



Report

01.08.2025 - 29.01.2026



WE RECEIVED 11 000 EUR

2 Days workshop in Vinnitsia 04/11-05/11 Advanct level for 15 participants

Food and cofee-breaks -500 EUR

Transport costs - 200 EUR

Trainers fee (2 trainers* 2 days (12 hours))-600 EUR

Total for Vinnitsia workshop 1300 EUR

**8 mini-projects implementing by activists from different communities:
Total - 5000 EUR (procurment still in the process)**

Administrative costs:

- Salary Manager of project NVC approach October-December - 1350 EUR**
- Salary accouter October-December - 375 EUR**
- Salary assistent October-December - 375 EUR**
- Salary Monitorig and Evaluation officer October-December - 225 EUR**
- Office rent in Kyiv October-December -375 EUR**

Total: 2 700 EUR

**We spent 9000 EUR
We still have 2000 EUR**



2 Days workshop in Vinnitsia 04/11-05/11 Advanced level for representatives of local government



In total, we held three two-day workshops for local government representatives. These workshops followed a specific logic. We started with a basic understanding of non-violent communication, then worked on the topic of conflict, and ended with the topic of establishing dialogue in communities.

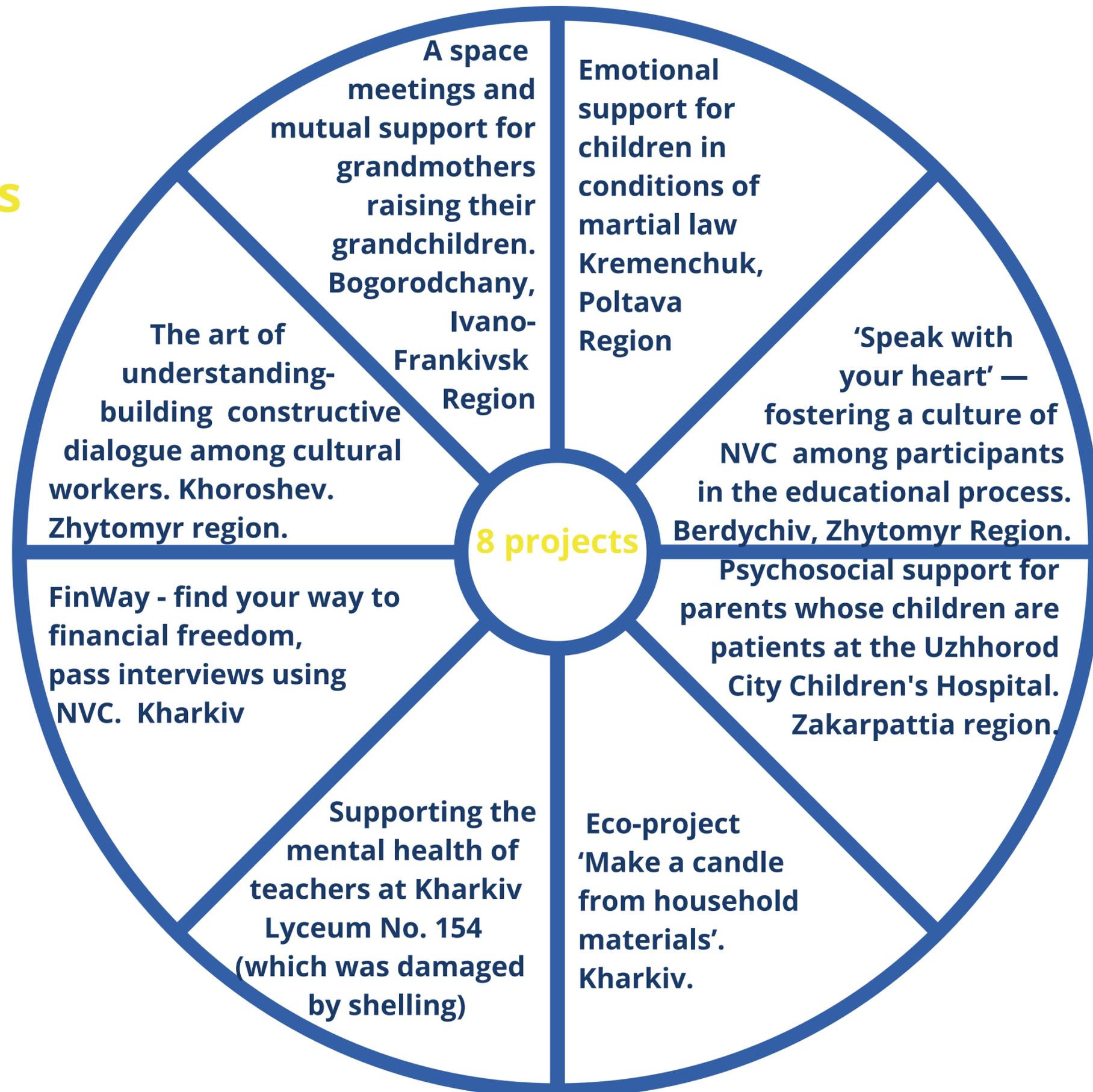
We saw that this approach to working with local government makes sense. We received positive feedback and requests to continue this programme and combine it with supervision for local government representatives.

