



My Heart Center

MY HEART
POWER OF CHANGE

My Heart Project Submission Form

**Support to develop, rehabilitation, treatment and education of people
with disabilities**

Project Proposal

Project Title: My Heart Center.
Region: Amman.
Sector: Development, rehabilitation, treatment and education.
Country: Jordan.
Agency: Non-Formal Education Department, Ministry of Education.
Sub-sectors: human rights, governance.



MY HEART
POWER OF CHANGE

Change the heart , the heart of change

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LIST OF DEFINED TERMS

CBR	-	Community-Based Rehabilitation
CP	-	Cerebral Palsy
CPF	-	Jordanian Higher Council for Persons with Disabilities
CRPD	-	Convention on the Rights of Persons with Disabilities
GOJ	-	Government of Jordan
NGO	-	Non-Governmental Organization
WHO	-	World Health Organization

1. BACKGROUND

Across the world, millions of people are living with physical and mental disabilities which often have a profound effect on their lives. In addition to physical and/or cognitive limitations, people with disabilities often experience profound psychological, professional, social, and economic hardship as well. The Hashemite Kingdom of Jordan is no exception to this phenomenon, with an estimated 11-13% of the population suffering from a disability, amounting to over 900000 people (The National Strategy for Persons with Disabilities ©2019). Given Jordan's current status as a host country of numerous large refugee populations, as well as the general insecurity of the Middle East, people with disabilities in Jordan are vulnerable to numerous unique and complex barriers that further prevent them from participating fully in society and living full and dignified lives.

Though the issue of disability in Jordan, its cope, and characteristics, are still debated among researchers and workers, the Kingdom has taken measures to ensure that all its citizens, including those with disabilities, are welcome and able to participate in both society and the economy. This is an elaboration of the Kingdom's tradition of viewing its people as its greatest asset (a sentiment most famously espoused by the late King Hussein), in recognition of Jordan's precarious position as a resource-scarce country in an unstable region, and its unprecedented survival and success as a sovereign nation. In 1989, Jordan passed a Provisional Act for the Welfare of Disabled People. Though rudimentary, the Act provided the first legal definition of disability in Jordan, reaffirmed the rights of people with disabilities, and offered the first legal protections for such persons. In 2007, the Disabled People Rights Law was passed to replace the Provisional Act for the Welfare of Disabled People, in concurrence with the establishment of the Higher Council for Persons with Disabilities (CPF) as an independent international institution responsible for policymaking and planning, thereby making Jordan the first state in the Arab World to adopt disability legislation, which has since served as a model for similar legislation and policies across the Arab World, and in 2008, Jordan ratified the Convention on the Rights of People with Disabilities (CRPD).

The 2007 law was reviewed in 2016, and in 2017, a new law entitled the Rights of People with Disabilities was passed in 2017, which reaffirms the rights of persons with disabilities to gain education and work. Currently, Jordan is viewed as a pioneer in disability rights and legislation throughout the developing and Arab worlds, and is consistently praised and renowned for the Kingdom's commitment to adhering to international standards.

Even so, there remain significant gaps in the knowledge and implementation of such legislation. Various other Jordanian laws are inconsistent with CPRD principles and require updating if Jordan is to fully empower persons with disabilities. In order to fill these gaps and advocate for change, third parties play an important role, with both Jordanian and international charities and NGOs leading the way.

2. MYHEART

Established in 2008, My Heart is a non-profit organization established in Jordan to provide a voice for those who are fighting on behalf of their “uniqueness” – either physical or mental. My Heart believes that such people are gifts from God to the wider community and though their uniqueness makes them special and valuable, it can also bring them to a place of loneliness and a feeling that they are being dismissed and shunned from the wider community. It is absolutely imperative for such people to be seen as valuable, for both themselves and the community as a whole, so My Heart's mission is to integrate people with disabilities into the local community by administering awareness and assistance in order to address their needs through love and compassion.

