

## **EPICENTR for CHILDREN & IF – Social Impact Prize 2024**

### **Support for Minors, Girls and Boys, and Disadvantaged Women in Dramatic Life Situations.**

**Project Date:** From 1 August 2024 to 1 August 2025

#### **1.- LEGAL INFORMATION.**

**NGO Epicentr for Children.**

**Identification Code ONG:** 33271480 - State Registration Date: 29-11-2004, Ternopil Register, Ukraine.

**Address:** Kaminna Street, building 4, apartment 32 - Ternopil, Ukraine

#### **2.- BRIEF PRESENTATION.**

Our **NGO Epicentr for Children** is a **100% Ukrainian** NGO that was founded in 2004, beginning strong activity growth from 2018, directed and staffed by a majority of Ukrainian women.

We work with **minors and women**, all in situations of **maximum vulnerability**, in critical life situations, as well as minors and women IDPs.

We have a solid structure with **16 social centers** in various cities of Ukraine.

We have a lot of experience in **humanitarian working** through psychological help, individual and group sessions, very diverse activities aimed at social adaptation, education, we develop many social, educational and training values activities for minors, integration of minors and women in their new living environments, classes and conferences to achieve employment and promote female self-employment, all of this under a strong gender perspective and an awareness of women in their full rights to life. We have also provided humanitarian aid, food and basic products.

Our organization has a significant **waiting list** of many women and minors who are requesting assistance from our NGO.

As a result of all these years of work, enthusiasm and effort to promote and contribute to the **improvement of the most vulnerable population in Ukraine**, we have been recognized by several **international institutions**.

#### **3.- PROJECT OBJECTIVES.**

**3.1.- Minors:** Contribute to the physical and mental well-being of at least 500 minors in critical life situations, in maximum vulnerability, facilitating access to education and training in social and coexistence values, all with an important gender mentality.

**3.2.- Women:** Contribute to the psychological and emotional health of all women belonging to any age range, who need specific or continuous psychological support, providing the at least 120 beneficiaries, with the appropriate tools to achieve greater psychological and emotional balance, as well as in-depth information on women's rights, and the demand for social equality. Furthermore we are going to contribute to the social integration of the women beneficiaries of our project, and more specifically the IDP women, becoming aware of her rights as a woman and her leading role in the new Ukrainian society after the current war. We are also going to contribute to the greater and better economic stability of the women beneficiaries of our proposal.

#### **3.3.- Participation of the Population in the Objectives Definition**

We have held meetings with broad population groups to know exactly the specific views regarding the role of women and minors in situations of maximum vulnerability in Ukrainian society, receive opinions

on social equality between men and women, in order to have the most precise and complete updated information.

The informative meetings and workshops have taken place between December 2023 and April 2024, in the following locations:

Kyiv city, Ternopil and Ternopil region, Irpin city, Khmelnytskyi and Khmelnytskyi region.

In addition, we have had meetings with other institutions with the same objective of ensuring the newest problems and needs of minors, women and women IDPs, highlighting meetings with Red Cross and local foundations.

The population that has participated are women and men in the aforementioned localities, minors, men from public administrations, businessmen and heads of other institutions, IDP women and women in critical life situations.

#### **4.- LOCATION / UKRAINE.**

The project will be organized in 16 social centers where our NGO has a presence, in the children's schools where our NGO also has facilities:

**3 in Kyiv**

**4 in Irpin**

**1 in Khmelnytskyi**

**1 in Skarzhyntsi**

**1 in Ruzhichanka**

**3 in Ternopil**

**1 in Veliky Hai**

**1 in Bavoriv**

**1 in Scomorohi**

All of them important places in Ukraine in terms of women and minors in situations of maximum vulnerability and internal refugees.

#### **5.- BENEFICIARIES ORGANIZATION.**

In this project we are working from 500 minors and from 120 women.

