



HOPE
worldwide
UKRAINE

Quarterly Report of the “Helping Hand for Ukraine” Project

April – June 2026

UKRAINE

Psychological recovery in wartime is a process that takes time and consists of gradual but important changes. Each group provides a safe space where children and adults can feel supported, learn to cope with stress, and develop practical psychological self-help skills.

18 060
USD
(810 075 UAH)

was allocated for
the implementation
of project activities
in the second quarter



15

therapy groups were
conducted (14 for children
and 1 for students)
during this period

183

children and adults
developed practical
psychological
self-help skills

To support the team of psychologists
and ensure the quality of their professional
work, 9 hours of supervision were provided.

Project Geography:

Kamianets-Podilskyi, Vinnytsia, Kramatorsk,
Chernivtsi, Orynyn village (Khmelnyskyi region).



Story of Change

Anastasiia L., 17 years old

Nastia is originally from Mykolaiv. Following the beginning of the full-scale Russian invasion, she was forced to leave her hometown and move to Kamianets-Podilskyi, where she now lives with her grandmother. The hardest part for her is being separated from her parents and her home, which she dreams of returning to.

Nastia speaks with particular warmth about her seven cats, whom she had to leave behind. During the group sessions, she often talked about them, and these memories helped her maintain a sense of connection with home. She now has a dog nearby, who has become a source of support for her.

After joining the “**Children and War: Teaching Recovery Techniques**” course, Nastia learned to cope better with stress, reduce emotional tension, and use psychological self-help techniques. Over time, she discovered another way to process her experiences — she began writing a book in which she records her memories, feelings, and dreams.

Despite all the difficulties, Nastia continues to move forward and believes that one day she will return to her home.



Trainer's Feedback

Tetiana Hordii

“At the beginning of the sessions, the teenagers hid their feelings behind jokes and a constant desire to be the center of attention. An open conversation about panic attacks became particularly important when one of the participants shared his experience of living under shelling. This honesty became a turning point for the whole group: the teenagers began to speak openly about their own experiences, listen to one another more attentively, and support those around them. For me, this became the most valuable outcome of our work together.”



Useful Practice

In each quarterly report, we share one of the practices we use in our work with children and adults.

CONTROLLED BREATHING



Here is a short and effective technique that can be used by both children and adults to quickly reduce tension and anxiety and restore emotional balance.

Imagine that you are holding a fragrant flower in one hand and a lit candle in the other. Slowly breathe in through your nose as if you were smelling the flower. Then slowly breathe out through your mouth as if you were gently blowing out the candle.

1 Slowly breathe in through your nose ...

2 Then slowly breathe out through your mouth ...

3 Repeat the exercise 5-10 times



Controlled breathing helps reduce anxiety and physical tension, calm the body, and restore a sense of control in stressful situations.

Together with Our Partners

The implementation of the project was made possible through the support of international partners and cooperation with educational and social institutions that helped organize group sessions in different communities across Ukraine.

Project Donors



Individual donors

(contributions through the GlobalGiving platform and our foundation's website)

Project Partners

"Smarahdove misto" (Emerald City) Sanatorium and Health Center for Social Rehabilitation
SOS Headquarters, "Children of War" Camp
Kamianets-Podilskyi Lyceum No. 3
Kamianets-Podilskyi Gymnasium No. 1
Kramatorsk Secondary School No. 10
Bukovynian State Medical University

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