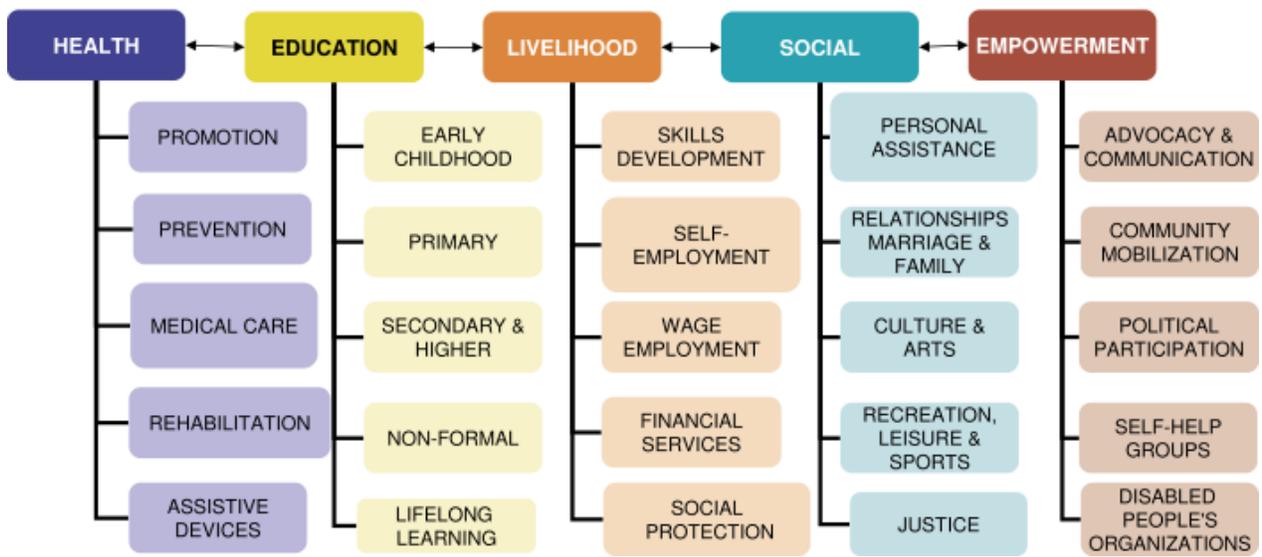
Such assistance comes in the form of awareness campaigns, capacity-building, community relations, therapeutic training, procurement and distribution of medical supplies and services, and therapy, to name a few. My Heart also liaises with activists, researchers, and government officials in order to provide an accurate picture of the status of people with disabilities in Jordan, their concerns, and the socio-economic and legal barriers that require

attention and reform in order to offer persons with disabilities the same opportunities that their able-bodied counterparts are afforded. The following is a list of the core objectives of My Heart:

- Organize and provide social rehabilitation services for people with disabilities, their family members, and caregivers.
- Promote the artistic expression of persons with disabilities through cultural events, camps, and various projects.
- Develop educational programs and support services for people with disabilities to ensure equal opportunities in the community.
- Provide information, practical advice, and assistance to any persons with disabilities whose personal circumstances require such services, regardless of their socio-economic standing.
- Actively promote the participation of persons with disabilities in all aspects of social, economic, and cultural life.
- Foster communication and cooperation with other community organizations with similar aims.
- Organize various seminars and conferences on issues relating to persons with disabilities.
- Advocate on behalf of persons with disabilities, particularly in cases where their rights have been infringed upon.
- Provide proposals to government authorities regarding new and existing legislation relating to various aspects of the lives of people with disabilities
- Implement various programs aimed at disability prevention.

In order to achieve these objectives, My Heart will need to become an agent of change within Jordanian society. Lasting change is multi-faceted and comprehensive, and programs aimed at fostering change need to at once be simple and targeted, while also addressing a wide variety of needs, and to date there is one model that sets the standard for encouraging and providing lasting change within communities in respect of disability rights - community-based rehabilitation (“CBR”).

This model, as articulated in the diagram below, was initiated by the World Health Organization (“WHO”) in 1978 in an effort to “enhance the quality of life for people with disabilities and their families; meet their basic needs; and ensure their inclusion and participation” (WHO, 1978). While initially a strategy to increase access to rehabilitation services in resource-constrained settings, CBR is now a multispectral approach working to improve the equalization of opportunities and social inclusion of people with disabilities while combating the perpetual cycle of poverty and disability. CBR is employed through the combined efforts of people with disabilities, their families and their communities, and relevant government and non-government entities providing health, education, vocational, social, and other services, and has been proven to have a positive and significant impact of the inclusion of people with disabilities and an overall improvement of their quality of life, likely due to its holistic nature and approach.



