

HOPE worldwide UKRAINE

Quarterly Report of the "Helping Hand for Ukraine" Project

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July – September 2026

UKRAINE

Psychological support has lasting value when a person can independently apply the skills they have acquired in everyday life. Within the “Helping Hand for Ukraine” project, we work with the “Children and War: Teaching Recovery Techniques” program. Children and adults learn to recognize their own stress reactions, reduce tension, and apply practical psychological self-help techniques. These skills gradually become an inner foundation that stays with participants after the sessions are over.

3 616 002 UAH (80 967 USD) | **was allocated for the implementation of project activities in the third quarter**





674 children
36 adults | **acquired practical psychological self-help skills**

58 | **therapy groups (55 for children and 3 with adults) were conducted**

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

Project Geography: Kyiv, Dnipro, Khorol, Chernivtsi, Vinnytsia, Kamianets-Podilskyi, camps in Khmelnytskyi region for children from other regions.



Collaboration and Development

In the third quarter, we continued working with our partners, launched new areas of collaboration, and presented the foundation's experience at the international level.





Crown Agents Ukraine (UA) and Integrity Action (UA): we are grateful to our partners for continuing the collaboration within the Children's Resilience Fund: Providing Capacity Building and Funding to Ukrainian Civil Society Organisations in Ukraine. Thanks to this partnership, we continue to provide psychological support to children who have experienced the trauma of war and to develop the "Helping Hand for Ukraine" project.

Collaboration and Development

39th International Congress on Law and Mental Health, Canada: Iryna Sukhova and Natalia Podoliak presented our foundation's experience at the international congress in Montreal, which brought together around 600 participants from all over the world. They shared practical experience and research findings in the field of psychological support for children, adults, and families affected by the war in Ukraine.



LUKRAINE Charitable Foundation / LUkraine (Luxembourg): Iryna Sukhova and Yana Serhieieva conducted a three-day online seminar for the team of psychologists and instructors at the Gora LUkraine camp. The specialists were trained in the "Children and War: Teaching Recovery Techniques" program for further work with the families of fallen Heroes of the 93rd Separate Mechanized Brigade "Kholodnyi Yar".

Story of Change

Arseniy (15 years old)

The boy lives with his mother and older brothers; his parents are divorced. Before the war, he lived in Kramatorsk. During the session, he was attentive. At the end of the session he shared his story:





“My parents divorced when I was 8, but I remember everything well. I was very sad. Dad still kept in touch with us and used to take me and my brothers on weekends, but everything was different. Before the divorce, we used to live together in a house. We were happy. We had a dog named Bern — very smart and lively. When dad took us to his place, we would fish, go for walks, and I always played with Bern. Then the war started, and dad took us very rarely, and one day during heavy shelling Bern ran away... (crying) he just disappeared. I’m very worried about whether he is alive and what happened to him.”

During the drawing of traumatic memories, the boy drew his home and his dog. He thought for a long time about how to rework the drawing, and finally drew his father returning home with the dog in his arms.
Through body awareness exercises and safe emotional processing, the boy was finally able to put his feelings into words. At the end of the sessions, he shared that for the first time in a long time he felt calm — and that he now knows how to calm himself on his own.

Useful Practice

In each quarterly report, we share one of the practices used when working with children and adults.

Safe Place

1. Close your eyes and imagine a place where you feel calm and safe. It can be a real plac or imagined one.



2. Picture it in as much detail as possible: what you see around you, what sounds you hear, and what you feel in your body. Notice the details that make this place special for you.



3. Stay with this image for a few minutes, calmly observing your sensations.



4. When you feel ready, take a few calm breaths and slowly open your eyes.



You can return to the image of your safe place whenever you want to reduce tension, restore a sense of calm, and find your inner foundation.

Together with Our Partners

The implementation of the project was made possible thanks to the support of our donors and cooperation with partners who help organize psychological support for children and adults across many communities in Ukraine.

Project Donors

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"VAV Better Future" Charitable Foundation

"Lisova Pisnia (Forest Song)" Sanatorium,

"Eco Land" Children's Health and Recreation Facility

The SOS Civil Defense Headquarters Charitable Foundation

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Collective accommodation for IDPs (Vinnytsia)

Preschool No. 721 (Kyiv)

Khorol Gymnasium (Khorol)

Secondary School No. 16 (Kramatorsk)

Lyceum No. 3 (Kamianets-Podilskyi)

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