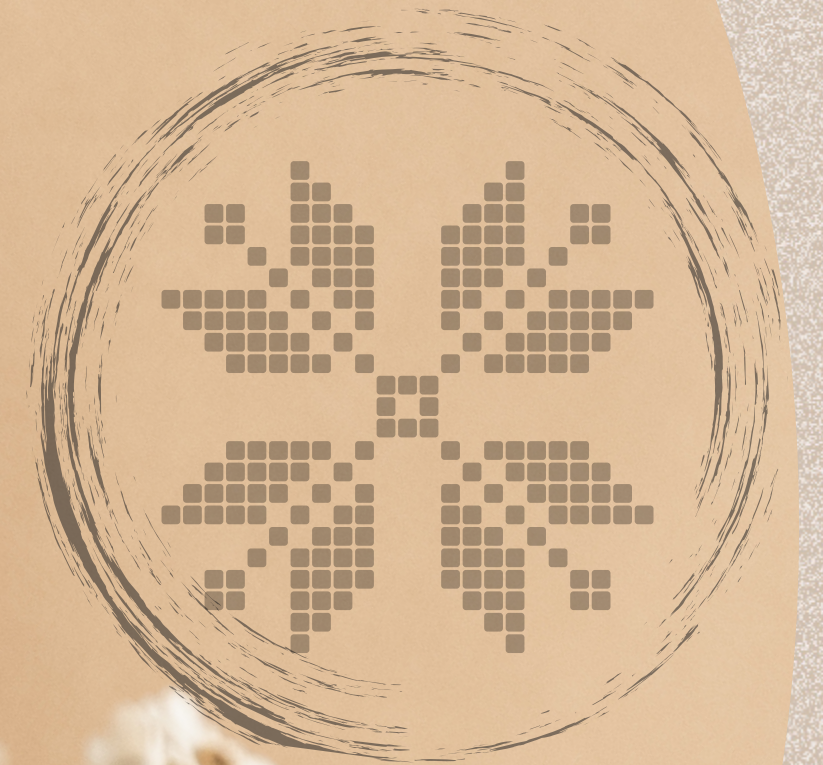


UKRAINIAN WOMEN'S CIRCLE PROGRAM

SUPPORTING UKRAINIAN REFUGEES



A NURTURING PROGRAM PROVIDING
EMOTIONAL SUPPORT AND SUPPORT
FOR MENTAL HEALTH FOR
TRAUMATISED REFUGEES



Program facilitators Cristina Caldis - Counsellor and Art Therapist
& Dasha Braiko- Counsellor





We have had 51 participants in the current round of the Women's Circle Program so far.

The program was restructured from our original plan to meet the changing needs of the refugees with a greater focus on the Women's group therapy circles for group counselling and trauma informed yoga.

Summary for the current program:

By the end of September we have facilitated

- 5 Women's Circles with a total of 51 participants
- 3 trauma informed yoga sessions
- 1 Nature Based Retreat Day - Blue Mountains - 20 participants
- 2 Healing Sound Baths
- 1 grounding and calming Aromatherapy workshop (on retreat)



Women's Circle Groups included group talk therapy, mindfulness based practices and Art Therapy which included a ceramics workshop, collage, working with Mandalas, Bilateral Drawing for nervous system regulation and an intention setting Wreath Making Workshop.





Retreat Day Megalong Valley:

We facilitated a Nature Based Retreat Day in the Megalong Valley which included:

- Forest Therapy- nature immersion mindfulness experience
- Healing Sound Bath
- Art Therapy Workshop - woven Mandala Making
- Grounding and Calming Aromatherapy Workshop to aid in settling the nervous system
- Somatic Therapy practices for resetting the nervous system and assisting refugees suffering from PTSD