Participants noted that the training helped them better understand themselves and the people they serve, see alternatives to conflict, find the strength and energy to communicate respectfully, and be open to dialogue. They raised awareness of the value and necessity of building trust between authorities through non-violent communication.

The training sessions contributed to the development of a culture of transparent and respectful interaction in local government institutions, based on the recognition of human dignity and needs, which is especially important in times of war and constant stress.

<https://youtu.be/0kmKtRGbfkM> here you
can use English subtitles

8 mini-projects in communities



Emotional support for children in conditions of martial law Kremenchuk, Poltava Region

Емоційна підтримка дітей
в умовах воєнного стану

Калюжна Ганна
м. Кременчук



Ненасильницький
підхід для
порозуміння та
партнерства

This project gives children what many of them are currently lacking: peace, support, and a sense of security. The meetings continue throughout the school year. These are not just classes — they are a space where children learn to talk about their feelings, understand themselves, reduce anxiety, and feel that there are adults nearby whom they can trust.

Every week, important work takes place here: children learn breathing techniques, self-regulation skills, how to cope with stress and how to deal with their emotions gently and safely. Small steps are taken to build what every child who has experienced the trauma of war needs — inner strength. And we are already seeing results:

- anxiety is decreasing;
- children are becoming more confident;
- they are more willing to participate in joint activities;
- they find it easier to connect with each other;
- and at home, according to their parents, there is more understanding and open dialogue.

And perhaps the most valuable words we hear from the children are: 'Here, you can be yourself.'

Today, more than 15 children have joined the programme, including those experiencing difficult life circumstances, internally displaced children, and children from families in need of additional support. And for each of them, this space is becoming something very important.

'Speak with your heart' — fostering a culture of NVC among participants in the educational process. Berdychiv, Zhytomyr Region.

This project creates a space where young people and adults learn to communicate with greater awareness, empathy, and respect.

Implemented within Gymnasium No. 14 in Berdychiv, it brings together students, teachers, and parents to explore nonviolent communication as a foundation for safer and more supportive educational environments.

These workshops are more than educational sessions — they are opportunities to reflect on everyday interactions and discover new ways of expressing emotions and needs. Participants learn to listen attentively, speak honestly without aggression, and approach conflicts with curiosity rather than blame. Step by step, familiar communication patterns are replaced with more conscious and respectful dialogue. Each meeting contributes to meaningful change. Students practice emotional literacy, learn to use "I-messages," and develop skills that help them navigate disagreements more calmly. Teachers and parents observe how these tools improve understanding and trust, strengthening relationships within the school community.

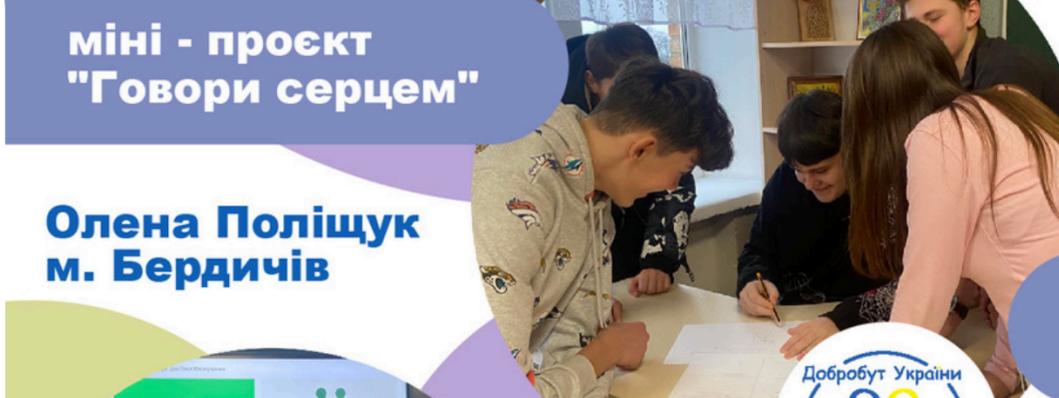
Clear results are already visible:

- students demonstrate greater emotional awareness and empathy;
- communication has become more open and constructive;
- conflicts and misunderstandings within student groups have decreased;
- a stronger sense of safety, trust, and cooperation has emerged;
- dialogue between students, teachers, and parents has improved.