Jordan has a particularly wide gap in respect of the latter, as infrastructure-related issues make it difficult for rules and regulations protecting the rights of people with disabilities are often met with difficulty, and occasionally resistance, during implementation. Furthermore, generally speaking, there is still a weakness in respect of legal accountability for those who violate the rights of people with disabilities, despite that fact that the Rights for People With Disabilities law explicitly prohibits such discrimination. This is the void that MyHeart is currently attempting to fill through its programming, and given Jordan's afore-mentioned infrastructure problems, it makes it a great candidate for success with comprehensive CBR programming.

My Heart, along, has a primary focus on the education, health and social pillars, with a secondary focus on livelihood and empowerment. This is largely due to the current availability of resources and funds for My Heart's projects, and the fact that programs focusing on the livelihoods and empowerment of people with disabilities are virtually non-existent outside of individual therapy and their nuclear families and associations. My Heart hopes to change this, however, which is why it has organized its programs under three components: healing, teaching, and giving (My Heart Heals, My Heart Teaches, and My Heart Gives).

Structured as a startup, My Heart operates on a project-by-project basis and is governed by a board of directors of four professionals in the legal, religious, medical, and non-profit sectors in Jordan who meet on a monthly basis to discuss the status of My Heart's projects and discuss areas of growth. The professional board also includes an auditor to ensure that all projects and all funds are being properly administered. The Board advises the senior leadership on outreach, projects, and funding, and approves project proposals and budgets. Each project is led or overseen by a member of My Heart's leadership team and funded by either public or private donors. Each member of the board and leadership team offer their time and knowledge willingly on a pro-bono basis, in line with the core principle of My Heart which is to follow

God by administering love and support to all Jordanian citizens – but particularly those with disabilities – to make them feel welcomed into the broader community. In addition to the board and leadership team, My Heart has a network of over 253 volunteers to implement its programs, with 27 committed volunteers who regularly monitor the programs, attend monthly meetings, and provide consistent support.

In all of its programs, My Heart takes the utmost care to ensure that all beneficiaries are treated with the kindness, dignity, and respect each of God’s people deserve. The board’s extensive network allows My Heart to reach the greatest number of people in need of such services, while simultaneously capitalizing on the experience and expertise of its leadership in order to provide high-quality, efficient, tailored, and professional services to its beneficiaries. Since My Heart’s founding, its programs have reached over 110,000 children with disabilities and their families. Its clinical programs have provided nearly 3,000 medical and/or rehabilitation sessions, and the organization still provides home-based rehabilitation to several children. My Heart has also distributed over 7000 assistive devices for a variety of medical needs, has distributed over 2500 food packages to beneficiaries and their families, and has hosted and facilitated 450 events. Perhaps most importantly, My Heart has conducted over 7,500 home visits, during which trained My Heart volunteers and professionals provide immediate assistance as available, and assess the therapeutic, financial, and general health needs of the beneficiary and their family, and provide follow-up care and support. Each of these programs has given My Heart unparalleled access to and knowledge of the disabilities sector in Jordan; experience which My Heart intends to channel into providing even more tailored and productive programming well into the future.

3. RATIONALE & APPROACH

3.1. THE CATEGORIES OF DISABILITIES ARE MEDICALLY DEFINED AS FOLLOWS:

- **Mobility (physical disability):** A partial or full loss of the person's ability to do different mobility skills (such as walking, standing or holding things) due to functional impairment or defect that forces the per

son to use medical aids and tools such as the stick, the wheel chair or the industrial limb and others.

- **HEARING DISABILITY:** the loss of hearing ability partially or totally and may be accompanied by a partial or total loss of articulation due to defect in the hearing apparatus whereas the person may not be able to understand the speech or voices except by using hearing aids or using the signs language.

