



HOPE UKRAINE  
WORLDWIDE  
CHARITY FOUNDATION

# Project Report

March – May 2022  
Ukraine

## “Helping Hand for Ukraine” International Relief Project *Psychological Support Initiative*



# Bringing hope



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HOPE  
worldwide  
CANADA



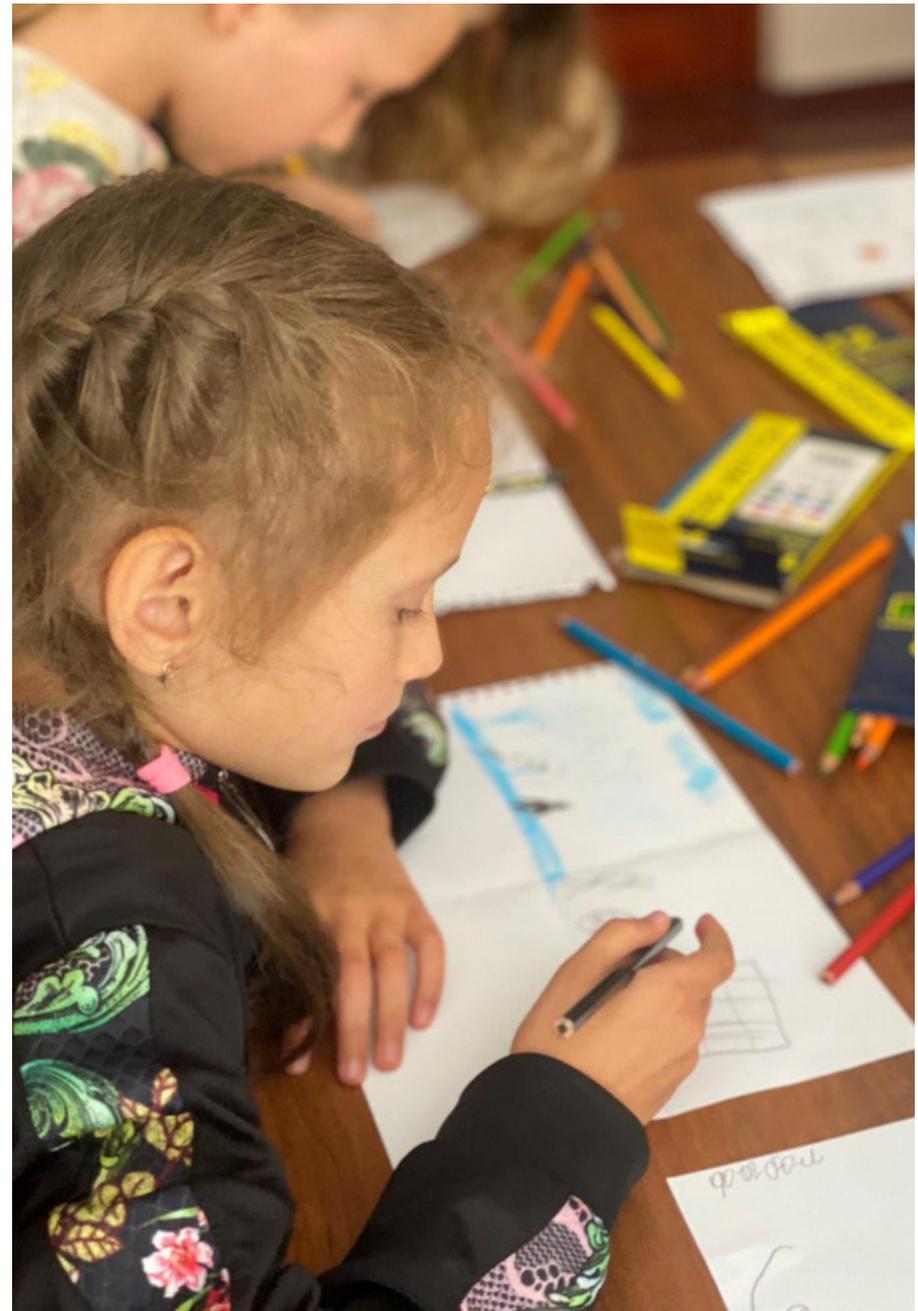
MINISTRY OF FOREIGN  
AFFAIRS OF THE  
REPUBLIC OF LITHUANIA



LITHUANIAN  
DEVELOPMENT  
COOPERATION

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worldwide

# Changing lives



# “Helping Hand for Ukraine” International Relief Project

- provides **psychological assistance** – improves socio-emotional well-being of children and parents traumatized by Russian aggression and war against Ukraine, who are displaced internally and outside Ukraine.
- **empowers** trainers – trains psychologists, social workers and teachers to work with traumatized children using “Children and War. Teaching Recovery Techniques”

## We aim to:

- prevent PTSD depression in children of war
- prevent the need for specialized treatment
- help kids learn how cope with stress
- foster better social adaptation of IDPs





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# “Helping Hand for Ukraine” International Relief Project



**Project goal** is to improve the socio-emotional and psychological condition of Ukrainian children and adults with war trauma (IDPs and refugees), lessen their anxiety and empower them with skills to cope with traumatic experience and to prevent PTSD and further complications in the future.

## Objectives:

- To equip psychologists, educators, volunteers with war trauma coping innovative recovery techniques;
- To empower children and adults with skills to cope with their traumatic experience using self-help techniques, relaxation and recovery tools in conditions of intense war related stress.

# “Children and War. Teaching Recovery Techniques” About Program

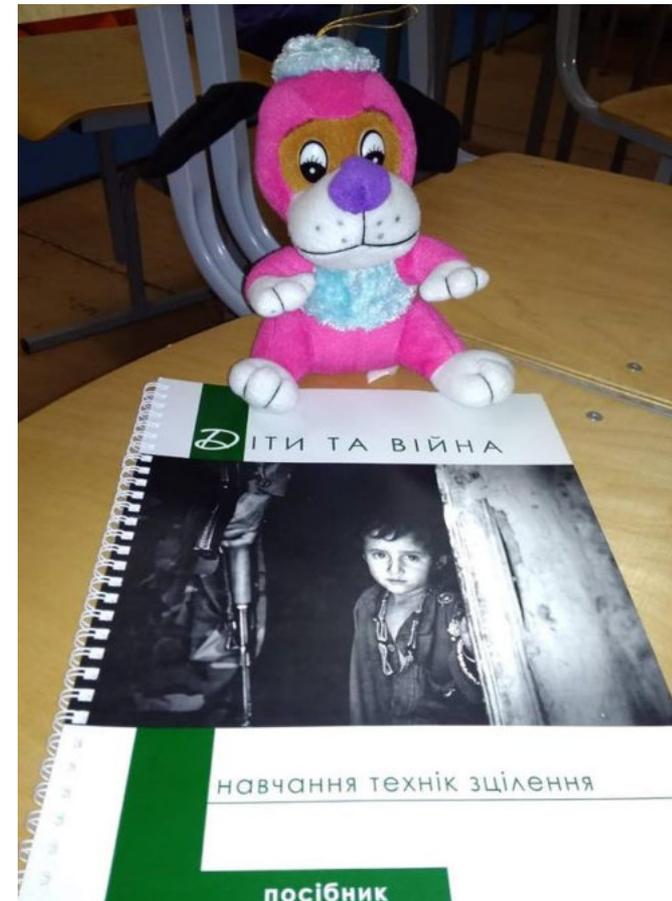
INNOVATIVE

## “Children and War. Teaching Recovery Techniques” program

developed by the Center 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 Behavioral Therapy (Lviv, Ukraine).