More than 29 children, along with teachers and parents, have taken part in the project. For many participants it became a new way of seeing communication not as a source of tension, but as a bridge to understanding. The most meaningful reflection we heard was: "I learned to talk about my feelings calmly, and people started listening to me."



міні - проєкт
"Говори серцем"



Олена Поліщук
м. Бердичів



Ненасильницький
підхід для
порозуміння та
партнерства



Psychosocial support for parents whose children are patients at the Uzhhorod City Children's Hospital. Zakarpattia region.

This project brings much-needed care, emotional relief, and a sense of safety into a hospital setting for both children and their parents.

Implemented within the Uzhhorod City Children's Hospital, it helps shift the hospital experience from fear and tension toward a space of support, play, and human connection.

These meetings are more than activities they offer moments of pause in a stressful reality. Through creative and movement-based practices, children experience joy, regain a sense of normalcy, and feel seen as children, not only as patients. At the same time, parents are given space to breathe, release emotional pressure, and feel less alone.

Week by week, meaningful work takes place. Volunteers and specialists support emotional regulation, reduce anxiety, and strengthen trust between families and medical staff. Small comfort zones allow children to play during procedures while parents find moments of calm, fostering a warmer and more compassionate hospital environment.

Clear results are already visible:

- anxiety among children and parents is decreasing;
- children show a more positive attitude toward staying in the hospital;
- parents report emotional relief and support;
- communication within the hospital has become more open and caring.

More than 53 participants including children, parents, and medical staff have already been reached, with intentional inclusion of families from diverse backgrounds.

And perhaps the most meaningful reflection comes from those who witness the change firsthand: "I can see how patients' attitudes toward staying in the hospital are changing, and it truly brings me joy because I know how stressful this experience is for both children and parents."

Психо - соціальна підтримка батьків, діти яких є пацієнтами Ужгородської міської дитячої лікарні



Євгенія Станічак
м. Ужгород



Ненасильницький підхід для порозуміння та партнерства



A space meetings and mutual support for grandmothers raising their grandchildren. Bogorodchany, Ivano-Frankivsk Region



This project creates a safe and caring space for grandmothers raising their grandchildren in the absence of parents.

Through regular meetings, it offers emotional support, relief from exhaustion, and a sense of connection for women navigating caregiving and uncertainty during wartime.

These gatherings are more than group sessions — they are moments where participants can slow down, be heard, and reconnect with themselves. Using nonviolent communication practices, art and body-oriented exercises, shared dialogue, and reflection, the women gradually restore inner balance and personal resources.

Step by step, trust grows within the group. Participants learn to express emotions, listen without judgment, and support one another with empathy and care, fostering both individual relief and a sense of community.

Clear changes are already visible:

- emotional exhaustion has decreased and inner calm has increased;
- participants feel more confident expressing their needs and emotions;
- nonviolent communication skills are applied in family relationships;
- mutual support and belonging within the group have strengthened.

So far, 15 women have taken part in six regular group meetings, with active and consistent participation. Many have begun sharing their experience with others, extending the project's impact beyond the group.

And perhaps the most meaningful reflection we hear is:

“These meetings helped me feel that I am not alone.”

FinWay - find your way to financial freedom, pass interviews using NVC. Kharkiv



This project supports young people in finding their path toward financial independence and professional confidence.

FinWay – Find Your Way to Financial Freedom aims to increase young people’s awareness of career development opportunities while building basic financial literacy skills for a confident start in the labor market.

The project goes beyond technical knowledge. Through interactive sessions, participants explore how to communicate their needs, values, and boundaries using a nonviolent communication approach — especially in job interviews and conversations with potential employers. This creates a safe learning space for reflection, self-awareness, and clear self-expression.

Step by step, participants develop practical skills: understanding basic financial concepts, making informed decisions about income and expenses, and shaping their own professional position. At the same time, they learn to navigate professional dialogue with greater confidence, empathy, and respect for themselves and others.

Even at this stage, positive changes are already visible:

- increased confidence in discussing career plans and financial topics;
- greater awareness of professional opportunities and personal strengths;
- reduced anxiety around job interviews and communication with employers;
- growing financial literacy and clarity about next steps.

So far, 15 young people have taken part in the project, and the work is ongoing. For many of them, FinWay is becoming a meaningful starting point — where financial knowledge and respectful communication support a more confident future.

Supporting the mental health of teachers at Kharkiv Lyceum No. 154

(which was damaged by shelling)

This project creates a supportive space for teachers to restore balance, strengthen emotional resilience, and care for their mental well-being. Supporting Teachers' Mental Health at Kharkiv Lyceum No. 154 is designed to provide psychological support, emotional relief, and self-care skills for educators during the winter break.

