



# Annual REPORT

2024



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# About us

The Tree of My Life is an organisation that aims to shape the environment through support, development and care for everyone. We create a space for emotional, psychological and social recovery by working with defenders, their families, those who lost loved ones in the war zone, internally displaced citizens, youth, children, the elderly and other vulnerable groups.

In our daily work, we combine modern approaches to psychosocial support with traditional values of mutual assistance and community development.



In 2024, we focused on implementing innovative programmes that unite communities and contribute to the sustainable development of society. Thanks to the efforts of our team, partners and donors, we have expanded our psychological assistance programmes and strengthened our international presence, working with the UN, the European Commission and other key institutions.

# Our mission

We are committed to **building a conscious, sustainable and healthy society** in which everyone feels valued, has access to support and develops personal responsibility for their own and their community's well-being.



## Our vision

Creating conditions for the **emotional, psychological and cultural growth** of people for the restoration and development of Ukraine, through:

**1**

**systematic** psychological support

**2**

**systemic** psychosocial support

**3**

culture and education, i.e. **the formation of society**

# Our values

The values of our organisation guide all our activities and help us create positive changes in people's lives. These are the principles that guided us in 2024, supporting those in need and thus contributing to the strengthening of communities.

## Transparency and openness

We ensure that our activities are clear and accessible to the community, donors and partners. The Foundation publicly reports on its financial transactions and implemented projects, adhering to the highest standards of integrity.

## Responsibility

Our team recognises the importance of its decisions and actions. We aspire to use our resources as efficiently as possible, focusing on helping people and achieving real results.

## Equality and inclusion

We create an environment where everyone can find support. Our activities are aimed at overcoming barriers and ensuring equal opportunities for everyone, regardless of their background or status.

## Respect for human dignity

People, their needs and dignity are at the centre of our work. Every person who comes to the organisation can count on psychological support, attention and respect.

## Innovative and systematic approach

We implement modern methods of work that allow us to respond effectively to the challenges of our time. Our programmes are focused not only on solving immediate problems, but also on long-term impact.

*These principles underpin all our decisions and actions, helping us to work for the benefit of the community and build strong relationships with people who trust us.*



# Our team

We thank God that He is always with us when we are afraid, He is always with us when we lose confidence, He is always with us through other people.

We thank our defenders, who are protecting us and our Ukraine with the price of their own lives. We thank their families, who bear this burden of war against their will.

We thank our beneficiaries who trust us.

We are grateful to our team, who, with their professionalism and humanity, envelop people in their pain.

We thank our philanthropists who tirelessly support us in our activities.

We intend to continue to have open hearts to the challenges and needs of the time, to have the courage to be there for those who need it most, to have the inspiration to restore our identity, our psycho-emotional stability, and to have the courage to be strong in this struggle.