Funding for the translation and methodological adaptation was provided by the Canada-Ukraine Foundation.





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# “Helping Hand for Ukraine” March – May 2022

## “CHILDREN AND WAR. TEACHING RECOVERY TECHNIQUES” TRAININGS

### OFFLINE

**4 3-day trainings in:**

**Drohobych (33 participants)**

**Boryslav (20 participants)**

**Rzhyschiv (10 participants)**

**Truskavets (15 participants)**

### ONLINE

**10 5-day trainings (online) for:**

**422 participants**

**1 5-day training (online)**

**for Church members:**

**20 participants**



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# “Helping Hand for Ukraine” March – May 2022

## “CHILDREN AND WAR. TEACHING RECOVERY TECHNIQUES” THERAPY COURSES

### CHILDREN

**76 THERAPY GROUPS**

**728 children**

*in:* Nikopol, Nemishaieve, Chernivtsi, Tereshky, Yablunka, Pyriatyn, Dykanka, Truskavets, Cherkasy, Kryvyi Rih, Novoyavorivsk, Rzhyshchiv, Rybakivka, Sambir, Chornomorsk, Lviv, Ivanychi, Slovyansk, Vinnytsia, Dnipro, Khmelnytskyi, Kyiv, Horokhiv, Drohobych, Bila Tserkva, Rozhyshe, Kremenchuk

**13 THERAPY GROUPS**

**125 children**

in Poland and Czech Republic

### ADULTS

**61 THERAPY GROUPS**

**620 adult participants**

**SUPERVISION for trainers**

**43 hours**

# “Children and War” Training in Drohobych, Lviv region, March 04-06, 2022

## Training / 33 participants



# “Children and War” Training in Boryslav, Lviv region, March 23-25, 2022

## Training / 20 participants



# “Children and War” Training in Rzhyshev, Kyiv region, April 05-07, 2022

## Training / 10 participants



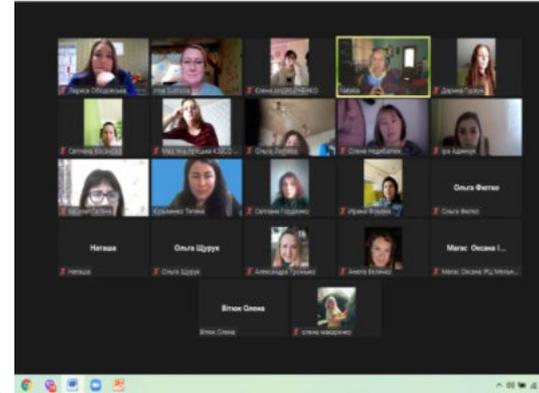
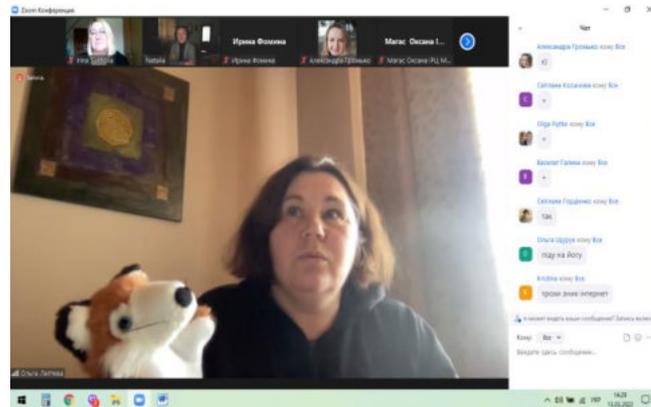
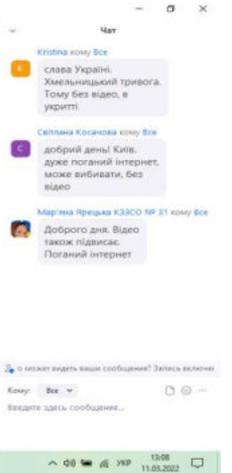
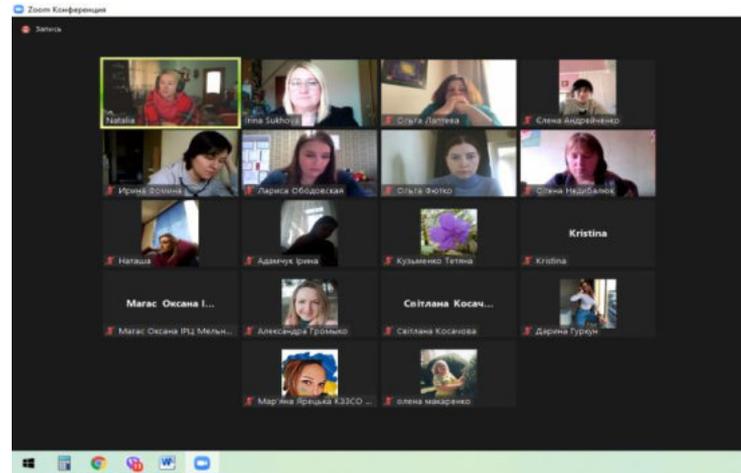
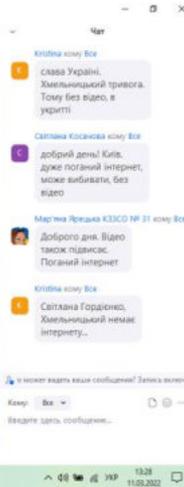
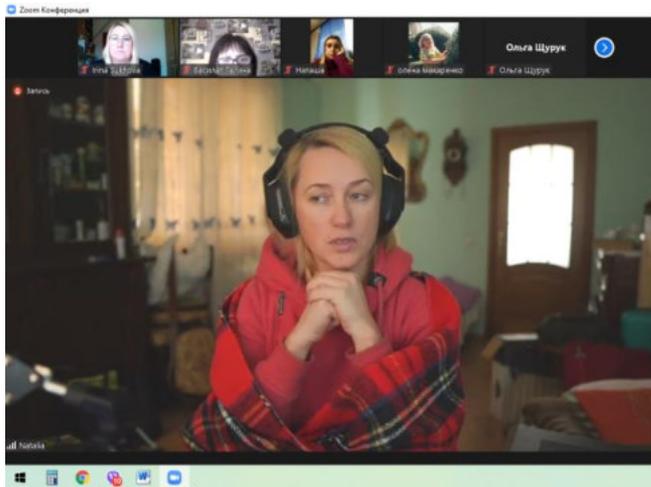
# “Children and War” Training in Truskavets, Lviv region, May 11-13, 2022