- **VISUAL DISABILITY:** The loss of vision partially or totally or a severe weak in vision which forces the person to use auxiliary aids and tools such as the stick, medical spectacles, talking computers or using «Braille» method.

- **MENTAL DISABILITY:** A defect in the natural functions of the brain such as weak concentration and memory, difficulty in communications and contact with others whereas this leads to difficulty in learning or behaviors and general conduct and the mental disability has degrees: simple, medium or severe. The International Agreement included the psychological disability to this classification for the purposes of expansion the framework of benefiting from its provisions and items.

The previous definitions summarizes the medical concept of disability, but as for the definition of disability from a legal point of view, The Universal Declaration of Disabled People presented the first definition of the disabled person internationally in 1975, where it defined it as « any person who is disable to ensure -partially or totally- the individual and/or social individual necessities due to inherent default in his physical or mental abilities».

This definition comes in line with the medical care perspective that was prevailing in the international community before adopting the legal concept of the disabled people which was adopted by the International Agreement for Disabled People when it defined them:» everyone suffering from long-term disabilities either physical, mental, rational, or sensual disabilities which may prevent them from dealing with different hindrances facing the whole and effective in participation in the society equally like others».

3.2. THE LEGAL CONCEPT OF DISABILITY ADOPTED BY THE INTERNATIONAL AGREEMENT:

The concept of disability – in general- relies on the culture, civilization and development of society, and on a special philosophy relating to the humanitarian, religious and societal values emerging from the legitimacy of disabled people right in equal opportunities with others in the different fields of life. It is noted that the level of care of disabled people represents one of the fundamental standards through which the civilizations and their levels of development are measured and the interest in this segment is regarded as civilized appearance as it enables the disabled person from serving and joining society.

Within this context, it is noted through the review of historical stations of work progress on the portfolio of disability on the international, Arab and national levels – that the caring look emerging from the mercy concept towards this category of society, however; it was prevailing at that time, which is felicitous in some aspects, it is insufficient to achieve their ambitions and transferring them from being marginalized to being effective and from the side of dependency in the society to production side that is relied on in the social developmental and from a merely persons or beings to citizens with rights and duties.. and so the legal view comes to aim at changing these concepts and to ensure the removing of hindrances that limit the practice of this category of society for their basic right freedoms like others.

THE CARE THEORY IS REPRESENTED BY THREE DIMENSIONS AS FOLLOWS:

- 1- SPECIAL DIMENSION OF THE DISABILITY:** means identifying the type of disability and its specialty for each individual such as: a physically disabled person in the lower part or cutoff from the knee or hemiplegic.
- 2- INDIVIDUAL RESPONSIBILITY:** It is the responsibility of the individual himself and/or his family to provide habilitation needs such as artificial appendage or wheel-chair.
- 3- SPECIAL NEEDS:** Every disabled person shall provide the habilitation needs of type of disability with a view to integrating him in the society. And then the goal of obtaining the special needs of individuals is to ensure the maximum of habilitation to communicate with society.

RESULT:

Providing personal care services for each case alone we may ask, if the special needs of each case are available, would the qualified disabled person enjoy his basic rights and freedoms like others with the existence of environmental, social or behavioral hinders? But, of course he will not be able to enjoy his rights and freedoms except if all hinders are removed. As for the legal theory, it involves:

- 1- THE COMPREHENSIVE DIMENSION:** it doesn't look at the type or classification of disability, but as a collateral dimensional matter.
- 2- THE SOCIETY RESPONSIBILITY:** It is the responsibility of society with all its categories and levels to integrate the disabled people.
- 3- REMOVING OBSTACLES:** aiming at making disabled people enjoy the basic rights and freedoms without discrimination and equally with others.

THE RESULT: ENABLING DISABLED PEOPLE FROM PRACTICING THEIR LIFE ON THE BASIS OF EQUALLY AND EQUAL OPPORTUNITIES.

3.3. THE INTERNATIONAL AGREEMENT FOR DISABLED PEOPLE RIGHTS AND THE IMPORTANCE OF SUPPORTING AND ADOPTING IT:

If we reviewed the international texts and conventions, we find that the rights of disabled people have been protected since the Universal Declaration of Human Rights in 1948, and the declaration of disabled people rights issued by the General Assembly of the UN in December 1975, comes to renew the call for helping disabled people to develop their abilities in the different fields and activities of society and to encourage the integration of this category in the normal life as much as possible and everyone according to his ability. The Universal care and interest in this category continues to confirm the pledge of human rights of disabled people in full.