*Founders of the Charity Organisation Tree of My Life*

***Liubov Mykhailiuk and Ksenia Teresa Tarnavska***

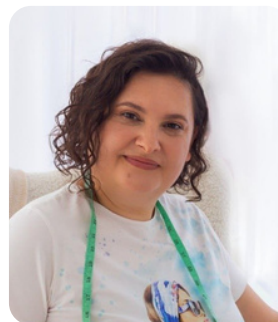
## Executive team



**Anastasiia Kuriata**  
Project manager



**Katarína Komlóšová**  
Project manager



**Mariana Geshten**  
Financial advisor



**Tatiana Rogozhan**  
Content manager

Uzhhorod



**Marta Mykhailets**  
Coach, consultant



**Nadiia Vovk**  
Expert in literature



**Tetiana Literati**  
Head of the cultural and educational sector



**Natalia Drabov**  
Consultant



**Andrii Tokach**  
Military psychology consultant



**Pavlo Hudra**  
Military psychology consultant



**Myroslava Tekel**  
Trainer of dance programs



**Valentyna Kasych**  
Fitness trainer



**Edita Zabei**  
Psychologist



**Valentyna Yarova**  
Psychotherapist



**Natalia Vasko**  
Expert in body-oriented therapy



**Kateryna Bilovar**  
Curator of a "respected society"



**Kristina Stankovych**  
Trainer of dance programs

Mukachevo



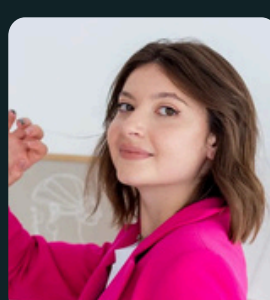
**Olena Herzhenii**  
Psychologist



**Olesia Ulihanets**  
Psychologist



**Liubov Fizer**  
Psychologist



**Edita Heshten**  
Psychologist



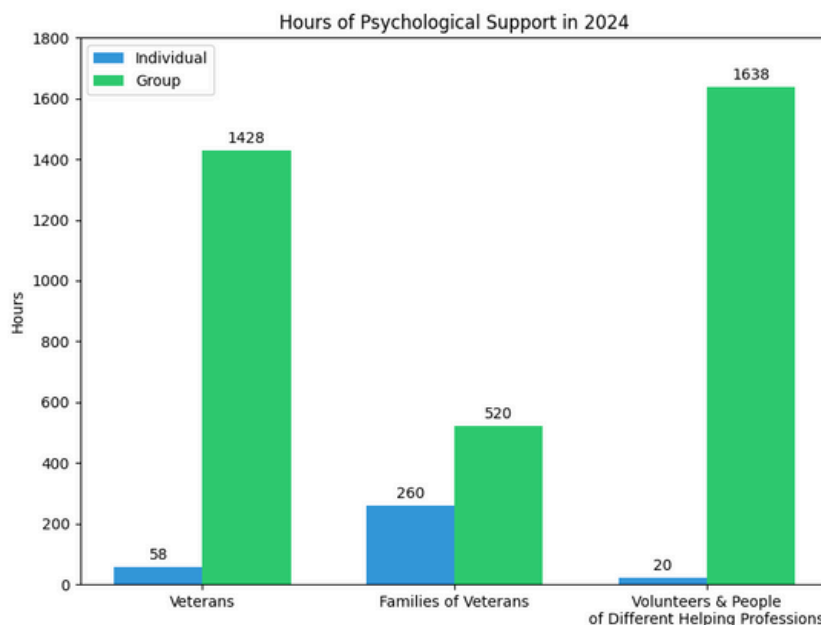
**Juliia Inkovska**  
Manager

Svaliava

# Overview of our milestones

Our main goal is to provide quality psychological support to those who need it. We work with various categories of people, including the most vulnerable, namely veterans, their families, volunteers, internally displaced persons, people in auxiliary professions, children and the elderly.

In 2024, Tree of My Life continued to actively develop its psychological support program aimed at veterans, their families, volunteers, and people in auxiliary professions. Our activities included individual and group forms of psychological support, which allowed us to provide systematic support to the target audience, which has experienced significant emotional and psychological stress due to the war.



Psychological support for veterans is critical as **they often face post-traumatic stress disorder, depression, addictions** and other consequences of their military **experience**.

**We paid special attention to providing psychological support in groups, conducting 1428 hours of sessions** that created a space for communication, mutual assistance and emotional recovery through psychoeducation and psychological techniques.

**In addition, 58 hours of individual psychological counseling** were conducted, which allowed us to work in more detail with veterans' personal problems.

Supporting the families of our defenders has become an important part of our work.

We recognize how difficult the adaptation process is for both veterans and their loved ones.

In this area, **260 hours of individual therapy and 520 hours of psychological support group sessions** were held for the wives and children of defenders. Such support helps to strengthen family ties, reduce emotional stress and create a favorable environment for rehabilitation.

**The innovation of our psychological support lies in the successful combination of evidence-based methods of psychological counseling and psychotherapy, according to the needs.**

Our specialists practice proven psychotherapeutic methods adapted to the specific needs of participants in psychological support groups and requests for individual counseling.

