



"Recovery during the war" Program by Vaad Ukraine.

This is a programme for Ukrainian women and their children who were particularly affected during the Russian aggression and need psychological rehabilitation.



Participants of the Programme

Women with children aged 3 to 17, or without children, who were particularly affected during active hostilities, are invited to participate in the Programme.

Selection for the program is carried out by a special committee based on one of the following criteria:

- temporary or irreversible loss of a husband/breadwinner, if the family has the status of an IDP;
- staying for more than two weeks under occupation or under constant fire;
- irreversible loss of a close family member as a result of military operations.

PROGRAM GOALS & OBJECTIVES

- to create a safe space for the participants (women, children and psychologists) in which the process of psychological rehabilitation can be started during each project of the Programme;
- to begin the process of rehabilitation of women and children after psychological trauma and stress received during the war;
- to achieve stabilisation of the psycho-emotional state of each woman and her children during each project of the Programme;
- to provide an opportunity for women and children to continue the rehabilitation process with psychologists in an online format after the end of each project of the Programme;
- to restore the Programme participants' own resources, vitality and energy, emotional balance, control over their own lives;
- to overcome nervousness and fears, aggression and apathy, despair in one's abilities, to help "feel the solid ground under one's feet" again;
- to better understand and feel what happens to women and their loved ones after receiving psychotrauma, their body language, child behaviour and relationships with children;
- to learn stabilisation and self-help techniques, be able to monitor one's own state, provide psychological support to oneself and loved ones, act adequately in critical situations;
- and, finally, to understand and learn how to live on under the conditions of war and lead one's family into the future.



Participation in the Programme involves:

- three weeks' stay at a boarding house or a tourist base with three meals a day;
- insurance during the period of stay in the project;
- group and individual sessions with psychologists for adult participants and teenagers;
- children's group and family classes with psychologists;
- educational activities for children;
- art therapy for children and adults or master classes with artists;
- excursions to picturesque corners of Western Ukraine;
- assistance in organising the logistics of transportation to the place of stay and on the way back;
- consultations and assistance of volunteers and psychologists during the entire duration of the project and after its end.

MORE ABOUT THE PROGRAMME:

The Vaad of Ukraine, with the financial support of the NOVA UKRAINE foundation (California, USA), created a programme for the psychological rehabilitation of internally displaced families who temporarily or permanently lost their breadwinner as a result of hostilities in Ukraine in April 2022. Partners and sponsors of the Vaad of Ukraine in this programme also include the Ukrainian World Congress, the World Jewish Congress, the Dutch Humanitarian Fund, the "RAZOM, Inc" foundation (New Jersey), a group of private sponsors, the Institute of Psychology of the Academy of Pedagogical Sciences of Ukraine, psychological organisations, "Voices of Children" and "Family Circle" foundations, Kyiv Educational Centre "Tolerspace", Department of Psychology of the National University Kyiv Mohyla Academy, Centre of Health Psychology of the Ukrainian Catholic University, and the Institute of Health Psychology.

The participants of the project are primarily internally displaced families – those who were forced to leave their homes and evacuate to other regions of Ukraine. These are mostly mothers with children whose husbands died or were seriously injured as a result of hostilities, are in captivity, missing or serving in the Armed Forces in the hostilities area. A Psychological Support and Stabilisation Programme has been organised for them while they rest at a tourist boarding house in Prykarpattya, where they stay for at least three weeks. Qualified psychologists work with the participants of the project, providing the necessary assistance and supporting them in tragic and difficult circumstances with the help of group, individual and family consultations. Both adults and children receive appropriate psychological support.



PICTURES



MORE ABOUT THE PROGRAMME:

Vaad of Ukraine and its partners and sponsors finance a stay at a boarding house, three meals a day, the work of psychologists, and other supporting measures.

From May to the end of 2022, the Vaad of Ukraine has organised **27 projects** (shifts), through which **1,140 Ukrainian women and children** have gone and received psychological support;

The following participated in the organisation, preparation and implementation of the Programme projects:

- over 30 Vaad of Ukraine volunteers;
- 6 members of the Social Commission;
- over 100 psychologists;
- 8 art masters, tour instructors, and local historians;
- teachers and nannies of the kindergartens created under the Programme projects;
- 9 project managers.



CONTINUATION/FOLLOW UP IN 2023:

In 2023, the Vaad of Ukraine plans to implement 20-30 projects of the specified Programme, subject to receiving appropriate funding. More than 6,000 citizens of Ukraine (women and children) are waiting to participate in the Programme.

In the future, a promising continuation, deepening and expansion of the Programme in the territory of various regions of Western Ukraine is possible. Volunteers and psychologists of the project continue to remotely support the participants even after the shifts are over.

The participants can, if necessary, receive an extended weekly online course of psychological counselling lasting from 4 to 12 weeks.



PICTURES FROM CLASSES



DONORS & PARTNERS:

- "NOVA UKRAINE" Foundation (California, USA);
- World Congress of Ukrainians;
- World Jewish Congress;
- Dutch Humanitarian Fund;
- Foundation "RAZOM, INC" (New Jersey, USA);
- "First Sport Group" (Ukraine);
- Private donors from different countries.
- Institute of Psychology named after H.S. Kostyuk of the National Academy of Sciences of Ukraine;
- Kyiv Educational Center of Tolerance (Ukraine);
- Department of Psychology of NaUKMA (SETA program);
- Institute of Mental Health of UCU;
- Institute of Health Psychology;
- "Open doors" (International Institute of Postgraduate Education).



Questionnaires for those wishing to participate in the Programme; fill out either of the two

Google Forms below:

<https://forms.gle/VsxAvbcPUpPsYkcN6>

https://docs.google.com/forms/d/e/1FAIpQLScU1hL9xZ4Hr8nan1SaXACV-s_ijO_PKemHYzPGIjAktbdCA/viewform

OUR CONTACTS:

Our website - www.vaadua.org

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head of the program "Recovery during the war"

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Current bank account of the Vaad of Ukraine for charitable donations to the "Recovery during the war" programme:

ASSOCIATION OF JEWISH ORGANISATIONS AND
COMMUNITIES OF UKRAINE
CODE 4290065

JSC CB "PRIVATBANK" M. KYIV

Bank code 305299

Transaction account

UA513052990000026008035024744

ADDRESS: KYIV, KURSKA St., 6, 03049

Purpose: Charitable contribution to the "Recovery during the war" Programme

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