4. PROJECT

4.1. PROJECT IDEA

A clear vision and extensive study of a training, rehabilitation, capacity development and treatment center for people with disabilities in Jordan ... The first specialized center in the Middle East ... The center will provide emotional, physical and spiritual services.

The work of my heart gives the development of the idea of a vocational training center and the rehabilitation and treatment of many services for people with disabilities.

Its goal is not only to secure material needs, but spiritual, physical, and emotional needs, and the goal is to integrate these people with the local community. With this integration, this group qualifies emotionally, socially, spiritually, and in the end the individual will obtain a certificate approved by my heart for placement in the labor market.

People with disabilities are a sensitive person who always feels that people see them with compassion, despite the fact that these people are able to do the same things if they have the appropriate opportunities.

Daily training and supervisory services will be provided by volunteers, and women will be brought in to help oversee training sessions and conduct sessions. If it is necessary.

On the other hand, they will develop and update curricula and conduct training sessions to suit mental capabilities and get a better result, in partnership with local companies interested in the topic.

4.2. DEPARTMENTS OF THE CENTER:

Chambers of Education / Vocational Education and Technology, Kitchen and Secretarial, Field Program and Media and Entertainment Games Division, and Music.

4.3. TARGET DEMOGRAPHIC:

To defend the rights, freedoms, and interests of persons with disabilities and to implement various preventive programs that aim to prevent disability, as well as with regard to the implementation of social integration programs and projects that aim to meet the social needs of persons with disabilities in organizing and providing services in social rehabilitation for persons with disabilities, their family members, and caregivers And people.

In order to find long-term solutions for persons with disabilities and their careers, they must enjoy equal rights and opportunities and be included in the mainstream society with respect and dignity.

The project will invite its extensive network and knowledge of other communities and disabilities in Jordan to reach children and people with disabilities. Once the project is able to establish an operating system and training, the project will be able to create more comprehensive and specific training and curricula for people with disabilities.

Change can become a reality in this project by adapting people with disabilities by producing and providing them with the opportunity to engage in society.

And to give people with disabilities a chance, especially those who cannot get an education or a career, not even training, we are through this the project becomes a product and independent in the future and also to give their parents and caregivers to them and support the community, the overall goal of the project is to provide the basis for strengthening the capabilities of people with disabilities at the local levels and also includes the project goals:

- A. Organizing various educational seminars for life.
- B. Encouraging artistic expression for persons with disabilities and entertainment through cultural events and projects.
- C. Increasing opportunities for independence and community integration by removing barriers to integration.
- D. Improving the transition process, the dependent stage of the independence.
- E. Helping in dealing with abuse and neglect by society.
- F. Solving the problems facing people with disabilities in the community through awareness seminars and instructions.
- G. Training persons with disabilities on the task of sharing them in the local community to issue income.
- H. Free installation of prostheses.
- I. Implement music, media and sports programs for people with disabilities.
- J. Teaching people with disabilities academically within their own curricula by teaching them using our courses.
- K. Implementing training courses.
- L. And other objectives that may be presented as activities mentioned in the project itself.

As we previously learned that there will be support in every room from institutions and schools by providing the necessary materials, but the problem in my heart is a lack of full-time human resources as a salary and my heart needs part-time and full time people to help and it will move faster when the necessary is available.

4.4. ACTIVITIES & STRUCTURE:

1. Physical therapy, but not for all disabilities because not all of them need physical therapy, knowing that the natural treatment session is very expensive for families who need, the largest number will be treated by 7 cases per day and we ask God to expand therapeutic matters by serving 28 cases per day i.e. meaning 4 full time employees for physical therapy.

2. Hand crafts that will be sold and the profits are returned to people with disabilities to encourage them to invest. Some of the hotels, tourist centers, churches and Bazaars have also been shared with presenting the product of people with disabilities and selling them to them and it has been approved by many stores.