### Balneological rehabilitation

Almost **100% of veterans**, report a decrease in phantom pain (if any) and improved sleep quality after swimming pools.



Defender on balneological recovery



Defenders at group therapy in the Tree of My Life space

### Resource-based counseling

**87% of participants** in psychological support groups and individual counseling reported **finding internal sources of strength and changing their outlook on the future**, taking into account their own potential.

### Art therapy methods

More than 80% of the participants noted **progress in expressing their emotions, reduced anxiety, and interest in active life and new discoveries.**



Defender during art therapy in the Tree of My Life space



1

**92% of participants** noted an increase in awareness of stress management techniques.

2

**83% of families** reported a reduction in conflict due to the acquired communication skills.

3

**79% of people in auxiliary professions** were able to **avoid emotional burnout thanks to the knowledge they gained.**

4

**81% of defenders** noted a decrease in the stigma to apply for psychological help

## Psycho-education

1

**68% of families** reported improved interaction and understanding in their relationships.

2

**86% of participants** reported an improvement and stabilization of their emotional state.

3

**71% of defenders** were able to find sources of motivation even in stressful situations.

4

**83% of respondents** reported improved sleep due to reduced anxiety and increased sense of emotional balance.

## Psychological support

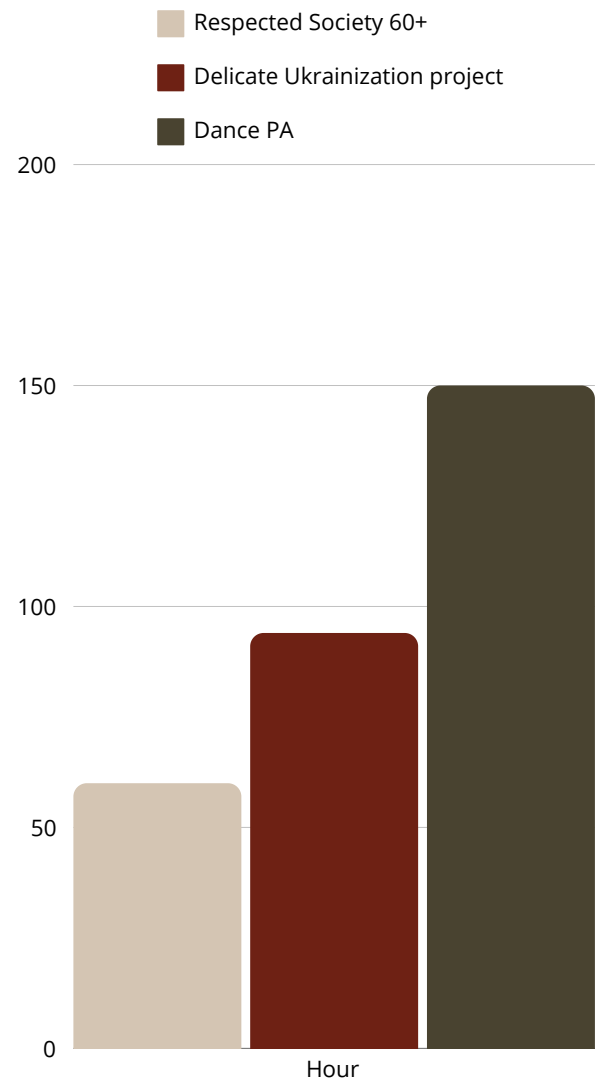
In 2024, projects aimed at providing psychosocial support became not only a platform for emotional recovery but also a source of support in times of war. The focus group in these projects was the elderly and people with disabilities.

The **Delicate Ukrainization project** played a key role in supporting internally displaced persons for whom adaptation to new living conditions has become a serious challenge.

Through **a series of 94 interactive classes**, participants, including both internally displaced persons and local residents, not only improved their knowledge of the Ukrainian language but also gained confidence in communication. The project united and facilitated the integration of internally displaced citizens into local communities and the creation of new ties.