We have divided the minors into 3 groups:

**Group A** from 6 to 8 years

**Group B** from 9 to 12 years

**Group C** from 13 to 17 years old

We carry out a meticulous process of selecting women and minor beneficiaries, collecting information from different social actors, such as schools and social centers of the public administration, mainly. We select the beneficiaries with criteria of vulnerability and social exclusion, orphans, semi-orphans, large families, low-income children, gender violence, immigrants and children of internally displaced families.

Each case is analyzed by our psychologists and social workers, who make the decision to include the woman and minor in the final list of beneficiaries, always with the aforementioned vulnerability and exclusion criteria.

Each minor beneficiary is provided with medical insurance.

We have established control for each beneficiary, attendance at activities, personal evolution, and all notable circumstances that affect the achievement of objectives.

As for women, the community we are going to specifically address are women of all age ranges, from minors to older women, with current complex life circumstances, with trauma due to war, IDPs, sexual

violence, lack of identity as a woman , who need urgent and professional help in the most effective way possible.

We keep the lists open to incorporate more beneficiaries, since we generally have waiting lists to participate in our NGO.

All beneficiaries, parents or guardians, or responsible persons, have an open channel with those responsible for our NGO through the Viber social network, in which we serve all those people who request information from us or any intervention or suggestion.

## **6.- ACTIVITIES of PROJECT.**

It is very important to note that our NGO carries out constant work with our beneficiaries, working 6 days a week. All beneficiaries of this project, children and women, are required to attend all activities designed to achieve the results of the project.

### **6.1.- SOCIAL and EDUCATIONAL ACTIVITIES with MINORS**

We carry out various activities with our beneficiary minors, we support access to education, we support our minors in reinforcement classes, we propose activities that promote social values of coexistence, gender activities and respect for the environment, personal care and hygiene, knowledge about a healthy and balanced diet. we carry out cultural activities, visits, excursions.

All this to achieve the highest level of education and potential for each minor, in order to achieve a future with the same possibilities and opportunities as other minors in Ukrainian society.

Development of self-development skills and educational activities

- o Self-esteem and confidence training.
- o Classes on the development of creative skills and interests.
- o Professional master classes for the development of new skills.

### **6.2.- INDIVIDUAL and GROUP PSYCHOLOGICAL ACTIVITIES with MINORS and WOMEN**

The psychological capacities of all beneficiaries will be checked and improved, as well as providing them with the appropriate psychological tools to achieve the best psychological-emotional balance.

We have a psychological work plan that we have been applying for years, and constantly updating, with a very good level of results.

Design and development of individual and group therapies of women:

Provide beneficiary women with the appropriate tools regarding trauma derived from war, episodes of anxiety, depression, lack of motivation, etc.

Each person treated will be monitored and all emotional psychological work will focus on achieving significant effectiveness in the appropriate psychological result for the daily life of these beneficiary women.

- Group and individual psychological sessions:
  - o Deep work with emotions and stress.
  - o Development of self-acceptance and acceptance of others.
  - o Self-regulation and stress relief.

### **6.3.- INTEGRATION ACTIVITIES for WOMEN and MINORS REFUGEES**

Workshops and talks/meetings will be given for refugee minors, in which the full integration into their new living environments will be worked on.

Carry out women IDPs integration activities.

Integration activities between the resident population and the treated IDP women, considering the gender vision and the ideology of women's equality. Such activities will consist of integration workshops in our social centers, joint recreational social activities, holding meetings to promote coexistence, joint social and cultural visits and specific excursions whose purpose will be to mix the resident populations with the IDPs women.

- Social interaction and formation of a supportive environment:

- o Creation of a community of support and exchange of experiences.
- o Social measures to create a positive environment.
- o Communication and interaction classes to develop the ability to establish positive relationships.
- o Information sessions on available social services and rights.
- o Mentoring and collaboration for mutual assistance.

#### **6.4.- EMPOWERMENT and ACTIVITIES with WOMEN**

Organize and develop workshops.

Workshops with appropriate people and institutions, trained to transmit the necessary information for the corresponding access to the labor market and for the creation of the economic activity of the 120 beneficiary women who need it. Here we include meetings with private companies and competent public departments, to contribute to the effectiveness of this objective of economic stability, as well as specific training of the gender movement, and how to influence the different public administrations in political and social terms.