## Training / 15 participants



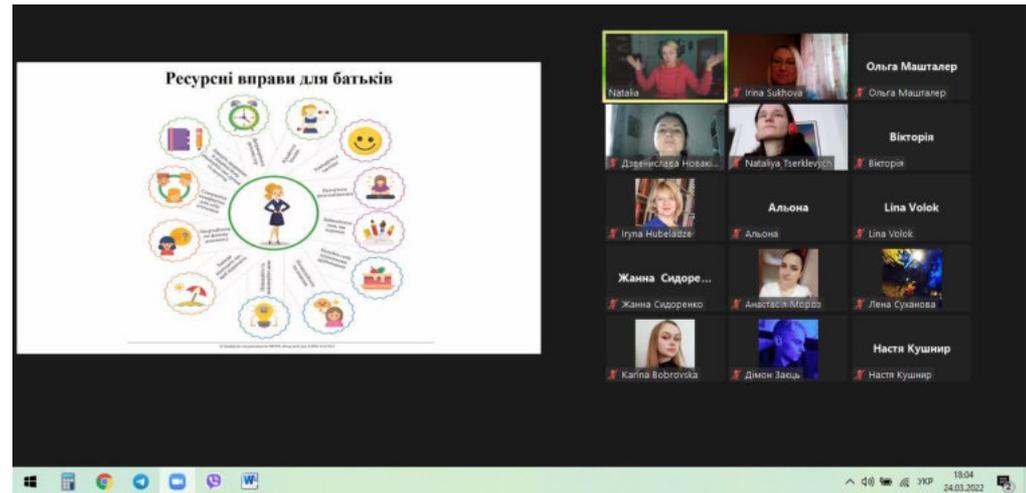
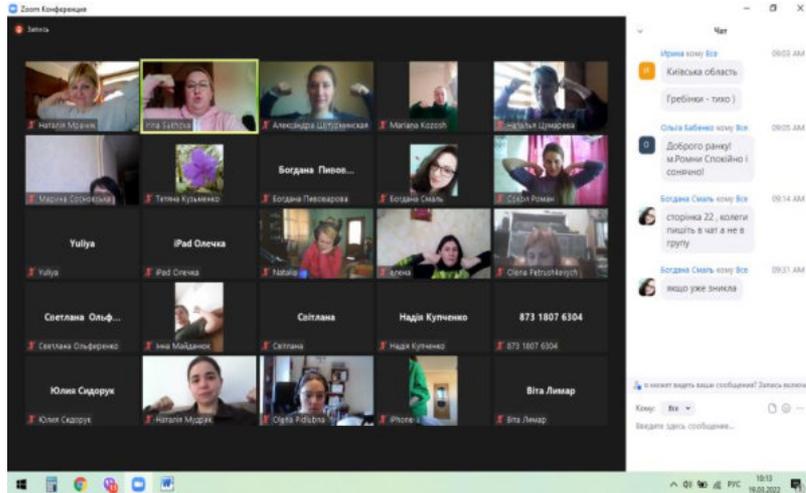
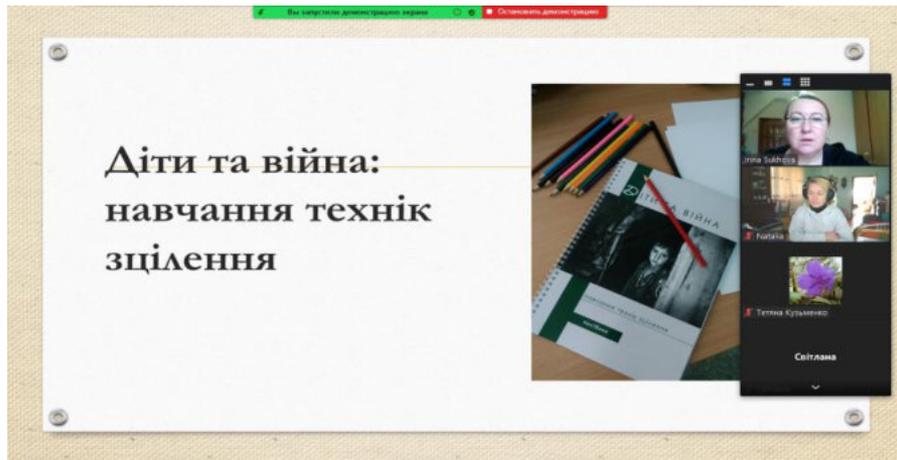
# 2 online “Children and War” Trainings, March 09-13, 2022

## Training / 40 participants



# 2 online “Children and War” Trainings, March 16-20, 2022

## Training/ 68 participants



# 2 online “Children and War” Trainings, March 30 – April 04, 2022

## Training / 84 participants



**Ресурсні вправи для батьків**

The slide displays a central figure of a woman surrounded by various icons representing different resources and activities. The participant grid includes names such as Ольга Машталер, Вікторія, Альона, ЛІна Volok, Жанна Сидоре..., and Настя Кушнер.

The chat window contains the following messages:

- Світлана Василена: Більше острів про збір групи, бо стигнула з записом реакцією батьків - нам не треба!
- Анна Прокотчук: Відні за програму. Вчора працювали з групою підлітків, які з відносно безпечного регіону. З стриманою рефлексією - дуже важливо поговорити про війну, називаючи усі своїми значеннями і почути, що інші переживають такі ж емоції і почуття і це нормально.

