

“Resilience Through EQ: 5 Steps to Resilience”

Project Title / Goal

Build Resilience for War-Affected Youth in Ukraine

Short Description / Overview

War is forcing Ukrainian youth to grow up amid prolonged stress, loss, displacement, and uncertainty. The “Resilience Through EQ” program supports 15–20 young people each month whose homes were destroyed or made uninhabitable by the war. Through professional psychological support, emotional intelligence training, self-regulation practices, art therapy, and creative activities, participants restore their inner resources and gain confidence to build their future in Ukraine.

Project Duration

3 months

Total Budget

USD 4,500

What Problem Does the Project Address?

Young Ukrainians are growing up under the pressure of war, prolonged uncertainty, loss, and disrupted social ties. In the Vinnytsia region alone, more than 143,000 people displaced by the war are rebuilding their lives in new communities.

Among them are young people whose homes were destroyed or became unsafe to live in. They often face anxiety, emotional exhaustion, difficulties adapting, loss of social connections, and uncertainty about their future, while access to consistent psychological support remains limited.

How Will the Project Solve the Problem?

The project creates a safe recovery space where 15–20 young people each month work with psychologists, take part in art therapy, develop emotional intelligence, and practice stress-management and self-regulation skills.

The program follows the Foundation’s “**5 Steps to Resilience**” model:

1. **Know Yourself** – understand emotions and develop emotional intelligence.
2. **Feel Yourself** – use art therapy and creativity for emotional recovery.
3. **Express Yourself** – share experiences and communicate about resilience.
4. **Share Your Experience** – connect with peers and inspire others.
5. **Support Others** – become part of a youth community that promotes emotional resilience.

This combination of professional psychological support, creativity, practical learning, and peer connection helps participants adapt, regain confidence, strengthen healthy relationships, stay in Ukraine, and see a future for themselves in their country.

Long-Term Impact

In the long term, the program will help young people who have lost their homes because of the war develop lasting skills in self-regulation, emotional intelligence, healthy communication, and mental health care.

Participants will be better equipped to cope with stress, support their peers, continue their education and professional development, and become active members of their communities.





БЕЗ КОРДОНІВ

МІЖНАРОДНИЙ БЛАГОДІЙНИЙ ФОНД

The program is designed as a sustainable model of youth support that can continue beyond one funding cycle and be expanded to new groups and communities.

By helping young people restore their inner strength, remain in Ukraine, rebuild their lives, and actively participate in their communities, the project contributes to the long-term recovery and resilience of Ukraine.

Project Activities

- Professional group psychological support and emotional intelligence sessions;
- Individual psychological counseling based on participants' needs;
- Art therapy and guided creative sessions with psychologists and artists;
- Practical exercises in self-regulation, stress management, empathy, and communication;
- Peer-support and reflection activities that help participants share their experiences and support others;
- Monitoring and participant feedback to assess changes in emotional well-being and resilience.

Monthly Project Budget – USD 1,500

1. Psychological Support and EQ Training – USD 650

Professional psychologists, group and individual psychological support, emotional intelligence training, stress-management and self-regulation sessions.

2. Art Therapy and Materials – USD 500

Art therapy sessions, work with psychologists and artists, creative materials, canvases, paints, brushes, paper, printed exercises, and other consumable materials.

3. Program Coordination and Administration – USD 350

Participant coordination, communication, accounting, organizational support, and basic administrative costs required to keep the program running.

Total for 3 months: USD 4,500

More Information About the Project

Information about the project currently being implemented:

<https://no-borders.org.ua/projects/10/>

Facebook page where updates on the project's progress are published:

<https://www.facebook.com/mbfbezukordoniv>

The “Resilience Through EQ” program builds on the practical experience of the International Charity Foundation “No Borders” in psychosocial and creative recovery programs for children, youth, and families affected by the war in Ukraine.

APPROVED BY:

President of the International
Charity Foundation “No
Borders”

Tetiana
Turchenkova

