



## Quarterly Report of the “Helping Hand for Ukraine Project”

**January – March 2026**

UKRAINE

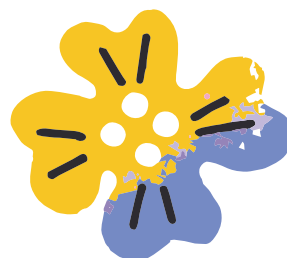
We continue our work with the “Children and War: Teaching Recovery Techniques” program, helping children and adults develop psychological self-help skills to overcome the consequences of war.

In the first quarter of 2026, the project has been funded with the support of HOPE *worldwide* Canada.



**16160**  
USD  
(714375 UAH)

allocated for  
the project  
activities implementation



**401**

children and  
adults received  
professional  
support



# Healing Story

## Dmytro, 11 years old

At the beginning of our sessions, it was visibly difficult for Dmytryk to open up. His body was often paralyzed by tension, and every loud sound triggered intense fear. Initially, he tried to hide these feelings, avoided conversations, and simply withdrew into himself.

Thanks to body awareness exercises and the safe processing of emotions, the boy was finally able to put his experiences into words. At the end of the sessions, he shared that for the first time in a long while, he felt a sense of peace and now knows how to calm himself down on his own.



## Trainer's Feedback

**Tetyana Oboyanska,**  
trainer and supervisor of  
the project:



“We train trainers in recovery techniques that help process difficult experiences and restore inner resources. My role in the project is not only to pass on knowledge during training, but also to support colleagues in their daily important work. I am grateful for the strength of the community, professionalism, and care that is changing lives”.

# Key Outcomes:

**Reach:**  
391 children  
and 10 adults



**Professional support:**  
12 hours of supervision  
for trainers

**Geography:**  
Vinnytsia, Kyiv,  
Kamianets-Podilskyi,  
Orynyn (Khmelnyskyi region),  
Poltava

**Therapy Courses:**  
38 groups conducted (37  
for children and 1 for  
adults), 4 more groups  
launched

## Recognition and Development

The first quarter of 2026 has become significant for the foundation in terms of new partnerships:

### **GlobalGiving:**

the project successfully passed verification on the international crowdfunding platform, confirming the trust of the international donor community in our activities.

### **Philanthropy in Ukraine:**

we received the highest rating — 4 out of 4 points, confirming a high level of transparency, effectiveness, and compliance with international standards for the work of charitable organizations.

# Useful Practice

## Technique “5-4-3-2-1” (Grounding)

If you feel anxiety or stress, use this technique to return to a calm state. It helps redirect attention to what is happening “here and now” and reduces tension.

**Look around and name (aloud or in your mind):**



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