



Impact report

March 2026

Data for the month of March

For the period March 1-31, 2026*

In March, there were **3050 visits** to our activities



59

Group sessions
with psychologists



41

hours of individual
psychological sessions



21

Creative
workshops



128

Educational trainings
on important topics



34

Excursions, activities,
and team games



29

English Lessons
and Speaking Clubs

**Data on the activities of the "SviTY" spaces in Lviv, Cherkasy, Khmelnytskyi and Zhytomyr*



March in Lviv

Critical Thinking Course

In March, a critical thinking course was launched at the “SviTY” space, aimed at developing analytical skills and conscious information processing among adolescents. During the sessions, participants learn to analyze sources, distinguish between facts and opinions, identify manipulation, and make informed decisions in everyday life. Particular attention is given to reflection, argumentation, and openness to different perspectives. The course fosters independent thinking, increases resilience to information pressure, and strengthens confidence in one’s own judgments.



Career Guidance Visit to a Medical Center

As part of the career guidance program, adolescents visited a medical center in Lviv, where they were introduced to various fields of medical practice. Participants learned about educational pathways, professional requirements, and the daily responsibilities of doctors across different specializations. The practical component allowed them to observe modern diagnostic equipment and better understand the specifics of the medical field. This format supports informed career choices, broadens awareness of career paths, and helps adolescents align their interests with real professional demands.



March in Cherkasy

Career Guidance Training

Career guidance remains an important component of the program. The training helped adolescents better understand themselves and identify their strengths in the context of future career choices. Participants analyzed their interests, values, and personal traits, aligning them with the requirements of different professions. The session focused on developing self-awareness, decision-making skills, and a realistic understanding of career development as a flexible and evolving process.



LEGO Therapy

LEGO-based sessions provided a space for developing concentration, logical thinking, and spatial awareness among adolescents. Working with construction sets requires attention to detail, *последовательність (послідовність) дій і витримку, що сприяє розвитку когнітивних навичок.* At the same time, the activity has a strong stress-relief effect, helping participants reduce tension, shift focus, and restore their internal resources through hands-on engagement. The sessions also support teamwork and create an environment for creativity and collaborative achievement.



March in Khmelnytskyi

Open Day

An open day was held at the Khmelnytskyi space, where new participants were introduced to the program, team, and key activities. Adolescents learned about the opportunities offered by the SvITY program and were able to immediately engage in group activities. A creative gingerbread decorating workshop became part of the event, facilitating informal interaction and communication. The format helped create an атмосфера відкритості (open atmosphere), підтримки (support), and engagement, easing the adaptation of new participants and fostering a sense of belonging.



Sessions with a Psychologist

Meetings with a psychologist is an integral and ongoing part of the program, aimed at supporting adolescents' emotional well-being and strengthening their internal resilience. Psychosocial sessions help participants better understand their emotions, process them safely, and develop self-regulation skills. Additional work with parents enhances the overall impact by extending support to the family environment. The sessions incorporate interactive tools, including metaphorical cards and creative practices, which help adolescents express their experiences, reduce stress, and build trust within the group.



March in Zhytomyr

“Life Capital” Game

During financial literacy sessions, adolescents engage with the “Life Capital” game, which allows them to experience real-life financial scenarios in a safe environment. Participants make decisions, plan expenses, assess risks, and immediately see the consequences of their actions. This approach fosters a responsible attitude toward resources, develops critical thinking, and helps avoid impulsive decisions. The game demonstrates how everyday choices impact long-term outcomes and improves financial awareness.



Time Management in a Game Format

Time management sessions are conducted in an interactive game format, helping adolescents better understand their time and workload. Participants work through common life situations, learning to prioritize, balance responsibilities with rest, and manage school, hobbies, and social life. Working alongside a psychologist allows them to address challenges such as procrastination, fatigue, and lack of motivation. These sessions promote independence, responsibility, and effective planning skills without excessive pressure, helping adolescents manage daily challenges with greater confidence.



Thank You!



Ways you can help us:



Monthly subscription “One to One for \$21”

One adult can support one child participating in the “SviTY” program. A \$21 monthly donation covers a full month of access to psychosocial, educational, and other activities.



Financial support

Every contribution matters. Your support helps us maintain safe spaces where teenagers can heal, grow, and regain confidence in themselves.



Informational support

Sharing our posts, recommending us to friends and colleagues, or mentioning us in your community helps more people learn about the “SviTY” program — both those who are ready to support and those who may need it.



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