**The Zumba Fitness Dance, Bachata, and Dance PA** projects were launched in mid-2022 as an experiment but quickly gained popularity. **The oldest participant this year turned 87 and became an example of how dancing helps prevent dementia, depression, and strengthen social ties.** Demand for these classes exceeded expectations, creating a space where physical activity is combined with social support and over 150 hours of interaction.

The **Respected Society 60+** project has become an important support for older people, including women who have lost loved ones to war or found themselves without their usual social circle. **More than 150 participants took part in lectures, workshops, and excursions** that created a favorable environment for interaction, experience sharing, and emotional support. In total, the project organized **about 60 hours of activities** that promoted the social integration of participants, helped them find new connections and overcome the challenges of today.



## We managed to help vulnerable groups



to overcome loneliness among women who have lost family and friends



find new friends for the elderly



adapt to new living conditions, which is especially important for internally displaced persons (IDPs)



Participants of the Zumba Fitness Dance project

*“The dance meetings have become a real breath of fresh air for us. We not only learn new moves, but also get a boost of positive energy. It's not just dancing, it's a place where you can meet like-minded people, communicate and feel needed. Thanks to these classes, we stay active, improve our mood and even forget about everyday worries. It inspires us and helps us to stay cheerful even in difficult times,”* said one of the participants.

Another participant added: *“Dance is more than just a class. It is therapy for the body and soul. You feel the tension disappear with every step and inner harmony comes. Many thanks to the organizers for this opportunity.”*

**417 soldiers** underwent balneotherapy sessions in the thermal waters of Transcarpathia with proven healing effects.

**90% of the military** noted a decrease in anxiety after attending the sessions. Reduced insomnia symptoms and improved sleep quality.

**Physical rehabilitation**  
It helped to **improve the condition of the musculoskeletal system** due to the natural composition of thermal waters, relaxation of muscles and reduction of pain in the body.



Program participant during a balneological session

## Balneological recovery program



In 2024, the Tree of My Life, together with the Harmony Thermal and Recreational Complex, implemented a balneological rehabilitation program for the military aimed at their physical and psychological rehabilitation. The initiative combined the therapeutic properties of natural resources with comprehensive psychological support, which helped to improve the physical condition and psycho-emotional well-being of the participants.

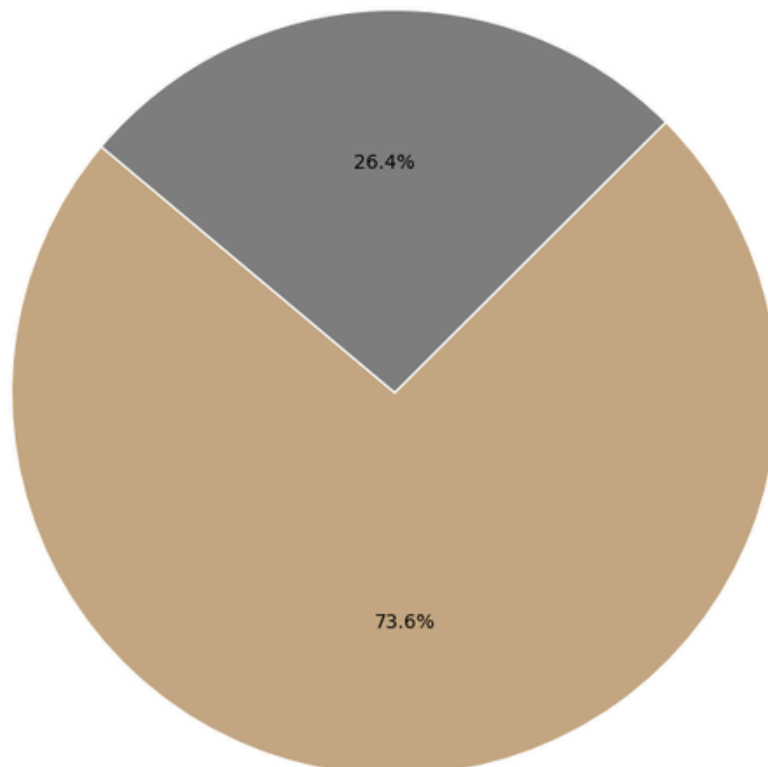
Cultural, creative and educational events have become an effective tool for personal development and civic engagement. It contributed to a deeper understanding of historical experience, preservation of national heritage, and formation of a conscious attitude to modern challenges. Participants had the opportunity to analyze social processes, influence their environment, and defend their rights and position. The events helped to strengthen social ties, build trust and community cohesion.

