



Impact report

September 2025

Data for the month of September

For the period September 1-30, 2025*

In September, there were **1250 visits** to our activities



40

Group sessions
with psychologists



22

Hours of individual
psychological sessions



18

Creative
workshops



17

Educational trainings
on important topics



22

Excursions, sports,
and team games



24

English Lessons
and Speaking Clubs

**Data on the activities of the "SviTY" spaces in Lviv, Cherkasy, Khmelnytskyi and Zhytomyr*



September in Lviv

Visit to the Museum in the Dark

September began with a unique experience — a visit to the Museum in the Dark, where tours are led by visually impaired guides. Participants explored the space without sight, completed tasks, and experienced the world through other senses — hearing and touch. After the tour, they learned about Braille, participated in sensory games, and asked questions about the lives of people with visual impairments. This experience fosters empathy, attention to detail, and the ability to perceive the world beyond the usual senses, while cultivating sensitivity and respect for diverse life experiences.



Behind-the-Scenes Theater Experience

Participants visited a youth theater and explored backstage areas, including dressing rooms, the costume storage, and the stage. They took part in a masterclass, felt the rhythm and atmosphere of theater, and briefly became part of the creative process. This experience develops creativity, teamwork skills, and confidence in self-expression, while demonstrating that art can be felt and experienced not only as a spectator.



September in Cherkasy

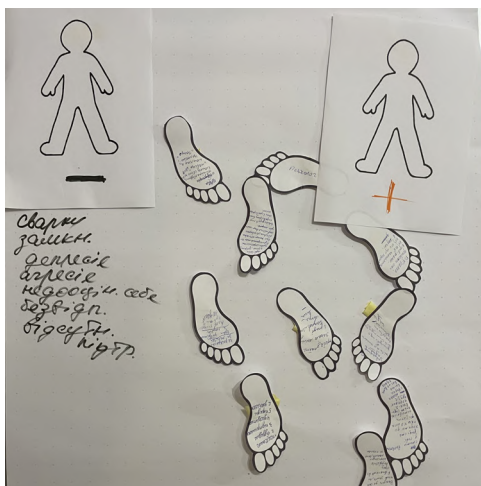
Debate Training

At the SviTY space, a debate tournament was held on the topic “Artificial Intelligence in Education: For or Against.” Children developed arguments and counterarguments, listened attentively to each other, and applied time-management skills. During discussions, they demonstrated teamwork, drew reasoned conclusions, and learned to defend their positions convincingly. This experience strengthens critical thinking, communication skills, and confidence in one’s opinions, while fostering the ability to respect and listen to others.



Psychologist-Led Training: “Who Am I? A Guide to Being a Teenager”

This session gave participants the opportunity to gain deeper insight into themselves, their emotions, and their needs. Through interactive exercises, they explored what it means to be a teenager and how to overcome the challenges of this stage of life. The friendly and supportive atmosphere allowed participants to open up and share their thoughts. As a result, each participant gained practical advice for self-development, a sense of confidence in their abilities, and the understanding that self-acceptance is fundamental for harmonious growth.



September in Khmelnytskyi

Neuropsychology Session

In September, participants had the opportunity to explore how their brains work through exercises focusing on attention, memory, reaction speed, and creativity. Each participant assessed their own resources, discovered new abilities, and learned more effective strategies for learning and communication. This session offered a fresh perspective on personal potential and encouraged appreciation of one's strengths.



Meeting with a Doctor: “How to Live a Long and Happy Life”

Children engaged in a conversation about healthy lifestyles, self-care, and the importance of conscious choices. The doctor shared personal experience, practical advice, and inspiration for taking responsibility for one's health. The interaction helped participants recognize the significance of personal decisions and supported their motivation for mindful development.



September in Zhytomyr

Masterclass: Stress-Relief Drawing

In September, participants created stress-relief drawings. Repetitive lines, patterns, and colors help focus on the creative process, divert attention from anxious thoughts, and reduce stress levels. Through drawing, adolescents can express emotions without words — a safe and creative way to release feelings. Working on details promotes mindfulness, patience, and attention. This is not just art; it is genuine psychological support that helps adolescents better cope with everyday challenges.



Training: “Back to School: A Bright Start”

This event helped participants transition smoothly from summer break to the school year and prepare for a new stage of learning and personal growth. Through group exercises and interactive tasks, they gained emotional resilience, confidence, and a sense of team spirit. Such a start enabled participants to begin the school year with a positive mindset, readiness for challenges, mutual support, and motivation to actively engage in both academic and social activities.



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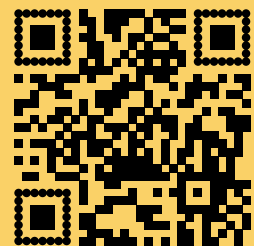
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Support

Our activities are made possible by the financial support of donors, partners and friends. The cost of the program for one child is 350\$-400\$.

We are grateful for any support.



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