



CHARITABLE ORGANIZATION CHARITABLE  
 FOUNDATION RESCUE NOW  
 USREOU (EDRPOU) code 44727134  
 79005, Lviv region, Lviv, Shevchenkivskiyi district,  
 Promyslova st., 60, letter "B-3", room No. 1  
 DONATION@RESCUENOW/COM/UA,  
 +380577259510

## LITOKRYL SPACES

### Project Description:

Litokryl is a project providing psycho-emotional support for children. During wartime, this support is essential for everyone: some have lost their homes or loved ones, some show signs of PTSD or uncontrolled aggression, some have been living abroad for two years, while others fear being left alone. The project was created to help children, teenagers, and their parents reconnect with the world and their inner selves.

Since its launch, Litokryl has supported more than **17,631** Ukrainian children in coping with PTSD symptoms and opened **8** safe spaces across Ukraine.

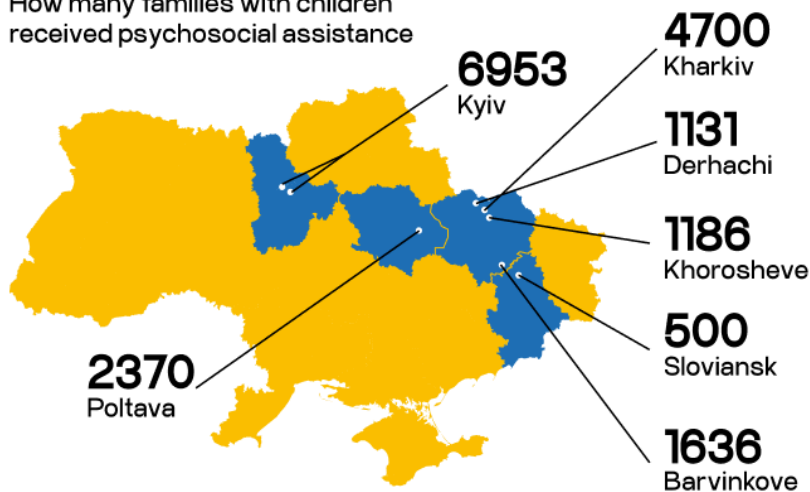
The Litokryl child support program aims to provide psycho-emotional assistance and create safe environments for children affected by war. It is designed to help overcome psychological trauma, adapt to new conditions, address social isolation, and develop vital skills that enable children to restore normalcy and well-being in these challenging times.

The program seeks to stabilize children’s emotional states and support their personal growth through individual and group sessions with specialists, creative activities, physical exercises, and cultural programs aimed at socialization, reducing anxiety, and reconnecting with national culture.



Number of visits: **108 979**  
 Number of regular beneficiaries: **17 631**

How many families with children received psychosocial assistance



The indirect impact of Litokryl



**70 400+** views  
 of psychological edutainment materials per month



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### **Problem and solution:**

Due to the war, thousands of Ukrainian families have found themselves in a state of psychological stress, anxiety disorders, and social isolation. A large number of internally displaced persons (IDPs), especially children, are in urgent need of social support and emotional recovery. Many families often lack access to extracurricular activities or consistent psychological assistance, while children experience a shortage of essential peer interaction skills and face difficulties adapting to new living conditions.

To address these challenges, the Litokryl program is focused on:

1. Overcoming social isolation and developing effective communication skills in children.
2. Providing psychological support to reduce anxiety, stress, and emotional tension.
3. Creating opportunities for active leisure, creative self-expression, and physical development.
4. Increasing awareness of Ukrainian culture, traditions, and national identity.

The program is designed for children aged 4 to 17 and their parents, particularly internally displaced persons (IDPs) who are in urgent need of consistent psychological support. Priority is given to families who have relocated from active combat zones or territories affected by occupation.

The activities of the Children's Spaces include:

1. **Psychological support:** Individual and group sessions with qualified psychologists to help children stabilize emotions, cope with stress, and overcome anxiety.
2. **Creative workshops:** Art, sculpture, theater, and music classes that allow children to express emotions through creativity, develop imagination, and build communication skills.
3. **Physical activity:** Sports and games to improve motor skills, reduce stress, and support physical health, fostering a sense of safety.
4. **Introduction to Ukrainian culture:** Interactive activities that deepen children's knowledge of traditions, history, and culture, strengthening national identity.
5. **Technical courses:** Scratch programming classes that develop logical thinking, creativity, and interest in STEM through game-based learning.
6. **Speech therapy support:** Specialists work with children who have speech difficulties, helping them improve pronunciation, communication, and confidence.

## These activities aim to help children:

- Overcome anxiety and stress
- Develop creativity
- Stay physically active
- Build peer communication skills
- Connect with Ukrainian culture



The Litokryl program offers a unique opportunity for children living under extremely difficult conditions to feel supported, reduce fear and anxiety, make friends, and regain a sense of normal life. At a time when children are highly vulnerable, this program becomes a true lifeline for their health and psychological well-being.