

WFP Ukraine classes for Ukrainian families suffering from Russian aggression

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In November, WFP-Ukraine organized a series of art classes for Ukrainian families in Ukraine and abroad. Such a healing art therapy allows one to calm down, relieve excessive emotional tension and improve the psychological state of Ukrainians during the war.

Together with Tetyana Gudenko, psychologist of the Kyiv Municipal Family Center, the participants molded a miracle cactus from plasticine and learned to overcome the "thorns" in themselves.



Olga Yanushkevich and Natalia Yurchenko, pedagogues of the House of Children's Creativity of the Shevchenkiv District of Kyiv were teaching kids to make autumn mushrooms out of paper.

Anna Razumova, a psychologist and consultant on the harmonization of child-parent relations, showed how to make a catcher of good dreams.

And Nataliya Veselytska, head of the art studio "Kraplynka" of school #138 in the Shevchenkiv district of Kyiv was teaching how to draw an unprecedented beast based on the motives of the Ukrainian artist Maria Pryimachenko.

New art-therapy participants join every Saturday through Zoom. Project coordinators receive positive feedback from them, which proves the importance of such psychological support for Ukrainian families.

Today, Ukrainian families continue to suffer from Russian military aggression. Drone attacks and missile strikes on critical infrastructure in Ukraine at the beginning of the winter period became a new challenge for everyone. It is difficult to focus on the positive moments of life and not let sad circumstances fill you. Psychological support is one of the effective methods that helps control the emotional state and protect health.

From Anna K, WFP Ukraine