



SINCERE HEART

#StandWithUkraine

SPONSORED BY SINCERE HEART CHARITY FOUNDATION

RECOVERY CAMP

AN **EMOTIONAL AND PSYCHOLOGICAL**
REHABILITATION CENTER FOR CHILDREN OF WAR



HUNDREDS

OF CHILDREN HAVE LOST THEIR PARENTS

THOUSANDS

HAVE WITNESSED TERRIBLE EVENTS

MILLIONS

HAVE ABANDONED THEIR HOMES TO
ESCAPE BOMBS AND SHELLING

**ALL CHILDREN
IN UKRAINE**

LIVE IN CONSTANT STRESS AND FEAR



WHAT WE DO

- We organize same-day camps called Recovery Camp several times per week
- Our priorities are addressing the needs of orphans and children of servicemen and refugees displaced during the invasion.

**OUR CAMPS ARE FREE OF CHARGE
FOR ALL PARTICIPANTS**



OUR MISSION

To help children of war restore their emotional and psychological well-being and accelerate their return to normal life.



RECOVERY CAMP



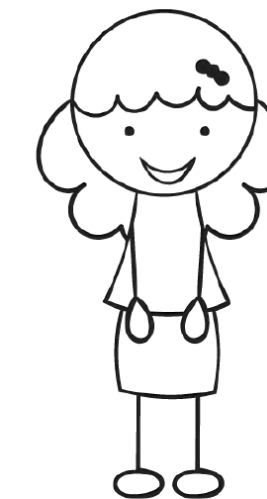
FOR KIDS OUR CAMPS PROVIDE:



- Assessments and group sessions with psychologists, including individual counseling for those in need of further help
- Visits with costumed characters
- Mental exercises to relieve anxiety, fear and stress



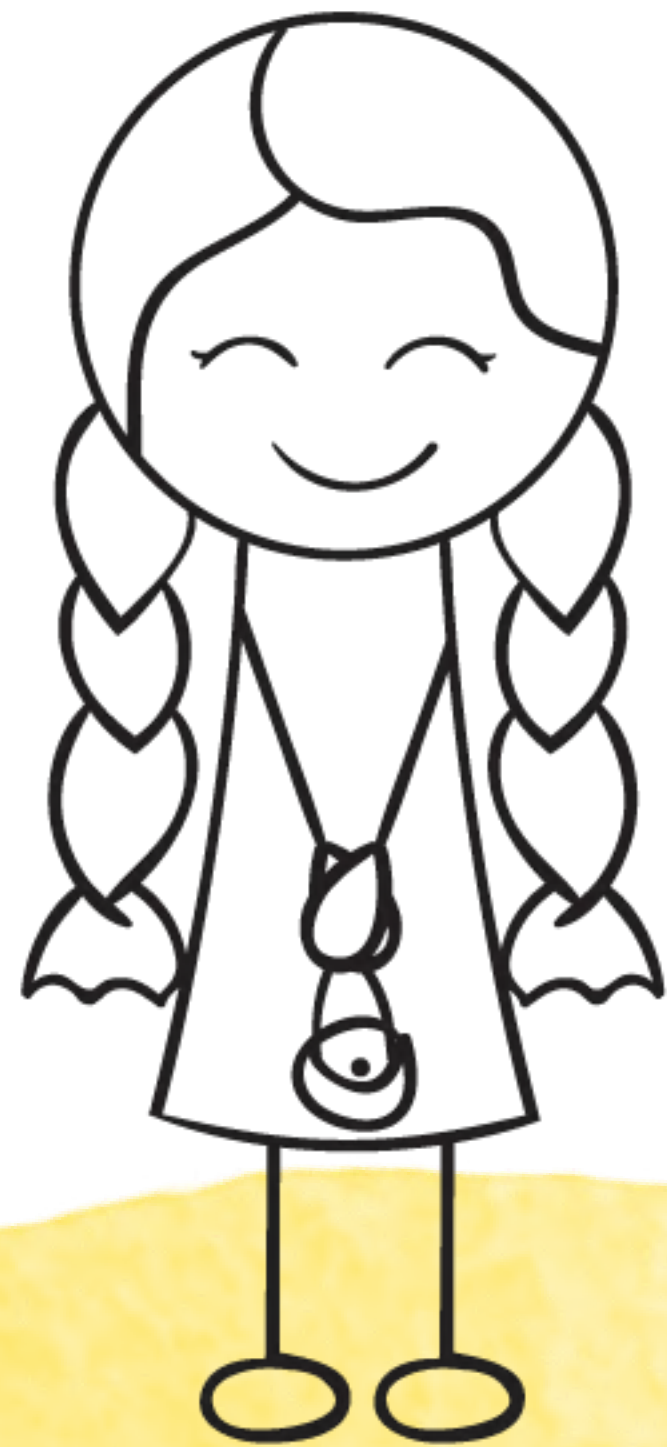
- Art therapy and sports games
- Guided lessons with cartoonists
- Games for emotional balance and wellbeing



- Gifts for each child
- Meals, snacks and refreshments
- Assessment and provision of basic necessities (clothes, shoes, hygiene products)

FOR PARENTS/GUARDIANS OUR CAMPS PROVIDE:

- Group sessions with psychologists
- Training and equipping parents with tools to counsel their children through trauma
- Provision of basic necessities (clothes, shoes, hygiene products)
- Meals, snacks and refreshments



WE ARE CURRENTLY RAISING FUNDS FOR THE FOLLOWING:

- To pay a **monthly rent for a large 300sq m tent** (\$4,700/month) or buy our own tent (\$17,000) to protect the participants from heat, rain or cold
- To pay for **transportation** of the participants to/from our camps (bus rental and fuel costs average \$150-200/ each camp day)
- To buy the necessary **technical and sports equipment**
- Most work is done by volunteers. However, we do have to reimburse certain **professionals/specialists** at this time
- To purchase camp **meals and snacks**
- Funds to equip parents and kids with appropriate **tools helpful in their recovery** (books, educational materials, sports equipment, small musical instruments, art supplies, etc.)
- At this time we are limited to **50 participants** per day camp. We are currently serving the city of Lviv and surrounding counties. However, we truly hope to one day expand our camps to other cities **to reach more children**. If possible, we would also like to **sponsor camps** more days per week and bring more participants



WE WOULD ALSO GRATEFULLY ACCEPT THE FOLLOWING:

- ✂ materials for art therapy
- 📺 gifts for children
- 🍏 food donations, snacks
- 🍭 sweets
- ⚽ sports and entertainment equipment
- 🔊 small technical equipment, etc.



RECOVERY CAMP

RECOVERY CAMPS help children of war escape their overwhelming feelings of loneliness, helplessness, and loss. No-one should deal with such hardships alone.

Be a part of a great cause and help children of war regain their emotional and psychological health. Even the smallest donation can contribute to the needs of these families.





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SINCERE HEART
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