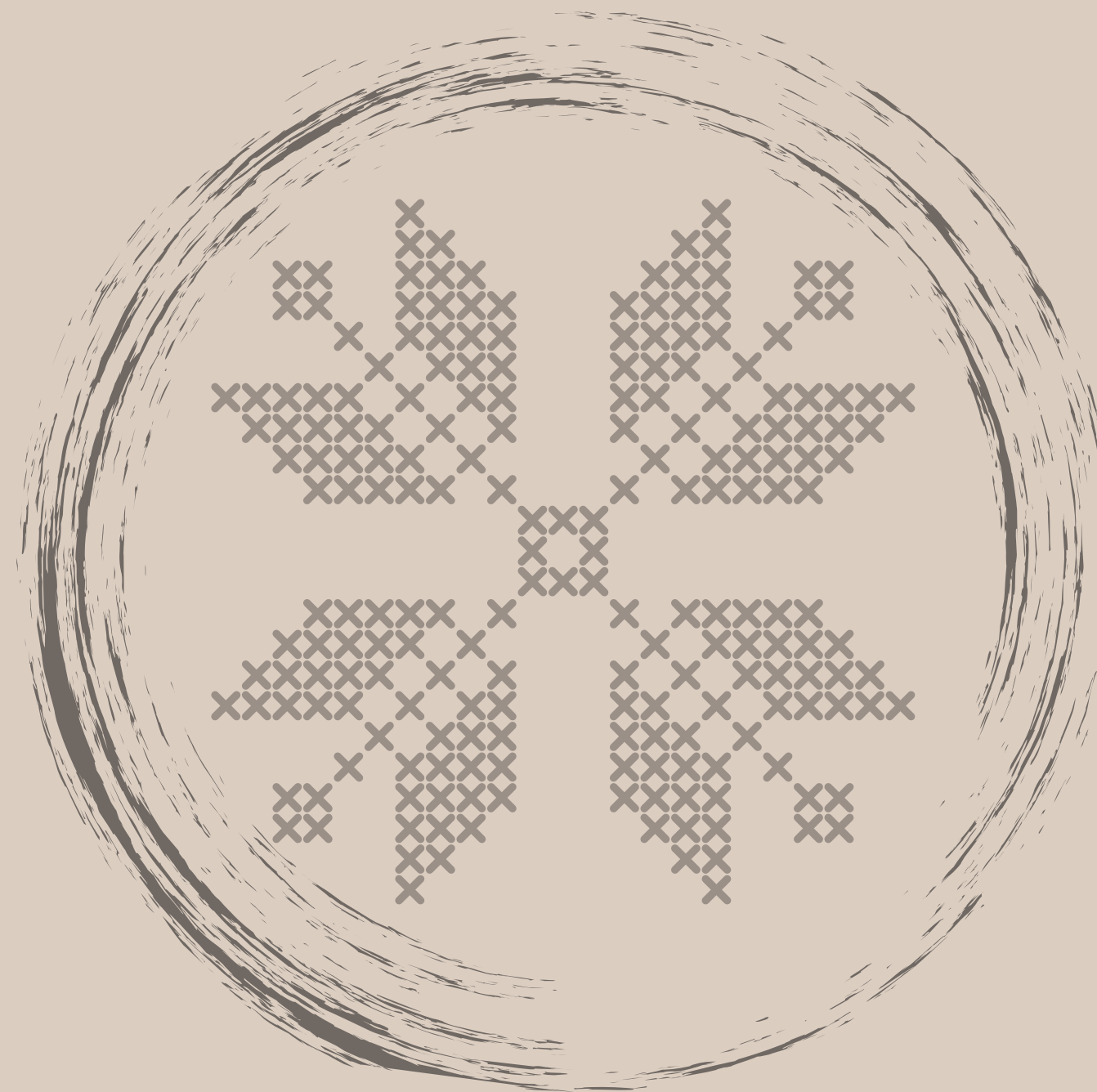






We are in the process of planning our next Retreat Day in November at the Nan Tien Buddhist Temple near Wollongong to facilitate Mindfulness Meditation for nervous system regulation.





Thank you to UCNSW, AFUO and Ukraine Crisis Appeal
for generously supporting the Mental Health of displaced Ukrainian Women.