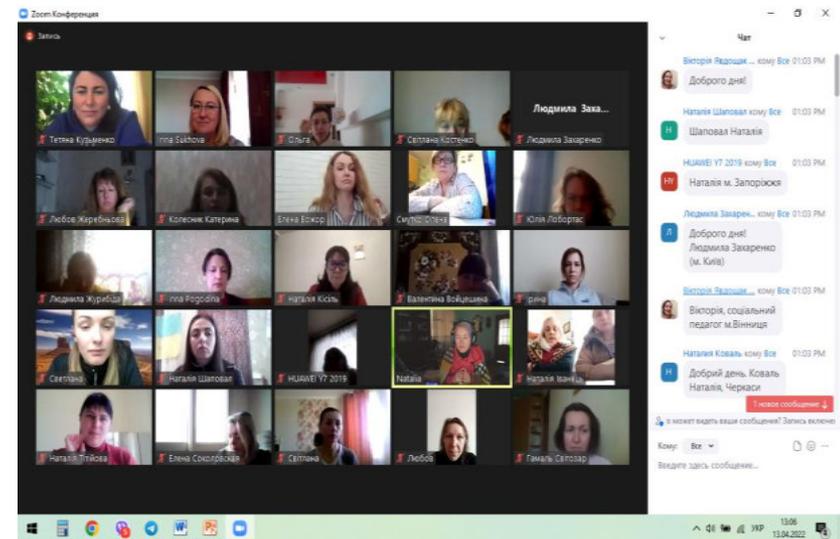
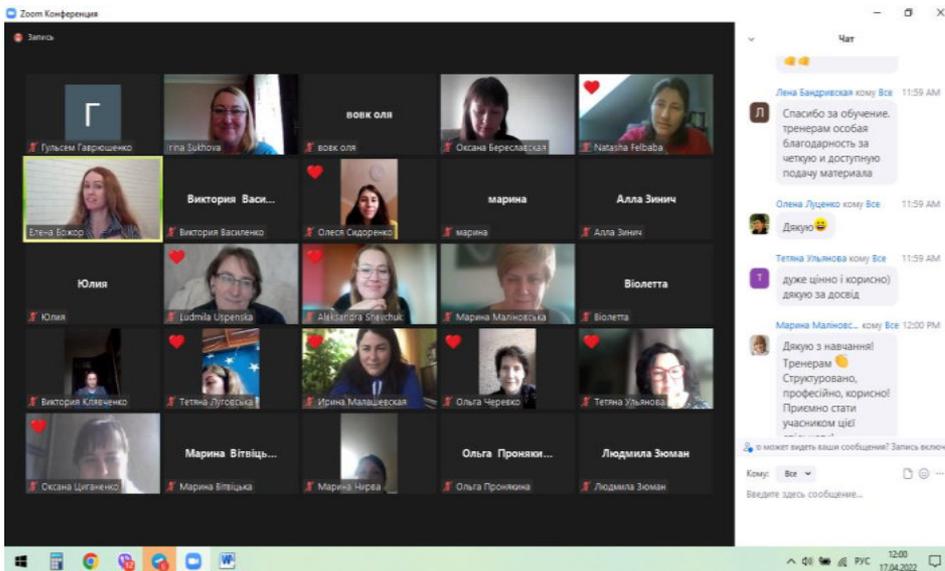
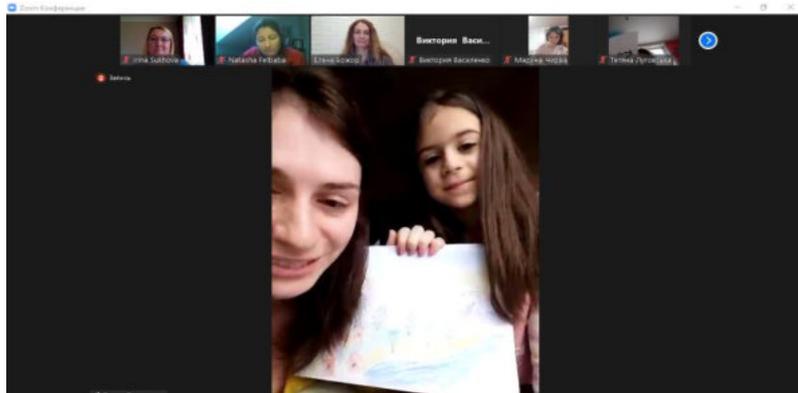
The drawing shows a profile of a human head with internal organs and labels in Ukrainian:

- МОЗГ (Brain)
- СЕРЦЕ (Heart)
- ПЕЧЕНА (Liver)
- ПЛІЦІ (Lungs)
- СЕРЦЯ (Heart)
- ПЕЧЕНА (Liver)
- ПЛІЦІ (Lungs)

The drawing shows a Ukrainian tricolor flag (blue, yellow, and red) above a birthday cake with candles.

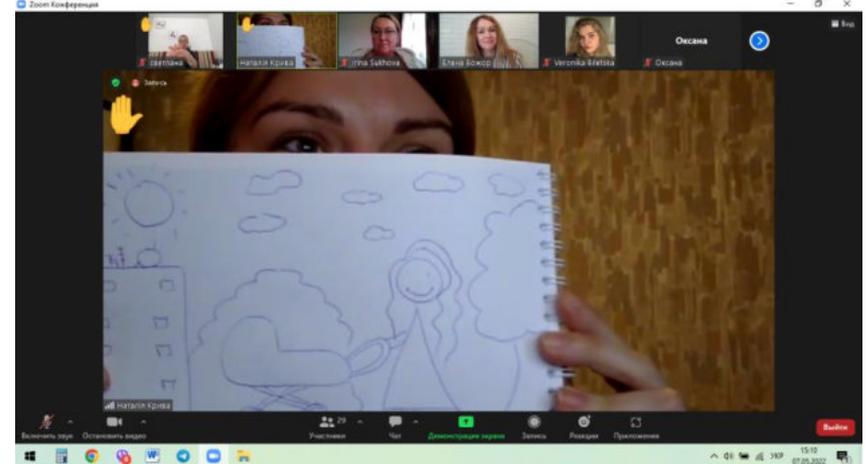
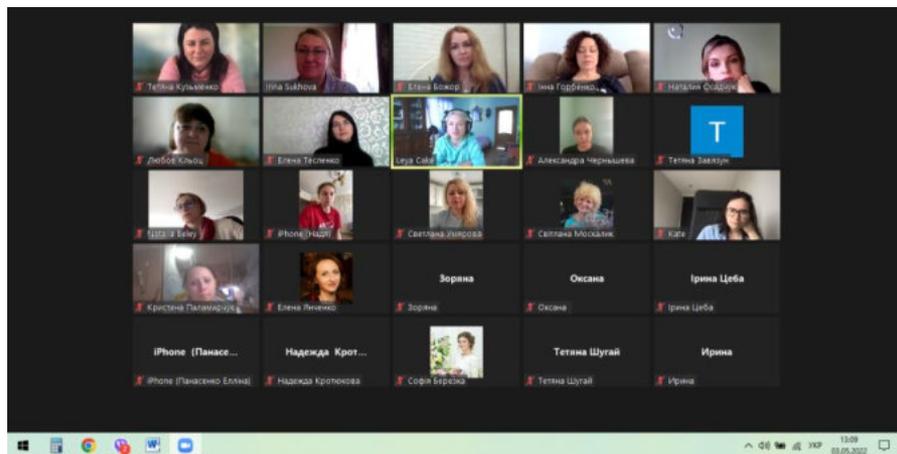
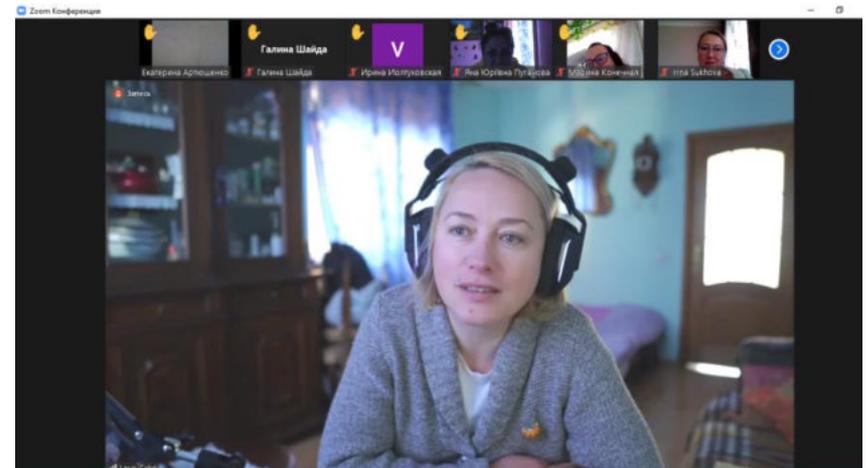
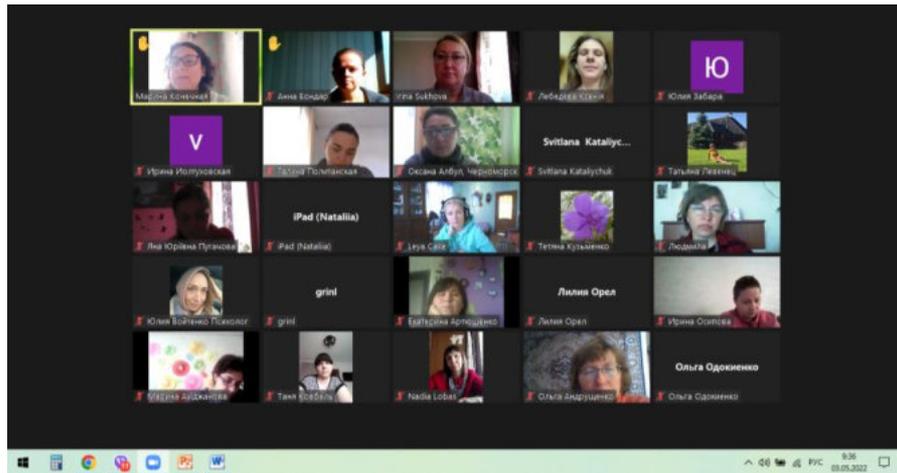
# 2 online “Children and War” Trainings, April 13-17, 2022

