



**CHILDREN & CHARITY INTERNATIONAL**

**AND**

**SINCERE HEART FOUNDATION**

**RECOVERY**



**CAMP**

**OVERVIEW**



# RECOVERY CAMP

We organize psycho-emotional rehabilitation camps  
for children and mothers who have been affected by the war.

The project will be implemented from March 2022.

As of December 2023, we carried out:

**134**

one-day  
camp

**43**

six-day  
camps

assistance  
provided to:

**14 000**

persons.

**177** camps in total

Camps are held in recreation complexes near the city of Lviv.





THERE ARE TWO RECOVERY  
CAMP PROGRAMS:

**1 DAY  
CAMP**

80 participants

**6 DAY  
CAMP**

75 participants

ALL CAMPS ARE **FREE** TO THE  
PARTICIPANTS!







# 1 DAY CAMP

**80**  
participants

Our participants are children and mothers of IDPs from Lviv and the region. Here, for one day, we bring back a happy, carefree childhood to children. Mothers receive crisis psychological support. All children are screened for signs of PTSD



# 6 DAY CAMP

75  
participants

Our participants are children and mothers who live in the de-occupied and frontline territories and have not left them during the war.

During the camp, children and mothers have the opportunity to escape from the difficult reality and fully immerse themselves in the process of psycho-emotional rehabilitation. Highly qualified psychologists, art therapists, yoga and pilates trainers, a team of play therapy specialists, and sports coaches work with the participants.

Also, their psycho-emotional state is positively influenced by comfortable living conditions and healthy, balanced nutrition.





# IMPORTANT!

All children who enter the camp are screened according to the international protocol for PTSD.

Based on the results, the psychologist refers some families (14-22%) for further work with psychologists. UCARE.ME project specialists and psychologists from the Maltese Aid Service continue to work with children free of charge.

The Foundation's social worker keeps in touch with the families who have been referred for further work, counsels and supports them.





## ONE-DAY CAMPS

(participants are internally displaced children and mothers living in Lviv region)

**23%** of mothers urgently need further psychological help

**8%** of children showed signs of PTSD

## 6-DAY CAMPS

(participants are children and mothers who live in territories where armed actions currently take place or have taken place)

**37%** of mothers urgently need further psychological help

**22 %** of children showed signs of PTSD

Every month, approximately **120 families** need to start working with psychologists.

As of October 2023, **247 children and mothers** are receiving free online help from psychologists under Ucare.Kids program, **32 families** have already completed the course.






# FEATURES OF OUR CAMPS:

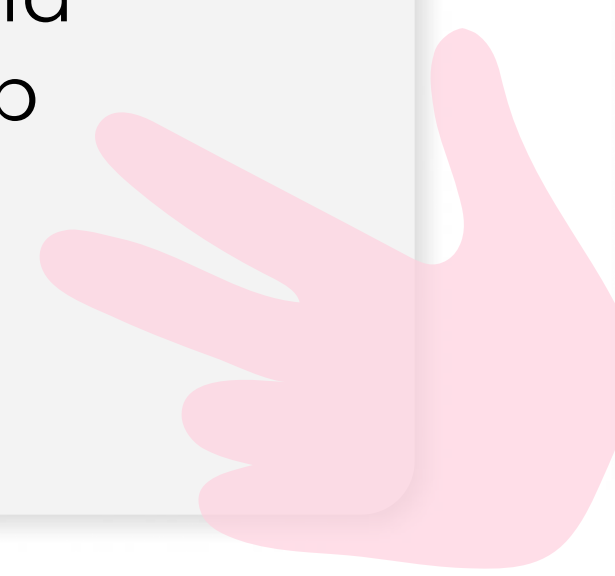


Each camp is supported by a particular foundation/organization



All partners have access to the online participant survey and can see the effectiveness of each camp and the work in general

There are lots of people who want to attend the camps, registration for a one-day camp takes up to 3 minutes.



Approximately 45% of participants at the camp get their first experience working with a psychologist

In order to attract participants who need it most, in addition to online registration, we cooperate with organizations that operate in the most affected areas.



About 20% of families continue to work with a psychologist after the camp



# WHAT DOES THE «RECOVERY CAMP» PROGRAM INCLUDE:

- Psychological assistance (group work, individual counseling, art therapy)
- Play therapy (games, classes, master classes with play therapy specialists)
- Body-oriented therapy (Pilates, yoga, breathing therapy, exercises, sports games, swimming pool, sauna)
- Psychoeducation (training courses for mothers)





# OUR EXPERIENCE:



SINCERE HEART

2014

"Mothers of the mobilized" - opening and operation of psychological rehabilitation centers for family members of the first front-line soldiers.

2016

"Life stories" - development of author's methodology, provision of inpatient and outpatient care to demobilized soldiers.

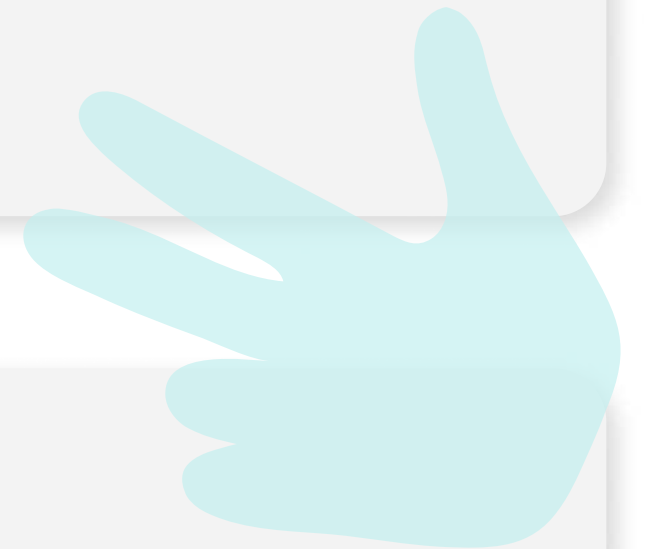
2017

"People's heroes" - support in the social discourse of the concept of "hero" in the wake of the disappearance of the war from the focus of public attention.



2022

Is the largest hub for refugees in Western Ukraine since the first days of the war.



2022

RECOVERY CAMP - a project that provides systematic psycho-emotional assistance to mothers and children, working in the format of family camps.

2022

ucare.me - a platform for providing free psychotherapeutic help to the population of Ukraine - a joint effort of seven professional associations of practical psychologists and 5 international foundations.



# CONTACTS

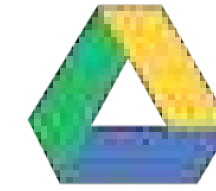


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Recovery Camp letters  
of recommendation  
and testimonials:



RECOVERY  
CAMP