

Down Syndrome Association of Liberia (DSAL)



Who We Are

Down Syndrome Association of Liberia (DSAL) is a community service program of My Heart's Appeal, Inc. It is a parent support group that is comprised of parents whose children have Down syndrome. We provide information, resources and emotional support to new parents looking for answers and solutions to rearing a child with a disability and, in particular, Down syndrome. The group also include parents of other intellectually disabled children, relatives, friends, siblings, foster parents, professionals and interested members of the community. DSAL was founded by Lovetie Major, who younger sister Titema, has Down syndrome and lives in a society that does not service her needs.

**MY HEART'S
APPEAL, INC.**
EVERYONE CAN BE **PRODUCTIVE**

To facilitate the establishment of quality training and employment for teenage and adult persons with disabilities in West Africa.



My Heart's Appeal, Inc.
Opposite: St. Andrew Lutheran Church
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COMMUNITY SERVICE PROGRAM



For more information please visit us
online www.myheartsappeal.org.

All contributions to My Heart's Appeal, Inc. are tax deductible.

What We Do

We meet quarterly as a group and hold occasional meetings at a parent's home. We meet to discuss and compare the developmental changes in our children, or help one another locate a good pediatrician. We share information on medical or educational services, programs and other resources available within the community. We also invite guest speakers who are experts on topics related to Down syndrome.



When We Meet

DSAL serves as an environment for discussing common fears and concerns. There is a satisfying value in knowing that other families experience similar situations, and participation in group meetings helps to relieve feelings of loneliness and vulnerability. By sharing our concerns and problems with one another, we are able to gather valuable insights and advice. Lessons learned, especially from more experienced parents, can help us build successful coping skills that will make life easier for our families.

Where We Are

We have informational activities as well as those designed to enhance physical and social development of our children. We have our headquarters in Montserado County, Monrovia the capital of Liberia. We plan to expand to the other counties in Liberia as we find individuals within our target group.



We Have Fun

Each year we have three main activities. March we celebrate along with the rest of the world, World Down Syndrome Day, July Liberian Independence Day and December have a holiday event. During the course of the year our social clusters give families of children with Down syndrome opportunities for socializing and learning. We encourage families to access these "mini" support clusters. The clusters are divided into age groupings:

0-3 years	Developmental (Teddy Bear)
4-7 years	Snooping (Doggie)
8-12 years	Transitional (Butterfly)
13-17 years	Adventurous (Monkey)
18-adult	Individualism (Giraffe)

We Self Advocate

DSAL is involve with coalition-building and a united force. We plan for our combined voice to be heard by school administrators, legislators and community leaders. This goes a long way in providing for the needs and rights of our children with Down syndrome. We plan on being instrumental in educating teachers, medical professionals and the community at large about the facts and issues concerning Down syndrome.



Left to Right: Lovetie Major, Liberia Senators John Ballout - Maryland County, Dr. Peter S. Coleman - Grand Kru County & Lydia Cooper- Ministry of Gender and Development

We Have Rights

All children and adults with Down syndrome should have access to quality healthcare, be seen regularly by a primary care physician and dentist, and have information about how to live a healthy lifestyle. From birth to aging there are many health related issues that face individuals with Down syndrome. DSAL is there to help families take an active role in advocating by accessing information regarding advances in healthcare and research.