In 2024, we held:

- **52 educational and cultural events** for veterans and their families, with a total of 249 people attending.
- **64 educational and cultural events** for the civilian population, attended by 1472 people.
- **5 courses in iconography**, 26 people attended.
- **3 creative and cultural evenings**, attended by more than 70 people.
- **23 educational events**, 347 participants. Topics covered included stress management, prevention of emotional burnout, and development of effective communication skills.

### Cultural Enlightenment

Seminars-Trainings for People in Auxiliary Professions



Educational & Cultural Events for the Civilian Population

The goal of the cultural and educational activities of the Tree of My Life in 2024 was to directly help people better understand themselves and the society in which they live. We organized educational events aimed at developing critical thinking, mentoring, decision-making responsibility, and skills of effective cooperation as a team.

**At the same time, we helped to overcome the inferiority complex by revealing the richness of our history, culture and art.** All these efforts were aimed at meeting spiritual needs, raising the level of national consciousness and building a strong and cohesive society.

### "Book gatherings" project



### "Delicate Ukrainization" project



### Sightseeing tours



### Dialogs with opinion leaders



### School of Iconography



### Trainings and master classes



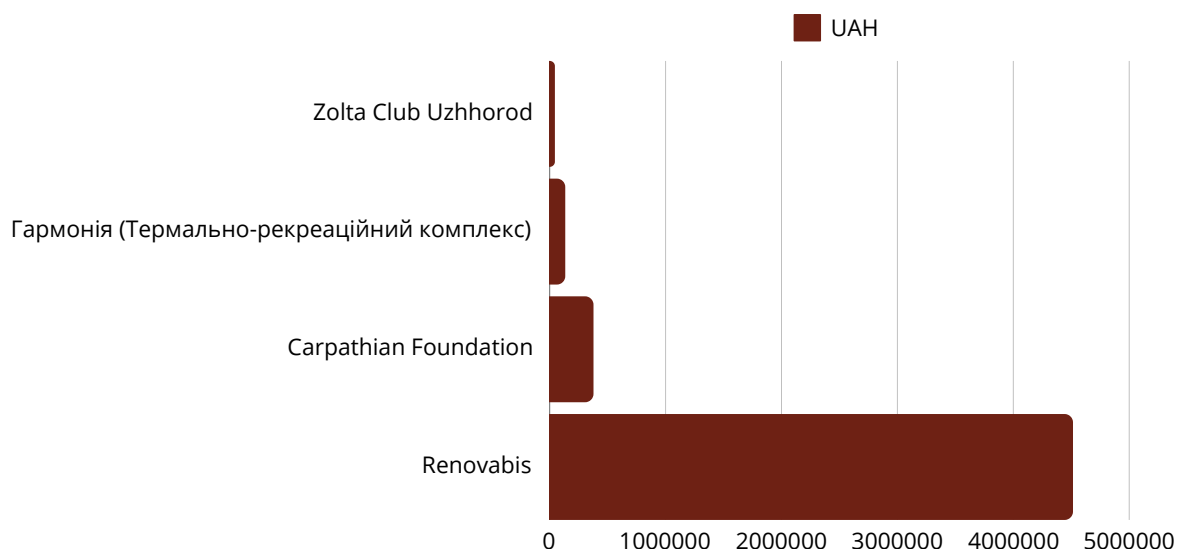
# Our donors

We are grateful to our partners for their support, which became the basis for many of our achievements in 2024. Thanks to the help of **Renovabis**, we were able to organize group and individual psychological support for veterans and defenders, and to support their families in stabilizing their psycho-emotional state.

