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Canada Fund for Local Initiatives  
Activité réalisée avec l'appui du  
Fonds canadien d'initiatives locales



**FOR IMMEDIATE RELEASE**

## **THE "CHILDREN AND WAR" TRAINING FOR PSYCHOLOGISTS IN MARIUPOL WAS HELD WITH SUPPORT OF CANADA FUND FOR LOCAL INITIATIVES**

**Kyiv, February 27, 2018** – the 3-day “Children and War: Teaching Recovery Techniques” training was held in Mariupol, Donetsk region, for school psychologists within the framework of the “Psychological Assistance to Children Living in the “Red” Zone of War Conflict Through Trainings for Psychologists and Volunteers and Therapy Sessions for Children and Parents” project. The project is implemented by “HOPE *worldwide* Ukraine” Charity Foundation with support of Canada Fund for Local Initiatives within the frames of partnership between the Foundation and the Embassy of Canada to Ukraine.

The training took place on February 19-21 and gathered 19 participants – school psychologists and social workers. It was conducted by psychologists-trainers of the "Helping Hand for Ukraine" international relief project Ira Sukhova, Olena Bozhor and Natalia Podolyak. The Mariupol City Center for Practical Psychology and Social Work, partner-organization, has granted the venue for the training.

During the training the participants learned how to use the “Children and War: Teaching Recovery Techniques” method in their work with traumatized children, who witnessed and suffered from military activities in Eastern Ukraine. They will soon teach children in the "gray" and "red" zones of war conflict to deal with traumatic experiences and stress through techniques of psychological self-help, relaxation and recovery.

As Olga Maksymova, participant of the training, noted, *"the training was professionally prepared, because during the first day we studied the relevant theoretical basis, and in the following days – we practiced the acquired knowledge, "lived through" the new techniques."* Almost all psychologists expressed their sincere enthusiasm and appreciation for the knowledge and hopes for future cooperation within the framework of this project, which they believe is extremely important in view of the present situation in the Donetsk region. In particular, the psychologist Lidia Loznyak emphasized: *"The subject of the training today is very relevant for our region. In view of this I consider the techniques that we have studied in detail – PTSD, relaxation, and recovery, group work – are necessary and effective".*

It should be noted that within the framework of the project therapy sessions have already been conducted in Krasnohorivka village (Maryinka district of Donetsk region), for two children's and one adults' group (27 participants in total).

## About the “Helping Hand for Ukraine” Project

The “Helping Hand for Ukraine” project includes “Children and War: Teaching Recovery Techniques” trainings for psychologists, social workers, volunteers who work with traumatized children, therapy sessions for children and parents to acquire skills, techniques and ability to deal with their traumatic experience, rehabilitation and recreational camps for children and retreats for psychologists working with IDPs and children in war conflict zone.

The “Children and War: Teaching Recovery Techniques” program was developed by the Centre for Crisis Psychology (Bergen, Norway) and the Institute of Psychiatry (London, Great Britain). In Ukraine, the manual was translated and adapted by the experts from the Ukrainian Institute of Cognitive Behavioural Therapy (Lviv, Ukraine). Among project partners are Embassy of Canada to Ukraine, “HOPE worldwide Canada” and “HOPE worldwide” (USA) charity organizations, Ukrainian Institute of Cognitive-Behavioural Therapy, and “HOPE worldwide Zurich” (Switzerland) charity organization.

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### “HOPE worldwide Ukraine” (<http://hopeww.org.ua/en>)

“HOPE worldwide Ukraine” is a non-governmental charitable organization, performing its activities in Ukraine since 1998, which aims to improve the quality of life for children and adults who live in difficult socio-economic conditions. The main activities of the Foundation include providing humanitarian aid to the IDPs and psychological assistance to children traumatized by war in the Eastern Ukraine; fostering social adaptation of orphans with disabilities who live in orphanages and boarding schools in the city of Kyiv and within the Kyiv oblast; assisting state elderly care institutions in sustaining physical and emotional needs of the elderly; promoting healthy lifestyles among adolescents and youth; and promoting voluntary blood donation and recruiting blood donors.

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### HOPE worldwide, Ltd (<http://hopeww.org>), “HOPE worldwide Canada” (<http://hopewwc.org>)

HOPE worldwide, Ltd is a registered non-profit 501 (3) c) charity, headquartered in Philadelphia (USA). HOPE worldwide Canada is a registered charity, headquartered in Toronto, Ontario (Canada). The mission of both organizations is as simple as its name: “to bring hope to a hurting world”. HOPE worldwide was founded in 1991 with three programs of humanitarian service. Now it serves the poor in 75 nations on all six inhabited continents. With over 100,000 committed volunteers, HOPE worldwide annually serves more than 2 million needy people worldwide. HOPE worldwide is a recognized NGO with special consultative status with the Economic and Social Council of the United Nations. HOPE worldwide Canada has been recognized by municipal, provincial and federal governments for its programs and committed volunteer base.

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