



FOLLOW US



Rebuilding Ukraine through Mental Health



Clinician
Upskilling



Care
Accessibility



Capacity
Building

RESTORING DIGNITY IN UKRAINE

Nadiiya Team 2024

VISION
Our vision is to restore dignity, belonging, & well-being to the soul of Ukraine.

MISSION
We offer accessible mental health & psychosocial support services to Ukrainians affected by the war, through trauma-informed, holistic, & creative approaches.



ABOUT US



- Accessible top-quality mental health care
- For those affected by Russia's war against Ukraine
- 95% volunteer-run
- Global network of clinicians from North America, Europe, & Ukraine



Nadiiya Project May 2024





Trainings & Workshops



Peer Support Groups



Mentorship & Supervision



Self-Help Tools & Resources



Projects & Collaborations



Advocacy

To Date*

- Serve approximately **500+** Ukrainians monthly
- Served over **17,500+** participants
- Offers **10+** weekly supervision & support groups for Ukrainian frontline professionals, & FAS volunteers
- Delivered **250+** top-quality workshops & trainings that are ongoing monthly for mental health professionals serving displaced people in Ukraine

*As of September 2025



Nadiiya Project May 2024

CONNECT WITH US



info@firstaidofthesoul.org



+351 217 92 29



www.firstaidofthesoul.org



@firstaidofthesoul



firstaidofthesoul



Nadiiya Project May 2024



First Lady of Ukraine & Founder Timtchenko at Harvard University 2024



Training & Professional Development Conducted 150 trainings and workshops in 2024, serving 4,591 participants. Topics included trauma-informed care, resilience, psychological first aid, EMDR, and arts-based therapy. Highlights include our partnership with the All-Ukrainian Art Therapy Association Conference, hosting professional conference presentations reaching 1,000+ attendees (hybrid).



Support Groups & Clinical Supervision In 2024, FAS facilitated 400 groups, contributing to a total of 550 meetings. Nearly 5,000 individuals participated in groups focused on self-compassion, self-regulation, burnout prevention, and clinical supervision—strengthening both resilience and professional capacity.



Advocacy & Conferences Presented FAS work at 40+ international and national conferences, co-organized Ukraine's Art Therapy Association conference (4 yrs now), and partnered with leading universities to advance mental health awareness and reduce stigma.



Self-Help Tools & Resources Developed 1 service provider toolkit, 1 grief and loss workbook, 20 training handouts, and 5 public training videos. A bilingual chatbot now houses hundreds of self-help materials in Ukrainian and English, while validated tools such as the ProQOL and Devereux Resilience Scale were officially translated for use with providers and families.

2024-present

- **872 Meetings**
- **8,851 Participants**

ONGOING PROJECTS

Registered 501(c)3 non-profit

EIN (Tax ID): 88-1464538



Project Nadiiya: Building Family Resilience (Chernihiv & Kharkiv) A family-centered initiative training 8 psychotherapists to deliver day programming through arts-based, somatic, and EMDR approaches, aiming to reach up to 300 individuals in high-risk regions. *Kyiv School of Economics Grant



IFS Training Institute FAS helped launch the Ukrainian Institute of Internal Family Systems, expanding a growing community of 600+ members and offering biweekly support groups for psychologists and war-affected populations. In 2025, IFS Ukraine is hosting its first official Level 1 training, marking a historic step. *Private Grant

PAST PROJECTS



Integrative Art Therapy Course Project (Ukraine – Pilot 2025) This pilot introduced 28 Ukrainian medical students and psychiatric interns at Ternopil Medical University to trauma-informed expressive arts therapy, strengthening their psychosocial skills and capacity to support war-affected populations with safe, creative tools. *DT Care Grant



Newcomer Project (Illinois, USA – 2024) Trained and supported 60 social service providers assisting displaced Ukrainians. The program developed a comprehensive trainer toolkit, hosted weekly train-the-trainer sessions, offered self-care groups, and embedded culturally and trauma-sensitive approaches. *State of Illinois Grant



Nadiiya Project (Vorzel, Ukraine – 2024) Trained 12 psychotherapists from across Ukraine to implement camp program supporting 122 war-affected individuals through arts therapies, family-centered resilience practices, and trauma-informed care. Program resulting in a **35% decrease in PTSD-related symptoms** with effects sustained two months post-intervention, establishing a scalable model for community healing. *World Relief Grant & partnership with Realis