



Program of the Association of Jewish Organizations and Communities of Ukraine (VAAD) “Recovery during the War”

The program is for Ukrainian women and their children who seriously suffered from the Russian aggression and need psychological support and rehabilitation.



Program participants

Women with children aged 2 to 17, or without children, who have suffered significantly as a result of active hostilities, are invited to take part in the program.

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

- Temporary or irreversible loss of a spouse/breadwinner if the family has the status of an IDP;
- Staying for a long time in occupation or under siege under constant shelling;
- Irreversible loss of a close family member as a result of military operations (Army of Ukraine) without the family status of an IDP.

GOALS AND TASKS OF THE PROGRAM AND ITS PROJECTS FOR PARTICIPANTS:

- During each project of the program, the goal is to create a safe space for the participants (women, children, and psychologists) in which the process of psychological rehabilitation can be started;
- To start the process of rehabilitation of women and children after the psychological traumas they received during the war;
 - During each project of the program, to achieve stabilization of the psycho-emotional state of each woman and her children;
 - After the end of each local project of the program, provide an opportunity for women and children to continue the rehabilitation process with psychologists in an online format;
 - Renew the participants' own resources, vitality, and energy; emotional balance and control over their own lives;
- Overcoming nervousness and fears; aggression and apathy; disappointment about one's own strength; regaining the capacity to "stand on one's feet";
- To understand and feel more deeply what happens to women and those close to them who experience psychological trauma, as well as to learn more about body language, child behavior, and relationships with children;
- Teach stabilization and self-help techniques, to be able to recognize one's conditions, provide psychological support to themselves and their loved ones, and act adequately in critical situations;
- In the end, to understand and to learn how to live on in the conditions of war and to guide one's family into the future.



Participation in the program involves:

- Three weeks in a boarding house or tourist camp with three meals per day;
- Insurance for the duration of the project's stay;
- Group and individual classes with psychologists for adult participants and teenagers;
- Children's group and family classes with psychologists;
- Educational activities for children;
- Excursions to picturesque sites in Western Ukraine;
- Assistance in organizing transfers to the place of stay and on the way back;
- Consultations and assistance from volunteers and psychologists during and after the program's completion.

MORE ABOUT THE PROGRAM:

The Vaad of Ukraine, with the financial support of the NOVA UKRAINE foundation (California, USA), in April 2022, created the Support Program for internally displaced (IDP) families who have temporarily or irrevocably lost their breadwinner as a result of hostilities in Ukraine. The “MASHA” Foundation, the Institute of Psychology of the Academy of Pedagogical Sciences of Ukraine, the psychological organizations and foundations “Voices of Children,” “Family Circle,” the Kyiv Education Center of Tolerance, the Department of Psychology of the NaUKMA, and the Institute of Health Psychology became the partners of Vaad of Ukraine in this program. The information partner of the program is the “Diye-Slovo” studio.

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. Mostly, these are mothers with children whose husbands were killed or seriously wounded as a result of hostilities, ended up in captivity, went missing, or served in the Armed Forces in the area of hostilities.

A psychological support and stabilization program has been organized for them while they rest in a tourist boarding house in Prykarpattia, where they stay for at least three weeks. Qualified psychologists work with the participants, 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.



PHOTOS FROM CLASSES



MORE ABOUT THE PROGRAM

Vaad of Ukraine and its partners and sponsors finance a stay in a boarding house, three meals a day, the work of psychologists, excursions and other side activities. Masha Yefrosinina's foundation was involved in financing and organizing the projects of the program starting from the third shift.

The project's first shift had 44 participants, including 23 children and 5 psychologists (May 1-May 28).

The 2nd shift of the project involved 54 participants, including 22 children and 7 psychologists (May 30 – June 19).

As of now, (August 10), 6 shifts have already been carried out, and 4 more shifts are currently taking place in parallel at 4 different locations.

More than **400** women and children have completed or are currently undergoing the program. More than **3,000** citizens of Ukraine (women and children) are on the waiting list to participate in the program.

In the future, a promising continuation, deepening and expansion of the program 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.



PHOTOS FROM CLASSES



SPONSORS AND PARTNERS OF THE PROGRAM:

- "NOVA UKRAINE" Foundation (California, USA);
 - "Masha Foundation" with the "Unbreakable Mama" project (Ukraine);
 - SF Ukraine and "RAZOM, INC" Foundation (New Jersey, USA);
 - "First Sport Group" (Ukraine);
 - Ukrainian World Congress;
 - The World Jewish Congress;
 - Private sponsors from different countries;
 - Institute of Psychology named after H. Kostiuk of the National Academy of Sciences of Ukraine;
 - Kyiv Educational Center of Tolerance (Ukraine);
 - Department of Psychology of NaUKMA (SETA program);
 - UCU's psychological center;
 - Institute of Health Psychology;
- The information partner of the program is the NGO Studio Diye-Slovo.



Contacts

Google questionnaire for those wishing to participate in the program:

<https://forms.gle/VsxAvbcPUpPsYkcN6>

Our website is - www.vaadua.org

Mail - vaadua.office@gmail.com

Facebook - www.facebook.com/vaadua

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Interviews with program participants

<http://surl.li/cqzut>

<http://surl.li/cqzuu>

<http://surl.li/cqzuz>

Thank you for your attention



Photo from the closing of the 4th shift on August 3, 2022