The project offers teachers a pause from everyday stress and professional overload. Through a series of training and emotionally supportive activities including nonviolent communication practices, a tea ceremony, yoga, and collective art therapy participants are invited to slow down, reconnect with themselves, and experience a sense of safety and support within their professional community.

Step by step, teachers explore tools for emotional self-regulation, stress reduction, and compassionate communication. These practices help foster a more ecological and respectful atmosphere within the team, strengthening trust, mutual understanding, and a sense of shared care.

Even at this stage, positive changes are already visible:

- participants report reduced emotional tension and greater inner calm;
- teachers feel more supported and connected within the team;
- awareness of personal boundaries and self-care needs has increased;
- communication within the staff has become more open and respectful;
- practical self-help skills are being integrated into daily life.

So far, 10 teachers have taken part in the project, and the work is ongoing. For many of them, this initiative is becoming a much-needed space of recovery — where professional care for others begins with care for oneself.



The art of understanding- building constructive dialogue among cultural workers. Khoroshev. Zhytomyr region.



This project creates a space where people learn what is often missing in everyday interactions — understanding, empathy, and respectful dialogue.

Cultural workers came together not only for trainings, but to experience a different quality of communication based on listening, emotional awareness, and recognition of one another's needs.

These meetings offered a safe environment for reflection and new perspectives. Step by step, participants learned to stay connected with themselves and others during difficult conversations, reduce tension, and replace habitual reactions with conscious choice.

Each session brought meaningful change: participants practiced emotional self-regulation, experienced empathy in action, and saw how nonviolent communication can transform both professional and personal relationships.

What emerged was a shared culture of care and mutual respect.

Clear results are already visible:

- a deeper understanding of empathy and nonviolent communication;
- decreased anxiety and emotional tension within teams;
- more open and constructive communication;
- greater confidence in expressing feelings and needs;
- more dialogue and less conflict at work and at home.

More than 36 people from different backgrounds have taken part in the project. For many, it became a turning point — a reminder that meaningful connection is possible even in challenging times.

"I learned to hear not just words, but the person behind them."

Eco-project 'Make a candle from household materials'. Kharkiv.



This eco-project responds to a basic and urgent need for light and warmth during power outages while empowering people to act using available resources.

Create a Candle from Household Materials brings together young people and their mentors to produce ecological candles from everyday items, offering simple solutions for homes, shops, and community spaces during electricity disruptions.

The project goes beyond a practical workshop. It is a strategy of resilience and agency, where participants turn uncertainty into action. By learning to create alternative sources of light and warmth, young people strengthen their sense of influence and responsibility for their communities.

Working side by side, youth and mentors share skills and knowledge while building awareness around sustainability, resourcefulness, and mutual support. Each candle becomes a symbol of care for people, for communities, and for the environment.

Clear impact is already visible:

- participants gain practical skills in alternative lighting and heating;
- awareness of energy resilience and sustainable solutions is growing;
- young people feel empowered to contribute to positive change;
- cooperation between youth and mentors is strengthened;
- communities receive tangible support during power outages.

Through simple materials and shared effort, the project shows that small actions can bring real warmth and light and that collective responsibility can become a meaningful response in challenging times.

OUR PLANS FOR 2026

Organize 2-3 days basic NVC-workshops in 12 oblasts where we have por children facilitators teams with the purpose to built cooperation with local authorities and advocate Nonviolent communication, and spead it in communities as a way of transform conflicts, tension, anger and find internal and external support in their lives.

Conduct program for local goverment in Vinnitcha, as we did last year. We see it as a tree month programme with 3 workshops in person and 3 online meetings between, and we want to procuse workbook for particitants.

We want to continue our work with activists from communities who have attended our previous trainings. We would like to conduct online advances NVC webinars and offline event and support their new projects in the communities.

APPROXIMATE BUDGET FOR 2026

Expenses	Time involv	# Cost	# Units	# Ammount
Kyiv office		350	12	4,200
Head of organization	10%	150	12	1,800
Manager of project NVC approach	30%	450	12	5,400
Manager of NVC workshops for communities and	25%	250	12	3,000
Chief-accounter	15%	125	12	1,500
Accounter- logist	20%	200	12	2,400
Assistant	30%	125	12	1,500
Monitoring	15%	125	12	800
Trainers and mentors fee	hour	50	250	12,500
Mini proects-NVC Events		500	15	7,500
Programme for local government in Vinnitcha	mounth	3	1,500	4,500
Conducting training (transportation, food and accodimation for participants)		1,300	12	15,600
Total:				60,700



Thanks to your financial support

We have managed to spread nonviolent communication to five regions, involving 84 children, 40 young people, 29 parents (including grandmothers), 20 teachers and mentors, 36 cultural workers, 8 medical staff and 15 local government representatives, who completed a full course of three two-day workshops.

Through education and project implementation, Nonviolent Communication supports people and manifests itself through various activities.

