

# UKRAINIAN HUMANITARIAN RELIEF FUND NEWS



Brought to you by the Ukrainian Cultural and Humanitarian Institute (UCHI)

VOL. 2, ISSUE 1

APRIL 2023

## Goal \$150K - We need YOUR help!

With generous community support, UCHI has raised over \$140,000 and distributed to date \$130,206 in humanitarian aid to Ukraine - and UCHI's board of directors has set a goal to raise \$150K for the UHRF by the end of 2023. With a long-term commitment to assistance and the generosity of donors from across the region, UCHI continues to work with other organizations to identify and fund projects providing assistance to Ukrainians affected by the invasion. One hundred percent of donations to the Ukrainian Humanitarian Relief Fund (UHRF) provide humanitarian assistance to Ukraine and Ukrainians. *UCHI/UHRF is making a difference!*



Art therapy themes included making a "didukh" for the Christmas Dinner table and reverse glass icons.



## Christmas in Warm Palms

UCHI's support for its signature project, the Warm Hands Art Therapy Rehabilitation Program, continued with two special Christmas-themed programs in January. Ukrainian schools were closed for a six-week period from late December to early February due to the relentless attacks on the country's infrastructure by Russian forces. Children are guided from a place of producing images of anger, fear, and aggression to those celebrating the beauty and wonder of the Nativity. Most came fearful and uncommunicative, but left smiling.



Drawing their thoughts, feelings, emotions in a group mural helps them bond and learn to build relationships and trust.

## Special Needs Session

UCHI funded a special version of the Warm Hands Art Therapy Program in March, one for 32 children with special needs, who are housed at the Zabolotta Orphanage located near the border with Belarus in Volyn oblast Ukraine. Warm Hands staff attended special training sessions in art therapy projects designed with the skill set of children with special needs in mind as well as psychological approaches to conducting art therapy with special needs children.

Program Director Tetyana Myalkovska reports that:

*"Art therapy is a very ecologically sound method of contact with the sub-conscious. The children have experienced a level of trauma, which prevents them from expressing their feelings and even discussing what they've experienced. So much is repressed, blocked by the psyche, and the person forgets what happened. But the trauma remains in the psyche. Through drawing, sculpting, sound therapy, physical therapy, it becomes unblocked. The dominant stress factors, the pain, the dominant events that cause trauma are released through art therapy as the children are taken from a traumatic, sad, blocked place to one of positive transformation. The children's artworks are actually cardiograms of the emotions of the children - visualizations of their dreams and hopes and also of their pain, fears, and despair."*



Daily Divine Liturgy prayer services are served by Father Jan Buras, which helps the children begin their day with peace, to organize their thoughts, and to structure and organize their lives.



Painting projects are designed to help the children color their moods, state of soul and mind, and bring them in touch with their emotions.



Another group project, making a mural of their faces for their transport bus allow the children to observe their photo and express their creativity in how they appear to their seat mates and the world.



Sculpting and other crafts develop fine motor skills developing brain fitness, improved neural connections, and enhanced thinking and memory.

## Children who have seen war - Rehabilitation for the future of a country, for hope, for peace

Chief Psychologist Tatiana Shevtsova reports: "At the beginning of the camp, the children demonstrated social isolation, low self-esteem, aloofness, excessive anxiety, aggressiveness, and demonstrative behavior, then at the end of the camp, the children opened up from a completely different angle. They learned to show their own emotions, explain their psychological and physical state openly in the form of "I" messages to talk about their problems. They were ready to work with psychologists and trainers and actively developed communicative social skills."

## Annual Report on the Ukrainian Humanitarian Relief Fund (UHRF)

UCHI published a 2022 Annual Report on the UHRF. The report contains detailed information regarding donations to the UHRF, every disbursement, as well as general administration. Please see our website [UCHI \(uchi-us.com\)](https://www.uchi-us.com) to learn the transparency with which UCHI handles your donations.

## Support the Ukrainian Humanitarian Relief Fund (UHRF) - Help us Help More Children!

Every penny of all donations to the UHRF go to assist those affected by the war; every penny goes to a fully-vetted and trustworthy recipient; every penny shows a specific, transparent story reported back to donors. UCHI is 501(c)3 corporation - all donations are deductible to the fullest extent of the law.

**Online:** [www.uchi-us.com](https://www.uchi-us.com) - click the "Donate" button

**Mail:** Send checks payable to "UCHI" at 610 Bouquet Street - Carnegie, PA 15106

**In person:** At the [Dollar Bank](#) location nearest you, asking for the Ukrainian Humanitarian Relief Fund or at the [Ukrainian Selfreliance of Western Pennsylvania Federal Credit Union](#) - 700 Washington Avenue, Suite 100 - Carnegie, PA 15106.

[uchi.us@gmail.com](mailto:uchi.us@gmail.com)

[www.uchi-us.com](https://www.uchi-us.com)

412.327.8111