

# CDZ Events Photo Report

2nd Interim Project Report

September 2023

Strengthening the capacity of community mental health services in Czechia by providing MHPSS to UA refugees and host population

# Thank you letter

*Шановний пане Ярославе!*

*Мене звати Олена. Я приїхала в ЧР в липні 2022 року. Я мати трьох дівчаток. Хочу вам подякувати за ідею створення в вашій службі української команди. Ви зібрали прекрасних спеціалістів. Дівчата - професіонали своєї справи. Ваша організація для нас в чужій країні, - це, в певній мірі, є шматочком Батьківщини. Я дякую богові, що він привів мене в вашу країну.*

*З повагою та вдячністю до вас.*

*Мирного неба над головою.*

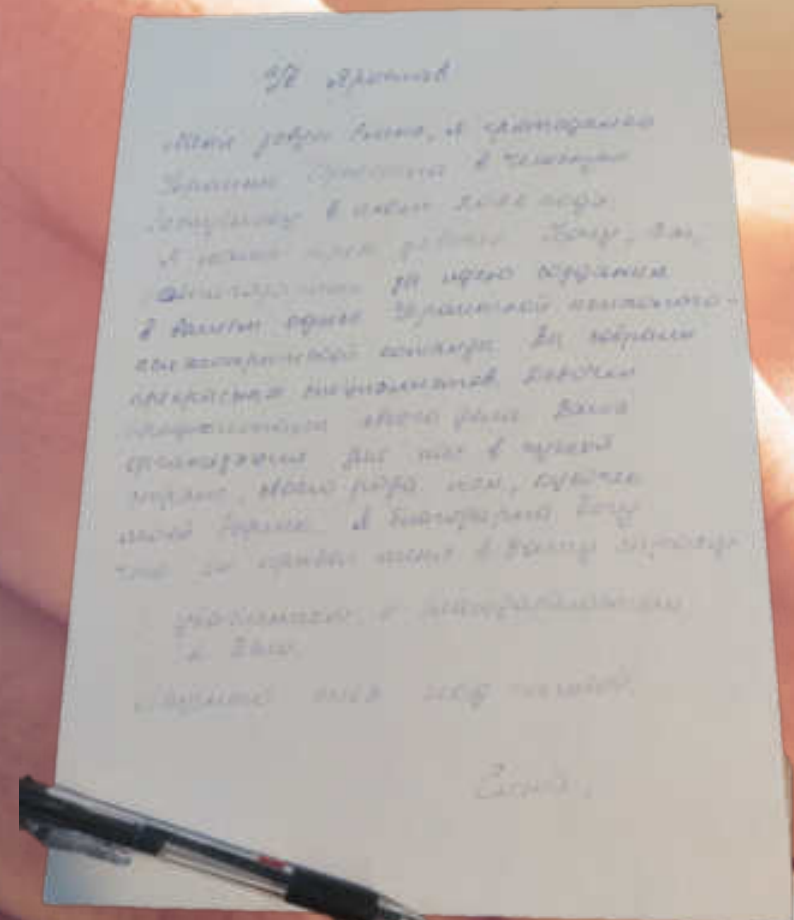
*Dear Mr. Jaroslav!*

*My name is Elena. I came to the Czech Republic in July 2022. I am a mother of three girls. I want to thank you for the idea of creating a Ukrainian team in your service. You have gathered excellent specialists. The girls are professionals in their field. For us in a foreign country, your organization is, to some extent, a piece of our homeland. I thank God for bringing me to your country.*

*With respect and gratitude to you.*

*I wish you a peaceful sky above your head.*

*Elena*



## **POWER. STABILITY. SUPPORT.**

July 2, Ukrainian Refugee Group in Fokus Karlovy Vary. Support talk and a psychological transformation game about current resources and aspirations. The clients were inspired by the meeting. They felt a reduction in anxiety, hope and a sense of unity. They were happy to tell their stories, share what made them angry and what supported them.



*The transformational game helped them to become aware of their own wishes, resources, fears and perspectives.*

# Teenagers` Group

**August 2023, Fokus Karlovy Vary**

The meeting was held in the office.  
Five girls aged 15 to 17 were present.



Almost all of them have struggled with being homesick, missing their Ukrainian friends, having difficulties with making new acquaintances and being bullied in school.

They have similar stories and difficulties with adaptation in the Czech Republic. They were happy to meet each other and share their thoughts and feelings in a safe environment.

The meeting inspired them, encouraged them and made them feel supported. Afterwards we created a group on Telegram for their communication and further group work.

# July Group Session

Fokus Písek, South Bohemia



**Accompanying  
Program for Kids**



# **Ukrainian Independence Celebrations in Liberec**

**Fokus Liberec Team  
August 20**



**End of Summer  
Celebration  
Prague**