## Training / 136 participants



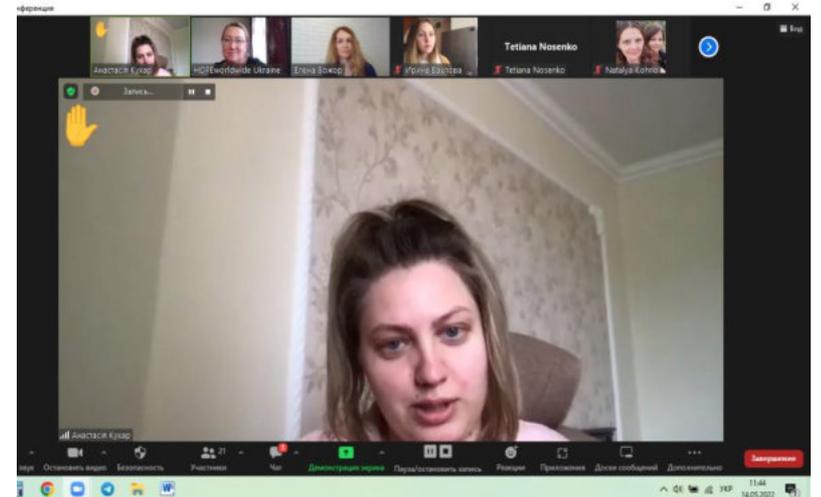
# 2 online “Children and War” Trainings, May 03-07, 2022