Meetings and specialized training on gender and social equality.

Social activism and meetings with feminist reference women in Ukraine.

#### **6.5.- SPORTS ACTIVITIES**

The purpose of our sports activities is to promote the values and education of all our beneficiary children, through different workshops, activities and other work initiatives, regardless of whether they are girls or boys, their abilities or skills or their origins or culture.

We work on the importance of the team, self-esteem, equality, tolerance and recognition of others as full persons with rights.

#### **6.6.- MEDICAL EXAMINATIONS**

Medical examination from the 500 minors beneficiaries and medical follow-up if needed. Medical provision 24x7 throughout the project.

The 500 beneficiaries will also have health insurance throughout the project.

#### **7.- CONTROL and SUSTAINABILITY.**

Our women social workers maintain permanent contact with all beneficiaries, families and tutors, using the social tool viber, being in contact 24 hours a day for any communication or request they need.

Women also bring us more women in critical life situations that need our intervention.

Our NGO adopts a evaluation system with a professional level of individual monitoring of attendance, participation and results obtained by each and every one of our beneficiaries.

There are 4 women on our team who will be responsible for each territory where we are going to execute the project, and one person who will coordinate all the locations, being responsible for monitoring and obtaining the results.

There will be a written report on the evolution of all the areas treated, the partial achievements that are obtained and a final report with the exact results of each beneficiary woman.

Our expected results, which will remain in the long term, are to ensure that at least 120 women obtain the appropriate tools to balance their psychological and emotional states, and can develop a full, economic and family life in their new environments.

We are going to incorporate the 500 minors into Ukrainian society with plenty of opportunities for personal and collective development, with important values of coexistence, so that they have the opportunity to develop their full potential as valid people for Ukrainian society in the immediate future.

## **8.- STAFF EXPERIENCE and EXPERTISE.**

Our NGO has been working with minors, girls and boys since its creation in 2004 and we have been working with women since the beginning of the war in February 2022

We currently have experience and expertise both in the personnel who work in the NGO, and in the different work methodologies, which we are constantly updating and improving, based on our real work with the beneficiaries.

### **8.1.- TEAM of WOMEN SOCIAL WORKERS**

Made up of all women, experts in social care and organization of all types of tasks related to pur beneficiaries. Years of experience organizing events, workshops, conferences, assisting professionals who are experts in the subjects to work on.

One of the social workers is the coordinator of all of them and responsible for achieving the objectives in the different activities that we are going to develop.

We have 9 social workers working on the project.

### **8.2.- TEAM of WOMEN PSYCHOLOGISTS**

Made up of all women, we have 7 psychologists in this project. One of them is the coordinator of the entire group of psychologists, and in charge of coordinating all work plans. The psychologists have years of experience working with minors and women, having been in our organization for years. They have defined plans for individual and group sessions that are constantly being refined as we obtain better results in the proposed objectives.

## **9.- UN SUSTAINABLE DEVELOPMENT GOALS.**

Our Project contributes to the following SDGs:

### **1.- NO Poverty.**

Because our project assists a majority of minors and women in drastic levels of poverty, working on their living conditions and on their personal and educational growth, to try to reduce the impact of poverty on their lives.

### **3.- Good Health and Well-Being.**

Because our project works on the psychological health of all beneficiaries without exception, in addition to having guidelines for monitoring the progress made.

Our organization also contributes to improving the health and well-being of all participants through medical check-ups, medical assistance, physical exercise for children and education on healthy eating.

### **4.- Quality Education.**

Because our project contributes to the schooling of all 500 children we work with, in addition to carrying out the corresponding educational activities, training in values, tutoring classes, family follow-ups, etc., all with the intention of achieving the highest educational quality.

## **5.- Gender Equality.**

Because our project contributes to the greatest and deepest ideology of equality, incorporating the gender perspective in each and every one of the actions and activities we are working on. We have a history of excellent results in this regard, so important for today's Ukrainian society.