



## CAMPS for Children and Mothers in Kharkiv

### Trauma Treatment & Mental Resilience during the War

#### Situation

- Women and children live under constant threat, facing trauma, exhaustion, and social isolation
- There are no programs that address both psychological and physical recovery for mothers and children together
- Specialists lack integrated tools to support trauma recovery in communities

#### Approach

- 4 therapeutic camps for 120 mothers and children
- 1 Train-the-Trainer camp for 15 specialists
- Focus: mental resilience, trauma recovery, community empowerment
- Location: Zakarpattia region, Ukraine
- Duration: October 2025 – April 2026



#### Participants

- 120 mothers and children
- War-affected families from de-occupied and high-risk areas of Kharkiv region

#### Training of Trainers

- 15 local specialists trained by 3 expert trainers
- 10-day program
- hands-on and theory
- Certified to trauma- work



#### Content

- Duration: 10 days of intensive program
- Training in trauma healing, resilience, family support
- Art therapy, play-based learning, socialization.
- Mother-child bonding, reflective sessions



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**17. Mai 2025, Ansbach**

