



# Impact report

## October 2023

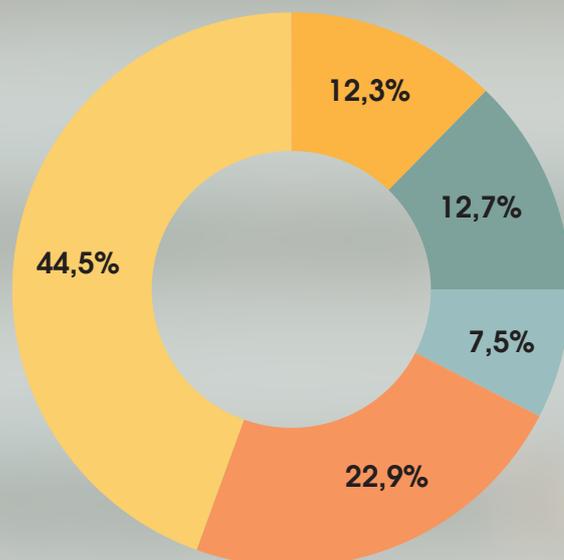
**KIDS OF  
UKRAINE**

# Data for the month of October

For the period October 1-31, 2023\*

Total expenses: **10614 \$**

 Rent of premises	<b>1303 \$</b>
 Club support	<b>1353 \$</b>
 Workshops	<b>801 \$</b>
 Psychological support	<b>2435 \$</b>
 Administrative expenses	<b>4722 \$</b>



**36**

hours of group work  
with a psychologist



**42**

workshops, excursions,  
and walks



**25**

hours of individual work  
with a psychologist



**530**

registrations for sessions  
throughout the month

*\*Data on the activities of the "SviTy" clubs in Lviv, Cherkasy and Khmelnytskyi*

# October in Lviv

## Sound Therapy Session

On October 8, a sound therapy session was held for families who temporarily left their homes and moved to Lviv, as well as for our defenders. The purpose of the event was to introduce an effective tool for overcoming stress. The program consisted of three parts: an introductory lecture, a sound session, and reflection.



After the first session, emotional relief and improved sleep can be felt because sound therapy promotes healing and restoration through the influence of the frequency oscillation of sounds on the human body.



# October in Lviv

## Nature Therapy for Children and Parents

We spent a warm autumn day in excellent company, enjoying the bright colors of autumn. During the walk, we observed with interest how forest dwellers prepare for the winter season, visited the homes of badgers, learned to make a bonfire from improvised materials, and also made Ivan-tea by the campfire.



A nature therapy walk in the forest is always a great idea to spend time beneficially, pleasantly, and cognitively with the whole family.



# October in Lviv

## "Motanka Doll" Masterclass

A masterclass on making a "motanka doll" was held at the SviTy club. This is an ancient amulet with an extraordinary history, which is a symbol of comfort and family protection. Making a folk toy with your own hands contributes to the development of interest in the past and respect for national customs and traditions.



## Pumpkin Painting Masterclass

On the eve of Halloween, a creative masterclass was held where children painted pumpkins. This method of decoration is interesting, exciting, and allows you to show creativity and develop imagination.



# October in Cherkasy

## Teenage Volunteers

In October, teenagers tried themselves as volunteers. They participated in various types of assistance, for example, during the holidays, they helped weave nets for the Armed Forces of Ukraine. The entire process was extremely productive and took place in a friendly atmosphere.



## Costume Party

At the end of October, a spectacular Halloween party took place. The children showed a creative approach to choosing costumes for the party, worked together in teams in various contests, posed for original photos, created friendly ghosts, and made new acquaintances. Everyone received a lot of positive emotions!



# October in Khmelnytskyi

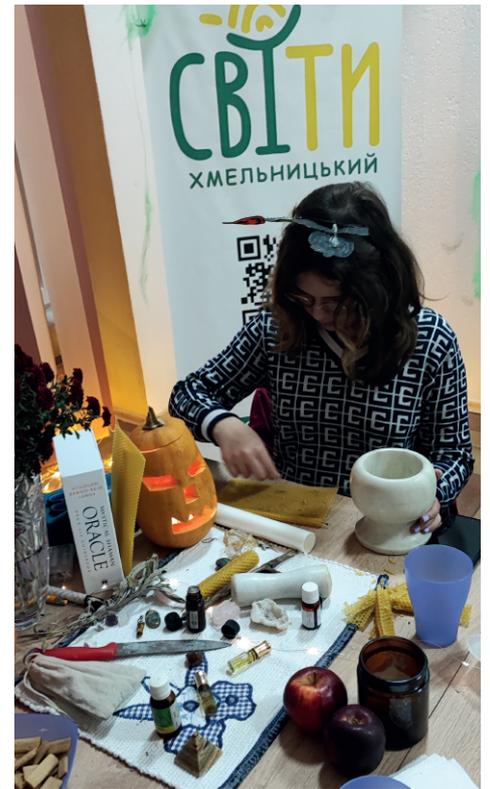
## Movie Screening

We had the opportunity to watch the family comedy "Mr. Putifar's Wacky Plan" at the cinema. The film was truly exciting and fun; everyone laughed at the comic situations and had a great time in a friendly company.



## Beeswax Candle Making Masterclass

"SviTy" members made incredibly beautiful and powerful beeswax candles using only natural materials and magical herbs. This process was filled with thoroughness, magic, and mysticism. Afterward, the candles were carefully wrapped in parchment paper and given as spiritual gifts from the heart to their loved ones.



# Thank You!



## Ways you can help us:



### Tell others about us

Share information about our activities so that more people can learn about our project.



### Support Ukraine Day

Make a day of support for Ukraine in your organisation. Help others learn about the project you support and why you care.



### Subscribe to our pages

You can feel and see our atmosphere on our social media pages:

- 📍 [instagram.com/svity.lviv](https://www.instagram.com/svity.lviv)
- 🌐 [linkedin.com/company/kids-of-ukraine](https://www.linkedin.com/company/kids-of-ukraine)
- 🌐 [kidsofua.org](https://www.kidsofua.org)
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### Support

Our activities are made possible by the financial support of donors, partners and friends. The cost of the program for one child is 350\$-400\$.

We are grateful for any support.



[kidsofua.org/support](https://www.kidsofua.org/support)