## Training / 94 participants



# 1 online “Children and War” Training for Church of Christ disciples, May 10-14, 2022

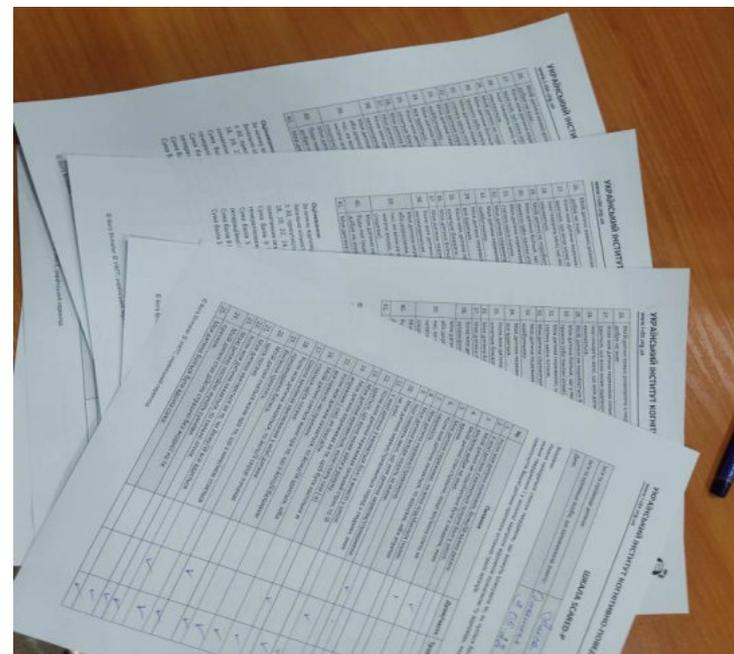
## Training / 20 participants



# “Children and War” Therapy in Khmelnytskyi, 148 children, 63 adults

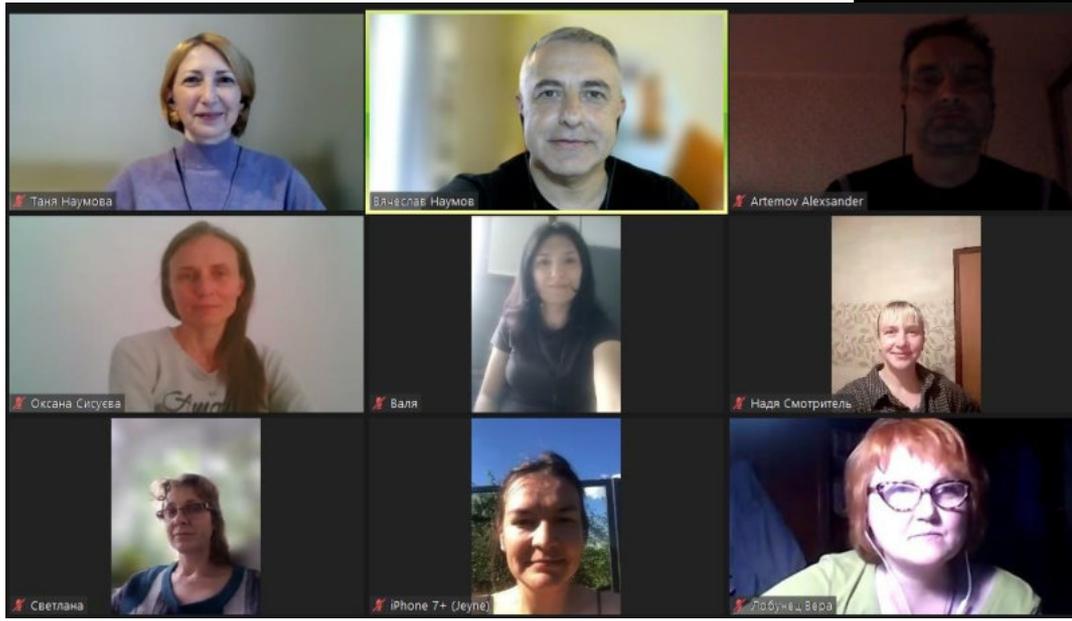


THE THERAPY COURSES



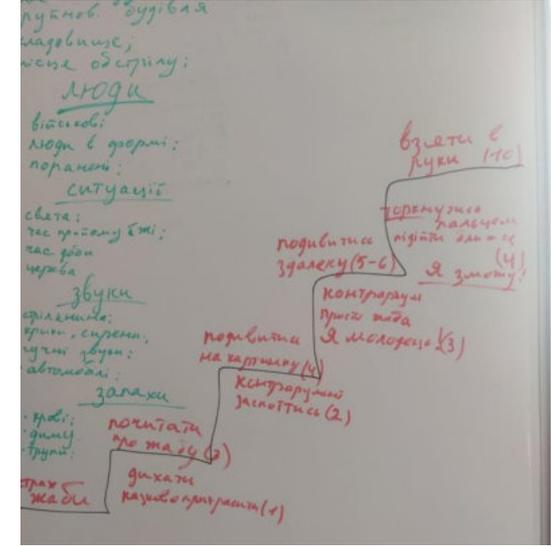
# “Children and War” Therapy in Kyiv, 63 children, 40 adults (March-May, 2022)

THERAPY COURSES



# “Children and War” Therapy in Horokhiv, 24 children, 16 adults

THERAPY COURSES



# “Children and War” Therapy in Drohobych, 69 children, 26 adults



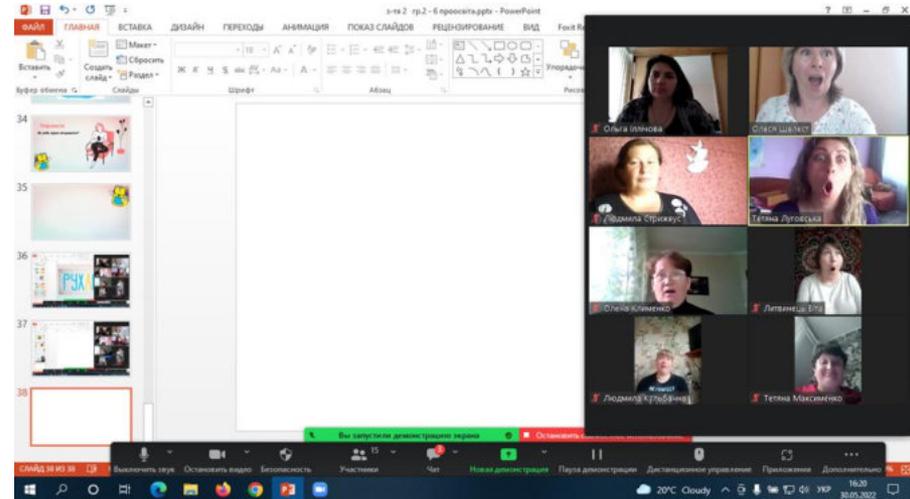
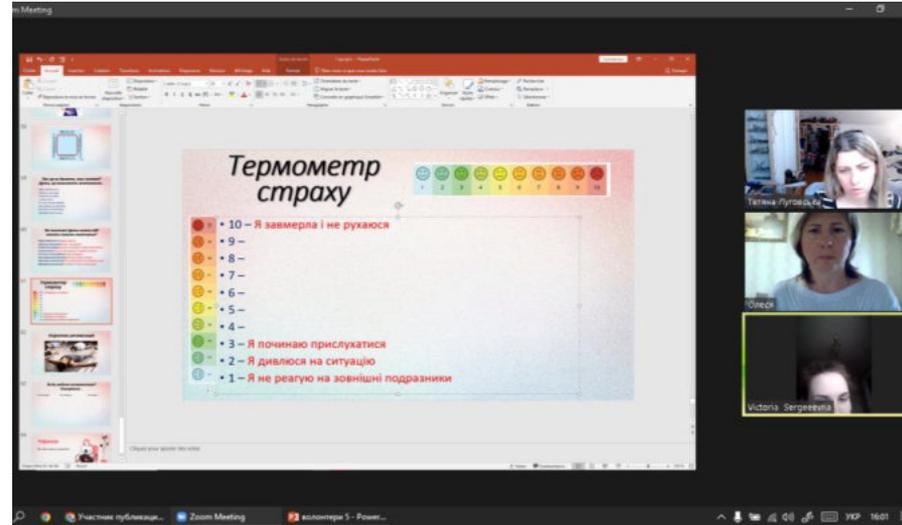
THERAPY COURSES



# “Children and War” Therapy in Bila Tserkva, 59 teachers (April-May)



THE THERAPY COURSES



# “Children and War” Therapy in Dnipro, 18 children, 7 adults (March-May, 2022)

THERAPY COURSES

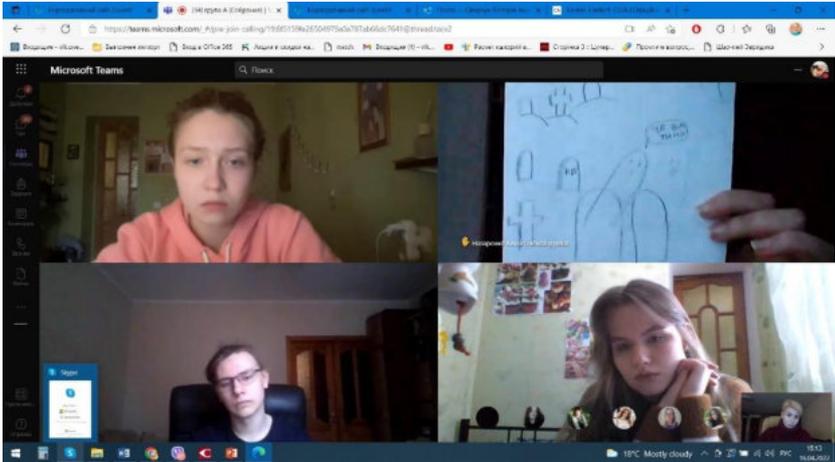


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# “Children and War” Therapy in Vinnytsia, 43 children, 56 adults