Specialized in simple mental disabilities, motor and simple autism.

3. Teaching rooms of basic materials:

A. Communication skills

B. independents skills

C. Behavioral Skills

D. life Skills

And all of this we will also work on the treatment of speech for people with simple mental disabilities and the movement that comes between the simple and the severe, it will make it equal for people with disabilities in the local community and also to increase awareness, culture and participation in his

life, and cooperation with the Ministry of Education can be integrated into the classes that are equal His mind, and this is a law of the rights of people with disabilities.

4. Special entertainment, activities and games for the disabled

For all people with disabilities, but each department according to the teacher who divides the class, and this works to strengthen his personality, there is no place in Jordan for those with disabilities, we seek to entertain all people with disabilities, and we look forward to establishing a center and camps for psychological well-being and we ask God to stand beside us.

5. Medical, spiritual and psychological consultations.

My heart has a goal that every employee has to obtain a certificate of spiritual or psychological advice for good dealing with people with disabilities and parents, and every person with disabilities will be evaluated and followed up for his education and rehabilitation, and each person will have a special file that we must follow up and send reports to the family to help us in his rehabilitation.

6. Training and qualification.

Specialists in training and seminars will be brought in and out of the center to raise awareness among the community, and this is not only for the community and especially for the family, but for people with disabilities, contact has been made with the directors of the Public Security, Civil Defense, the Injaz River Foundation and Jordan River to help us hold courses for people with disabilities and their families for each group day and approved On the project after we have a place ready for them.

7. A special section on sweets that will be sold and returns the profits to people with disabilities to encourage them to invest.

A meeting was held with specialists in sweets in Jordan and agreed to train people with disabilities in making sweets to sell in the local market and bazaars, and to spread culture among the community.

8. As we mentioned earlier, field programs will be worked out to expand work with people with disabilities and serve the largest number, and this works to educate people on how to deal with people with disabilities and increase their acceptance and love for this group.

9. We are working hard to produce a musical team and a theater drama team to bring out their talents, develop them and do great activities inside the Kingdom, and every 6 months a high program will be done with the aim of spreading culture, raising awareness, and highlighting their talents.

10. And other activities such as drawing and assisting centers that do not aim to profit but serve the disabled, in restructuring the place they serve in, and we will also work to help the specialized schools in the restoration of their places and implementation by the disabled after providing the necessary materials.

4.5. THE SOCIAL IMPACT

The idea behind this project is not just to provide professional training and employment for a significant number of mentally handicapped people, but to actually be an agent of change in the Jordanian society. Currently these individuals are viewed unfavorably by society and, for the most part, are actually hidden from the community. By causing them to successfully interact with what are considered “normal” individuals, we hope to cause a shift in mind set, considering that our customers will come from a social class that allows them to be trend-setters. We expect to see a change in the perception of mentally handicapped people (and handicapped people, in general), as our students will connect them to a pleasurable experience in our premises. We do believe this is considered motivational and incentive for them to learn, commit and become of part of the society.

In addition to the above services, all of which will be offered in-house, the Project will capitalize on My Heart's network to out-source services as needed by its beneficiaries.

Once individuals are accepted, their families will be eligible for the aforementioned services on a first-come, first-serve basis.

The center will be staffed by:

Individuals will be accepted on a case-by-case basis, with an application for each individual outlining their training and date of their interview and current social and legal standing providing the basis for acceptance.

- Recruits from special education teachers and trainees.
- Volunteers

4.6. ANTICIPATED OUTCOMES & GOALS

Following on the success of special needs rehabilitation centers in Jordan, the Project aims to directly provide the services outlined above to approximately 60 People and their families and caretakers within two years of its establishment. Once the Project is established, the Project also aims to eventually influence a standard of care for persons with disabilities in Jordan, and establish a new model for community and wellness-based rehabilitation services.

4.7. RISKS & CONSIDERATIONS:

As mentioned above, Jordan has a reasonably welcoming environment toward advocacy for disability rights, and there are legal provisions in place for the protection of individuals with disabilities, as well as those organizations advocating on their behalf. That being said, there are

considerable risks related to the socio-political and infrastructure of Jordan and the establishment of the Project. The high cost of housing and overcrowded infrastructure means that it is difficult to locate a suitable environment to establish the center, and physical growth in the future of the Program may be challenging.

