

UNITY THROUGH HOOPS

Healing and Integrating Young Refugees



FREE MINDFULNESS & THERAPY SESSIONS FOR UKRAINIAN YOUTH IN LITHUANIA


Have you or someone you know experienced **stress, trauma**, or emotional **challenges** due to the war and relocation?


We will help you to:

- ✓ Manage stress and anxiety
- ✓ Recover from trauma
- ✓ Build emotional resilience
- ✓ Connect with others in a safe, understanding environment

You are **not alone**, and you don't have to face it alone.

What We Offer




 **Individual Therapy Sessions.** One-on-one meetings with professional psychologists. Together, we'll explore your unique challenges and help you find tools to cope, heal, and grow. 20 people will receive 10 sessions each – free and confidential.

 **Group Mindfulness Sessions.** Experience calming, guided mindfulness activities in a group of peers who understand your journey. 8 group sessions of shared reflection, stress relief, and emotional support.

Why Join?

- Your mental well-being matters
- Many young Ukrainians in Lithuania are going through similar experiences
- Healing happens in safe, supportive communities

When and where?

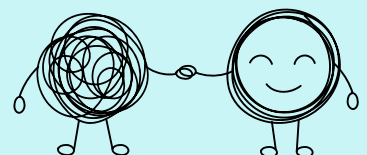
-  In-person sessions starting October 2025
-  Group and individual sessions scheduled flexibly to meet your availability
-  All sessions held in a safe, professional setting at A.Jakšto str. 7, Vilnius.

Who Can Participate?

- Ukrainian youth aged 16–29
- Currently living in Lithuania
- Seeking support with stress, trauma, or emotional well-being

Interested?

Scan this code to register:



Spots are limited, so don't hesitate!