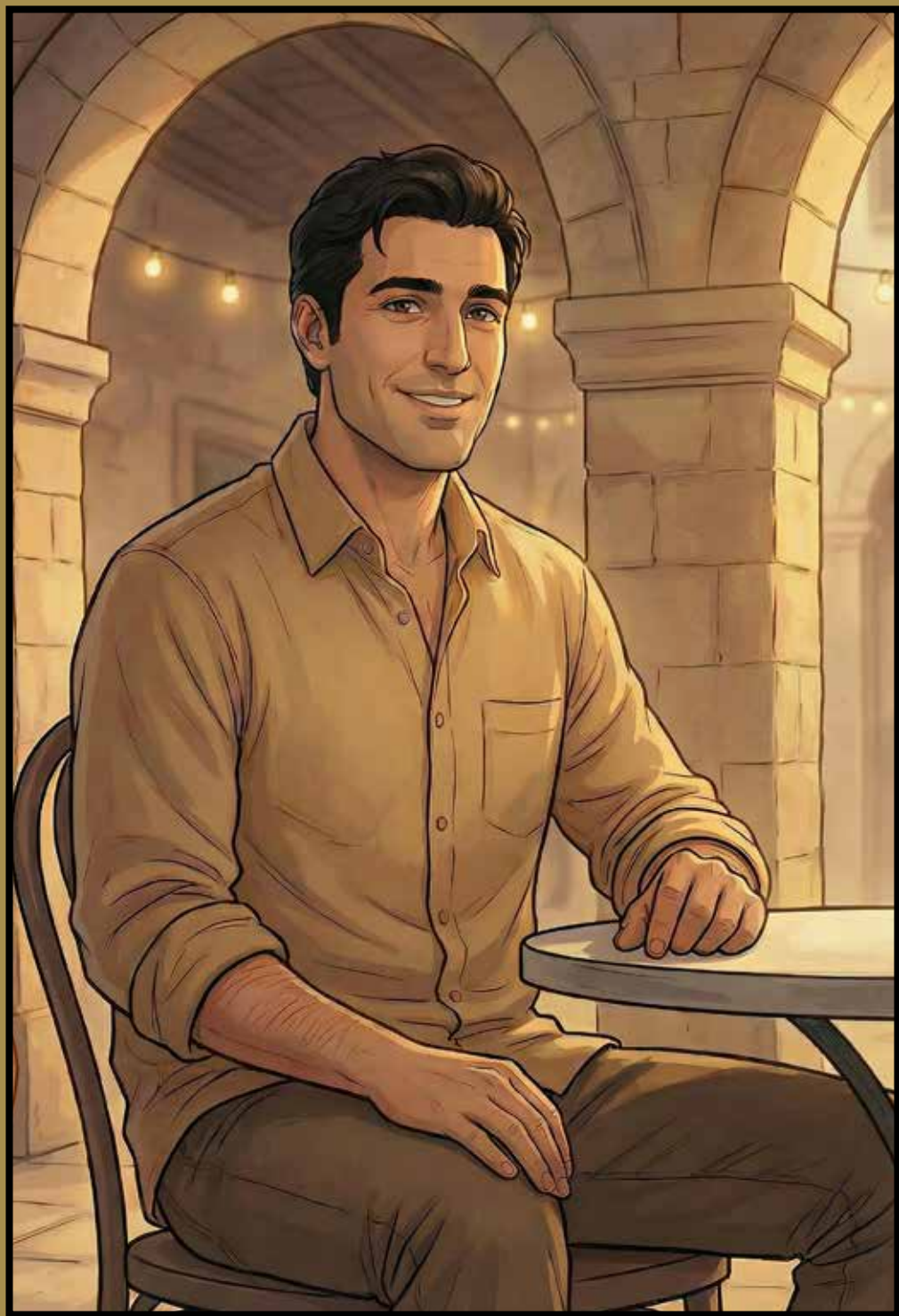
TIME IS THE ONE THING YOU CAN NEVER GET BACK... I UNDERSTAND THAT NOW.





REDISCOVERING US

TAMER, LATE 20S, BELIEVES STRENGTH MEANS HANDLING EVERYTHING ALONE. SKEPTICAL OF THERAPY AND UNCOMFORTABLE WITH VULNERABILITY, HE DISTANCES HIMSELF FROM CONFLICT - UNTIL HE REALIZES THAT SELF-RELIANCE MAY BE COSTING HIM TRUE CONNECTION.





SO... HOW'S MARRIED LIFE THESE DAYS? LAST TIME WE TALKED, THINGS WERE ROUGH.



ACTUALLY, WE'RE BETTER THAN EVER. GROWING CLOSER EVERY DAY.



WOW... THAT'S AMAZING! WHAT CHANGED?