5. MONITORING & EVALUATION

Comprehensive and targeted monitoring & evaluation is imperative to the success of any project. As with all My Heart initiatives, the Project will be overseen and led by (the “**Board Member**”) and will be implemented by trained individuals.

6. ORGANIZATION & MANAGEMENT & HUMAN RESOURCES:

How will the project be managed? What is the leadership of the project going to look like in order to keep the center running?

My heart has an administrative body of 5 people as the Private Foundations Act, and it is divided into:

1. The head of the administrative body
2. Assistant President and General Director of the Foundation
3. Public Relations Officer
4. Financial number
5. Executive members

It also has an accountant, an audit firm, a lawyer, and 5 consultants.

My heart is on the volunteer system.

A center manager will work at the discretion of the academy to receive the project, and they will be hired

In this project we need:

1. General Manager
2. Office manager and secretariat
4. specialized teachers
 - a. Class teacher (special education)
 - C. Music and drama
5. Physiotherapist

7. SUSTAINABILITY:

Sustainability is arguably the most important component of any project, and the strongest (and possibly only) indicator of long-term success. While the Project's goals were focused on sustainability, and as such the Project has been designed with sustainability in mind, My Heart has broken down the necessary components needed to address in order for the Project to be truly sustainable.

8. AWARENESS:

Awareness is simultaneously one of the simplest and most difficult goals to achieve, primarily due to the sensitivity of the delivery of the messages that one hopes to raise awareness about. Fortunately, there have already been several successful awareness campaigns implemented throughout the Kingdom, and My Heart will be able to capitalize on their successes and failures to successfully design their own campaigns. But perhaps the subtlest yet impactful aspect of the project is its fundamental commitment to acceptance through community-based and wellness means. This is why the

Project will be modeled after a community center – if My Heart can establish an environment that is welcoming all who enter, and then they will be better equipped to address the challenges that lay ahead. Furthermore, the Project will garner a reputation as a fixture within the community, thereby giving it the respect, authority, and positivity that it needs to deliver its messages and reach the broader community, including those who are not directly in contact with disabled individuals. If My Heart, as a non-profit organization, can show the community that it provides needed services and bolsters the local community in ways that the government cannot (at this time), then it is much more likely for their messages to be received in a positive way.

9. BUDGET

Item	Monthly	annual
Payroll	FULL TIME	
	- General Manager = 1200 \$	14400 \$
	- Operation Officer = 600 \$	7200 \$
	- office boy = 350 \$	4200 \$
	-Super visor Teacher = 500 \$	6000 \$
	- 4 Teacher = 500 * 4 = 2000 \$	24000 \$
	PART TIME	
- Accountant = 500 JD	6000 \$	
Health Insurance		7000 \$
Social security	800 \$	9600 \$
Meetings, seminars and hospitality	150 \$	1800 \$
Bus Transport (11 Passengers)		43000 \$
Bus Maintenance, Insurance and Licensing, (Petrol (Bus Fuel	1000 \$	12000 \$
Auditing Company	100 \$	1200 \$
Lawyer	150 \$	1800 \$
Bills For Water, Electricity, Internet and Mobile	350 \$, It is divided into:	
	- Water = 50 \$	4200 \$
	- Electricity = 150 \$	
	- Internet = 100 \$	
- Phones = 50 \$		
Required Additional Furniture (Not Including The Donated Furniture)		8000 \$
(T-shirt printer Machine)	?	
Rent a Building	1500 \$	18000 \$
Possible Unforeseen Expenses (For Example: Stationary, Printer Ink, Thank You Gift For Volunteers)	800 \$	9600 \$

INSERT TABLE

After the Project is launched, My Heart anticipates that it will cost approximately **178000 \$**, per month to keep the Project running. Once the Project is launched, My Heart will develop a program, a detailed table outlining the cost-breakdown and timeline can be found below.

The first-year budget is **178000 \$**, and the coming years will be **127000 \$**.

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My Heart For training for people with special needs

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