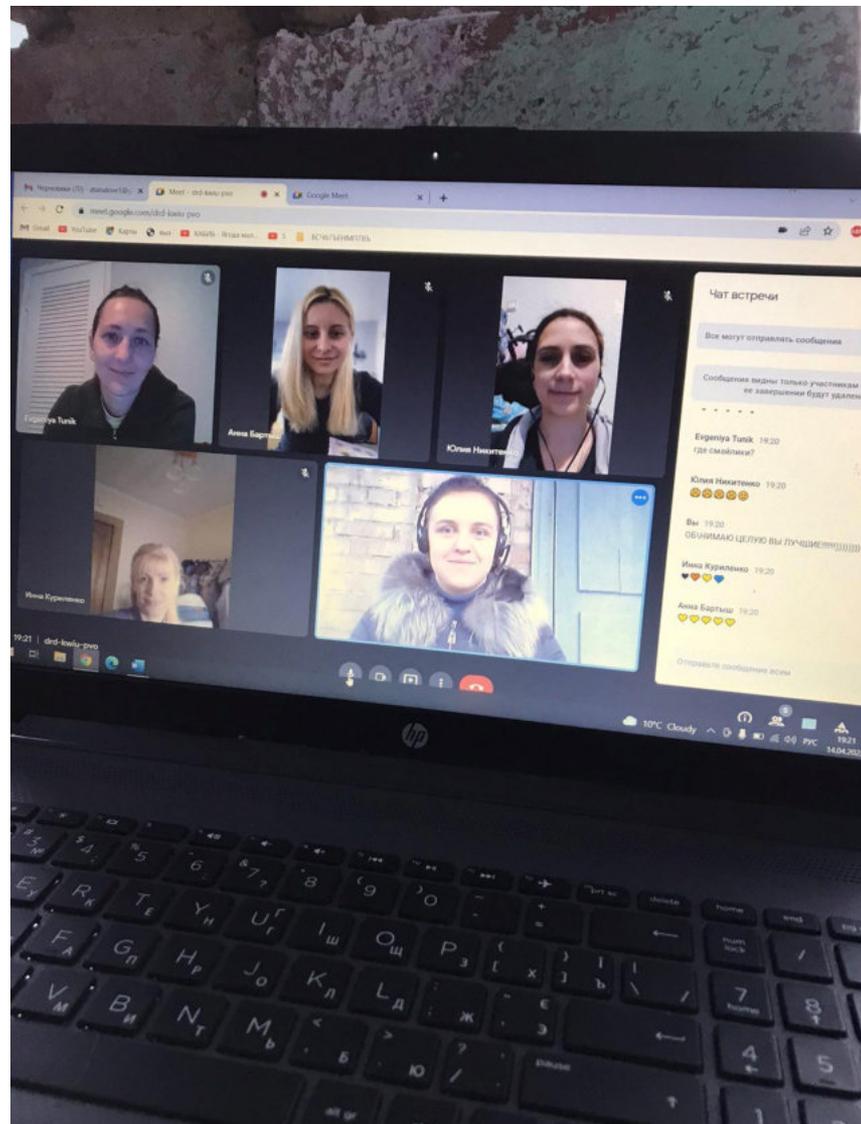
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# “Children and War” Therapy in Slovyansk, 16 adults (March-May, 2022)



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# “Children and War” Therapy in Lviv, 39 children, 34 adults (March-May)



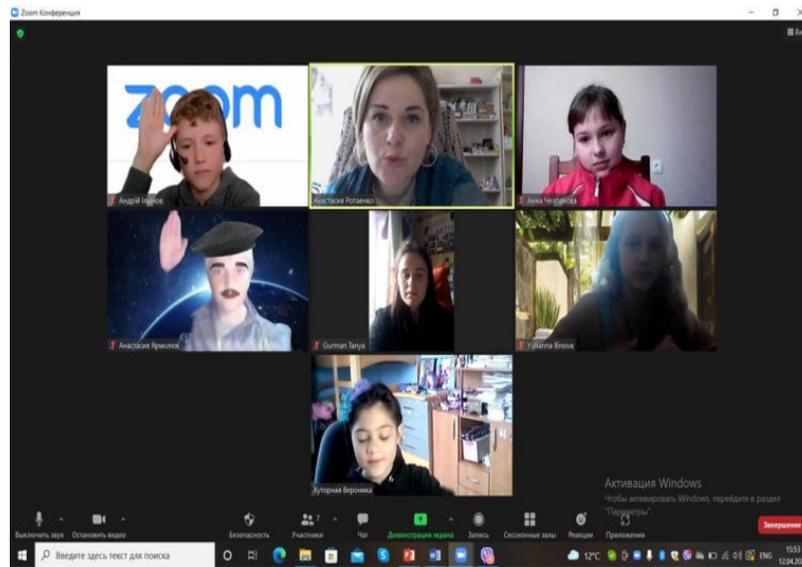
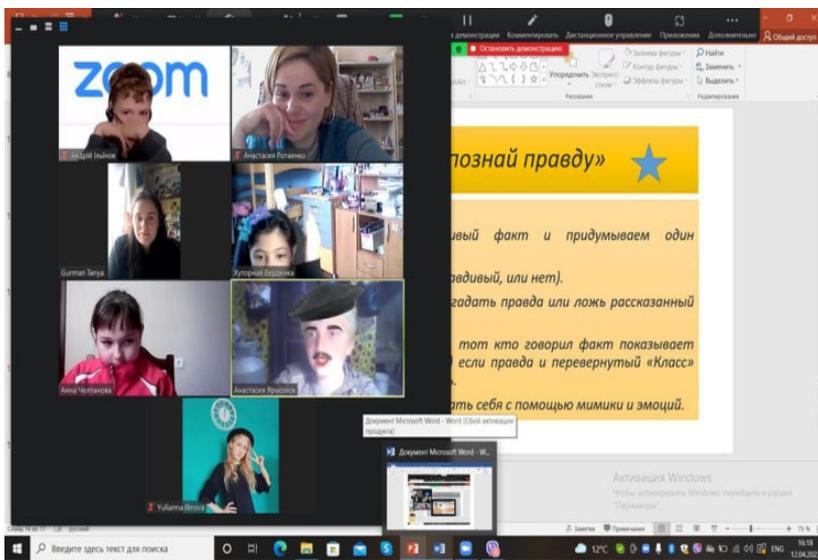
THERAPY COURSES



# “Children and War” Therapy in Chornomorsk, 6 children, 15 adults



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# “Children and War” Therapy in Rybakivka, 76 children, 17 adults