**The Carpathian Foundation** has made a significant contribution to the development of the psychosocial area, supporting both the participants of our programs and the team. This made it possible to organize high-quality trainings and seminars aimed at the professional development of our specialists, and at the same time expanded the range of thematic psycho-educational seminars for people of auxiliary professions as the first line of care, which helps to improve contact in the provision of services and prevent burnout.

**The Harmonia thermal and recreational complex** supported balneological treatment for the defenders. These procedures have become an integral part of their physical and emotional recovery. Harmony also provided space for balneotherapy rehabilitation for people with disabilities.

Special gratitude to **Zonta Club Uzhhorod** for their logistical support. The installation of a ramp in one of our spaces provided comfort and accessibility for people with reduced mobility, which allowed us to attract even more people to our events. For support in obtaining education and advanced training in the field of military psychology for our team members.



# Our friends and partners

“Tree of My Life” actively cooperates with various organizations and institutions, which contributes to the implementation of our projects in the field of psychological, psychosocial support and cultural and educational initiatives.

We are a full member of the Association of Philanthropists of Ukraine, which confirms our commitment to charitable standards and our desire for transparency and efficiency in our work.

Our partners are local authorities, veterans' spaces, religious and educational institutions, as well as international organizations that support our efforts to provide psychological support to various segments of the population, especially in the face of modern challenges.

Together with our partners, we organize and conduct events aimed at supporting mental health, social adaptation and cultural development of communities.

We are grateful to all our partners for their trust and cooperation, which help us achieve common goals and contribute to the development of society.



DIOECESIS MUNKACSIENSIS LATINORUM  
МУКАЧІВСЬКА ДІЦЕЗІЯ  
РИМСЬКО-КАТОЛИЦЬКОЇ ЦЕРКВИ



УКРАЇНСЬКИЙ  
ЖІНОЧИЙ  
ФОНД



Transcarpathia  
Saint Martin Caritas



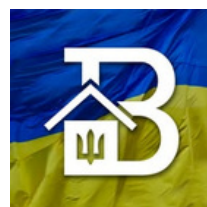
Закарпатський музей  
народної архітектури та побуту



Caritas  
Czech Republic



ЗАКАРПАТСЬКА  
ОБЛАСНА  
ДЕРЖАВНА  
АДМІНІСТРАЦІЯ



ТИ ЯК?



# Networks and platforms for cooperation

2024 for Tree of My Life was also the beginning of work in international initiatives such as Horizon Europe 2021-2027 programs, cooperation with the Carpathian Civil Society Platform and Interreg allowed us to expand opportunities for regional cooperation between civil society organizations in Ukraine and the EU, especially in the field of social support and cultural programs.

Within the EU4Health framework, we are involved in programs that improve access to psychosocial care and reduce stigma around mental health issues. Our work has also begun in Erasmus+ initiatives that reach out to young people. We have gained support from our partners to further implement educational programs, exchanges and trainings that promote civic engagement and personal growth.

A special place in our activities is occupied by the initiative “1325 Women. Peace. Security” initiative. We support women affected by the war, help them integrate into communities, overcome difficulties and participate in peacebuilding processes through training, psychological support and educational activities.

Through participation in these programs, we expand the horizons of our activities, strengthen communities and create new opportunities for those in need.



# We are open for cooperation!

We are sincerely grateful to everyone who supports our activities and shares our values. Together with you, we are building a society based on trust, support and mutual understanding.

The Tree of My Life is always open to new ideas, partnerships and initiatives. We believe that together we can change lives for the better by helping those in need and contributing to the strengthening of our community.

If you have any suggestions, ideas, or would like to get involved in our projects, please contact us.

Let's work together to make this world a little better for all of us!



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