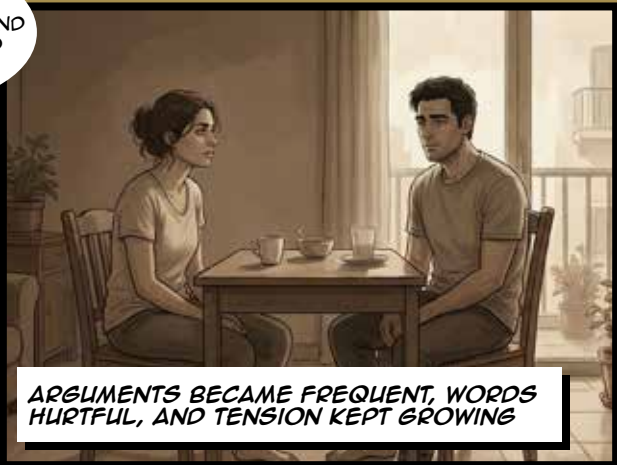


WE WENT TO COUPLES THERAPY AT THE ABAAD MEN CENTER.



WAIT... DIDN'T YOU TELL ME YOU DIDN'T BELIEVE IN THERAPY AND DIDN'T WANT TO GO FOR THE THIRD SESSION?

EXACTLY. I STOPPED AFTER THE SECOND SESSION... AND THINGS GOT WORSE.



ARGUMENTS BECAME FREQUENT, WORDS HURTFUL, AND TENSION KEPT GROWING

I LOVE YOU, BUT I CAN'T CONTINUE LIKE THIS... IT'S HURTING BOTH OF US.



SHE'S RIGHT... I WASN'T TAKING THERAPY SERIOUSLY. I NEED TO DO SOMETHING.



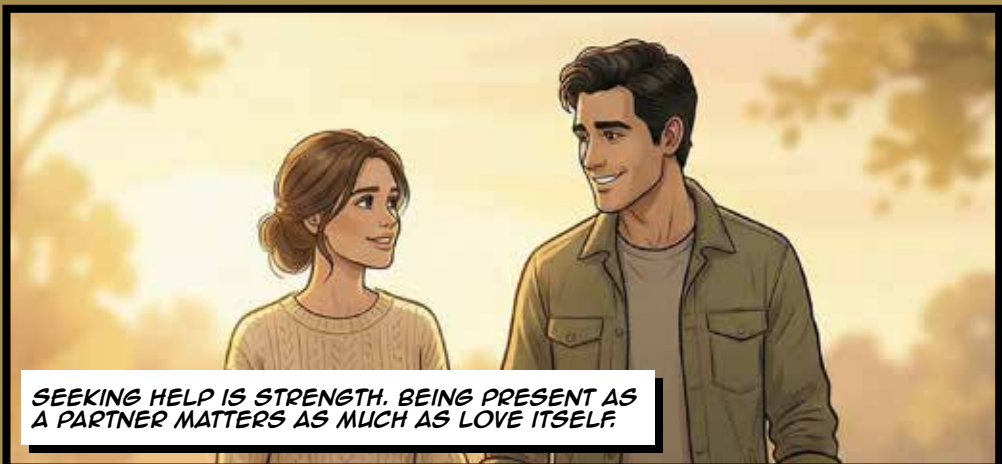
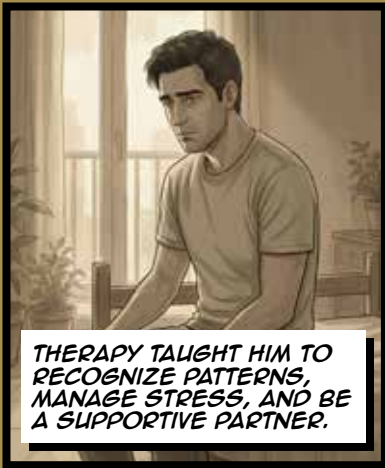
I LOVE YOU. I WANT TO TRY AGAIN... I'LL BE OPEN THIS TIME.



OKAY... LET'S DO IT TOGETHER.







BREAKING THE SILENCE

SAMI, IN HIS EARLY 20S, IS OVERWHELMED BY ANXIETY AND STRESS, RETREATING INTO SILENCE AS HE STRUGGLES TO EXPRESS WHAT HE FEELS. LIVING AT HOME AND AVOIDING EMOTIONAL CONFRONTATION, HE SLOWLY LEARNS THAT NAMING HIS EMOTIONS MAY BE THE ONLY WAY FORWARD.





HEY, ARE YOU OKAY? YOU SEEM OFF TODAY.



I'M... TRYING NOT TO THINK ABOUT IT. BLOCK IT OUT.



SOMETIMES THAT WORKS... BUT OTHER TIMES, IT'S BETTER TO TALK ABOUT IT.



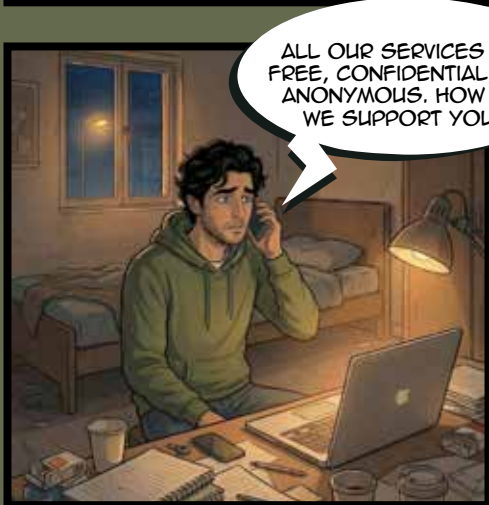
YEAH, RIGHT. YOU MEAN TO SAY THAT ACTUALLY HELPS?