THERAPY COURSES



# “Children and War” Therapy in Rzhyshchiv, 6 children, 8 adults



THERAPY COURSES



# “Children and War” Therapy in Rozhyshe, 18 children, 7 adults



THERAPY COURSES



# “Children and War” Therapy in Novoyavorivsk, 23 children (April-May)

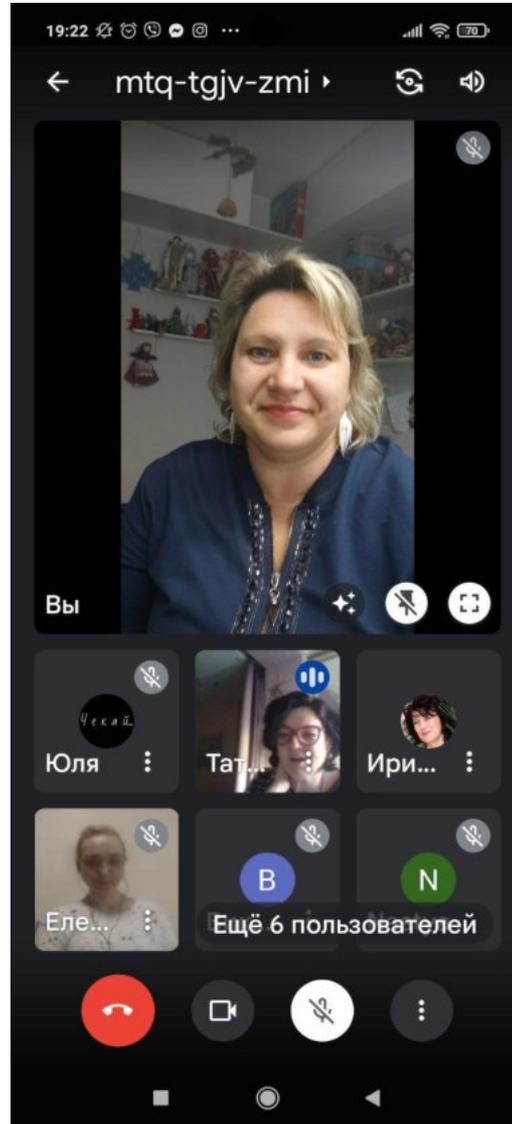
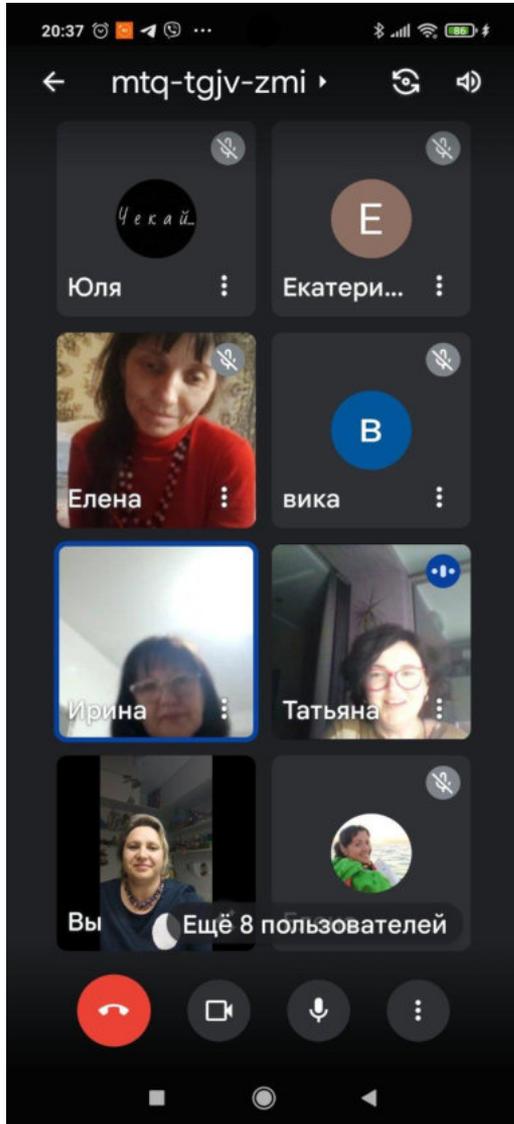
## THERAPY COURSES



# “Children and War” Therapy in Kryvyi Rih, 35 teachers (March-May)



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# “Children and War” Therapy in Sambir, 16 children, 8 adults



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# “Children and War” Therapy in Cherkasy, 32 children, 5 adults



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# “Children and War” Therapy in Truskavets, 144 adults (wounded soldiers on rehabilitation)



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# “Children and War” Therapy in Ivanychi, 19 children (March-April, 2022)

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# “Children and War” Therapy in Kremenchuk, 15 children, 6 adults

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# “Children and War” Therapy in Dykanka, Pyriatyn, Tereshky, 30 children, 23 adults



## THERAPY COURSES



# “Children and War” Therapy in Yablunka, 8 children (April, 2022)



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# “Children and War” Therapy in Nemishayeve, 9 children (April, 2022)



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# “Children and War” Therapy in Chernivtsi, 43 children, 20 adults



## THERAPY COURSES



# “Children and War” Therapy in Nikopol, 19 children, 15 adults

## THERAPY COURSES



# “Children and War” Therapy in Poland, 51 children (April-May, 2022)



## THERAPY COURSES



# “Children and War” Therapy in Czech Republic, 74 children (April-May)



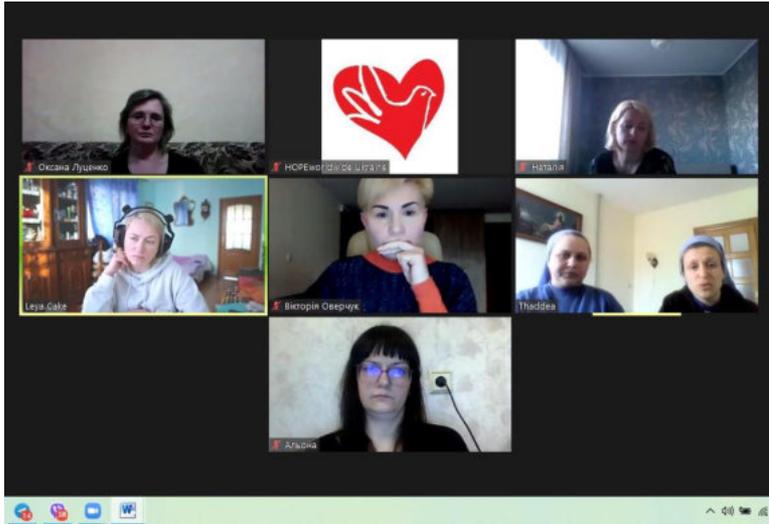
## THERAPY COURSES



# “Children and War” Supervision Online, March-May, 2022 (43 hours)



SUPERVISION



# Project Partners and Donors

- Ukrainian Institute of Cognitive-Behavioral Therapy (Ukraine)
- HOPE *worldwide* Canada
- HOPE *worldwide* (USA)
- Charity Foundation “HOPE *worldwide* Zurich”
- Canada Fund for Local Initiatives and the Embassy of Canada to Ukraine
- Development Cooperation and Democracy Promotion Programme of the Ministry of Foreign Affairs of the Republic of Lithuania



УКРАЇНСЬКИЙ ІНСТИТУТ  
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ТЕРАПІЇ



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AFFAIRS OF THE  
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LITHUANIAN  
DEVELOPMENT  
COOPERATION

Activity supported by the  
Canada Fund for Local Initiatives

Activité réalisée avec l'appui du  
Fonds canadien d'initiatives locales





**Bringing hope,  
Changing lives**

**THANK YOU !  
for helping children  
with war trauma**