I'M SERIOUS. I USED TO THINK THE SAME WAY... HIDING EVERYTHING.



I HELD EVERYTHING IN... MY SADNESS, WORRY, AND PRESSURE FROM FAMILY AND LIFE DECISIONS.





I ATTENDED WORKSHOPS ON STRESS, ANGER, EMOTIONS, AND HEALTHY RELATIONSHIPS.

THESE TECHNIQUES HELPED ME UNDERSTAND MYSELF... AND MY REACTIONS.



EXPLORING YOUR FEELINGS IS A STRENGTH, NOT A WEAKNESS.



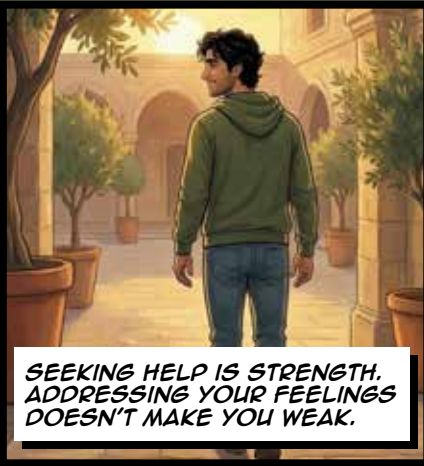
I LEARNED SO MUCH ABOUT MYSELF, I WANTED TO CONTINUE WITH INDIVIDUAL COUNSELING TOO.



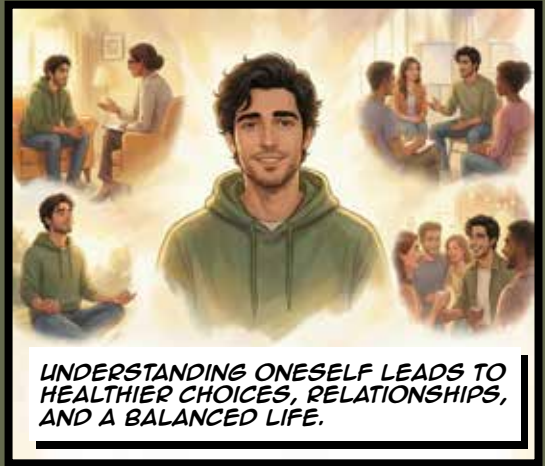
HONESTLY, BLOCKING OUT YOUR EMOTIONS DOESN'T HELP IN THE LONG RUN. TALKING DOES.



ABAAD MEN CENTER IS FREE, ANONYMOUS, CONFIDENTIAL... THERE'S NOTHING TO LOSE.



**SEEKING HELP IS STRENGTH.
ADDRESSING YOUR FEELINGS
DOESN'T MAKE YOU WEAK.**



**UNDERSTANDING ONESELF LEADS TO
HEALTHIER CHOICES, RELATIONSHIPS,
AND A BALANCED LIFE.**



**BEING PRESENT FOR YOURSELF MATTERS
AS MUCH AS PROVIDING OR PROTECTING.
YOU'RE WORTH THE CARE.**

MEN TALK

PREPARED BY ANTHONY KEEDI

THIS COMIC BOOK PRESENTS A SERIES OF STORIES THAT REFLECT THE DIVERSE SERVICES OFFERED BY THE ABAAD MEN CENTER, AS WELL AS THE CENTER'S '5 PS' APPROACH DEVELOPED BY ABAAD. '5 PS' STANDS FOR THE 5 ROLES EACH MAN PLAYS: PROTECTOR, PARENT, PROVIDER, PARTNER AND PERSON. EACH STORY IN THE BOOK IS INSPIRED BY REAL-LIFE EXPERIENCES OF MEN CENTER BENEFICIARIES AND FOCUSES ON ONE OF THE '5 PS', HIGHLIGHTING THE IMPORTANCE OF EACH ROLE.

THE FIVE STORIES PORTRAY MEN OF DIFFERENT AGES AND BACKGROUNDS, ILLUSTRATING HOW VARIOUS PROFILES CAN BENEFIT FROM THE CENTER'S SERVICES - FROM INDIVIDUAL, COUPLE, AND FAMILY THERAPY TO FATHERHOOD SUPPORT, AS WELL AS STRESS AND ANGER MANAGEMENT WORKSHOPS.

THROUGHOUT THE STORIES, EMPHASIS IS HIGHLIGHTING THE FACT THAT ALL SERVICES AT THE ABAAD MEN CENTER ARE ANONYMOUS, CONFIDENTIAL, AND FREE OF CHARGE.

MEN TALK

MEN CENTER HELPLINE
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