



# 2022 REPORT

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The year of the full-scale invasion. From February to February, on a calendar, we lived only a year, but in our hearts, it felt like we lived a whole other lifetime.

For many of us, this year is the endless month of February.

The year of pain, despair, faith, and strength. The year when we changed as persons.

Because this year united and strengthened us.

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# ♥ **The year of gratitude to you**

We are grateful to each and every one of you for your faith, support, and trust. For your donations, comments, and feedback. We have felt your support all year long and today we will tell you how it went for us, teenagers and young people with disabilities, and their families. And what small miracles happened thanks to your support.

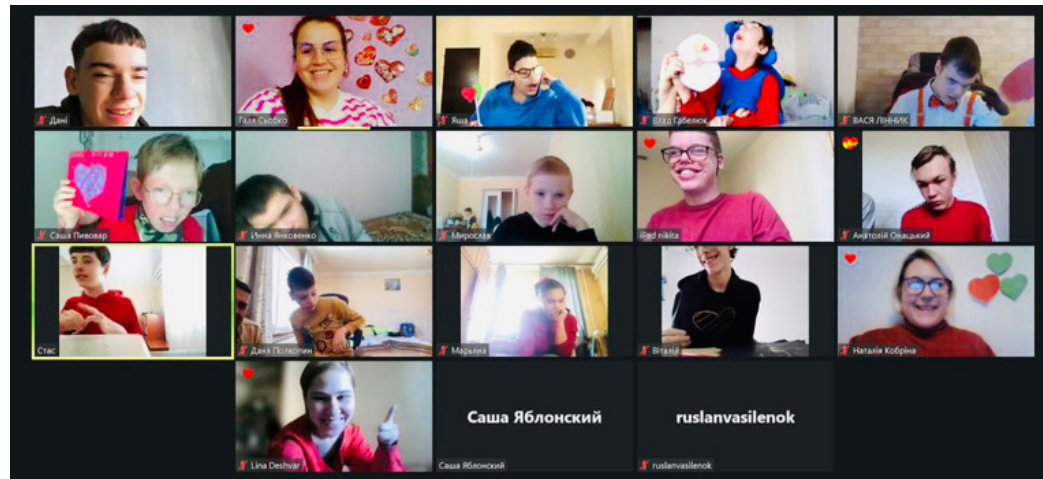
Each of your donations this year contributed to the strength and resilience of families raising teenagers and young people with disabilities. You have helped to provide psychological support, implement projects for the education, development, and socialization of adolescents and young people with disabilities and complex developmental disorders. You and we were there for each family, going through different stages together to ensure that they all had the strength and ability to survive these difficult times.

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# ♡ The year in numbers

1860 classes were held in educational programs for teenagers and youth

16 cool unforgettable theme parties



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At the beginning of the year, we managed to go on 3 excursions with teenagers and young people. And we went snowboarding once, on February 23. Even those who can't walk and those who can't stand on their own got on the board with the support that day and felt life. They rode smoothly on the snowy slopes together with the instructors, squinting when snow was reflecting bright sunlight.



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1167 students attended 63 lectures from our team

908 counseling sessions were held and 223 families were counseled

This year, our summer camp for teenagers and young adults was online. And it still was cool!

There were 65 participants, 355 lessons, and 14 parties in 3 months

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The Psychological Hub worked without a break. The number of requests and the number of psychologists increased. It was very difficult for all of us this year

The project's psychologists conducted 1352 psychological consultations.



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## A year of losses

People were dying. And, excruciatingly, children were dying.

Our Mariika (Masha) was studying at the School of Socialization for teenagers with complex developmental disabilities. We told her story, and you often mentioned Mariika in your posts about us and wrote words of support. When we shared her story, it deeply moved each of our team members and each of you.



Mariika could not move on her own, but she continued to live. And the quality of her life did not depend on whether she could walk or eat on her own, it did not depend on what the doctors wrote in her medical records. Masha felt us, and we felt Masha, Masha trusted us, and we believed in her.

Mariika and her mother were killed in early March 2022 when a Russian missile hit their home.

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On the anniversary of Masha's and her mother's death, we recalled the warmest moments as a team: here is Mariika at yoga class, and here is her first costume party. Here is one of her first cooking classes, where she was choosing salt dough shapes and making her constellation Marry. Here is the first play she participated in, and here is her first independent summer camp, where small miracles happened every day. We will remember. We will miss her very much.

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## ♥ A year of new challenges and projects

Families have been in despair since the beginning of the full-scale invasion. Explosions, sirens, rockets, and emergency relocations, changes in routine and daily life.

War is a great stress for everyone. For a child with a disability, it is stress multiplied by 10,000. It is often difficult to explain to a child with a disability why they need to hide or leave home to go somewhere. Children with complex developmental disabilities have a hard time absence of their routines. Almost all children/adolescents and young people with disabilities have experienced a setback - emotional, physical, and intellectual.





We have created new projects to help and support families.

✍️ We have launched an online educational program for teenagers and young people with complex developmental disabilities called School for Everyone, which this year introduced new subjects: Ukrainian Language, Ukrainian Literature, Logic, Art Time, Yoga, Biology, English, Lifetime, Cooking, History of Ukraine, Finance, Geography, Book Time, Fairy Tale Yoga, Natural Science, All About Me, and Cooking.


Our students are teenagers with disabilities from all over Ukraine, aged 12 to 15.

Students aged 16-18 continue their studies in the Start project, while students aged 18 and older attend the Free Communication program and the Course of Adaptive Physical Education with Elements of Sensory Integration.



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👉 We launched a project to support teachers. Due to the hostilities and the beginning of the full-scale invasion, many families have changed their place of residence. Some children with disabilities went to comprehensive schools.

We understand that teachers in smaller provinces may lack the knowledge and skills to adapt classes for children with developmental disabilities. We started supporting teachers and other professionals who conduct lessons, classes, and work with children and adolescents with disabilities: what methods and forms of work to use, what tools will help children better absorb the educational material, and how to understand the child's needs.

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✍️ Launched an online coaching project for parents raising children, adolescents, and young people with complex developmental disabilities who were forced to change their place of residence as a result of hostilities in Ukraine

We help families in cities/countries where they ended up and are left without support. This is a joint effort between the team and the family to achieve results: establishing a daily routine, reducing tantrums, or adapting to a new school/kindergarten/center.

The family is assigned a supervisor who helps with specific requests. For example, what to do when a child becomes self-aggressive, or how to organize a space for a child with autism to have the privacy he or she needs in a cramped environment. Or how to get more feedback at a new place where a child has started studying, etc.



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We work on topics that are relevant for parents who have changed their place of residence: undesirable behavior; adaptation of living space; acquisition and/or development of social skills; scheduling; writing social stories; development of household skills; support in preparing for planned activities (rehabilitation, sanatorium, school); adaptation to school; defining rules of behavior and responsibilities for children, adolescents, and young people with disabilities, etc.

At the request of parents, we involve specialists in the project: ABA-therapist, neuropsychologist, neurologist, speech therapist (for children aged 2 to 10 years), lawyer, sex education consultant, and psychologist.

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Our programs are aimed at building quality life for every person with complex developmental disabilities. We all believe in victory and look forward to continuing our work offline. But to do this, we need to keep up the momentum.

Our students with complex developmental disabilities cannot study offline due to the lack of accessible bomb shelters and the different distance from the place of study.

Online brings together people, families, and teenagers who are having a hard time now, who are in occupied Melitopol or shelled Kharkiv, or in Lviv, where many people have moved, or in Kyiv, where rockets are still flying, or abroad, where teenagers with disabilities are having a hard time because it is not their native land.



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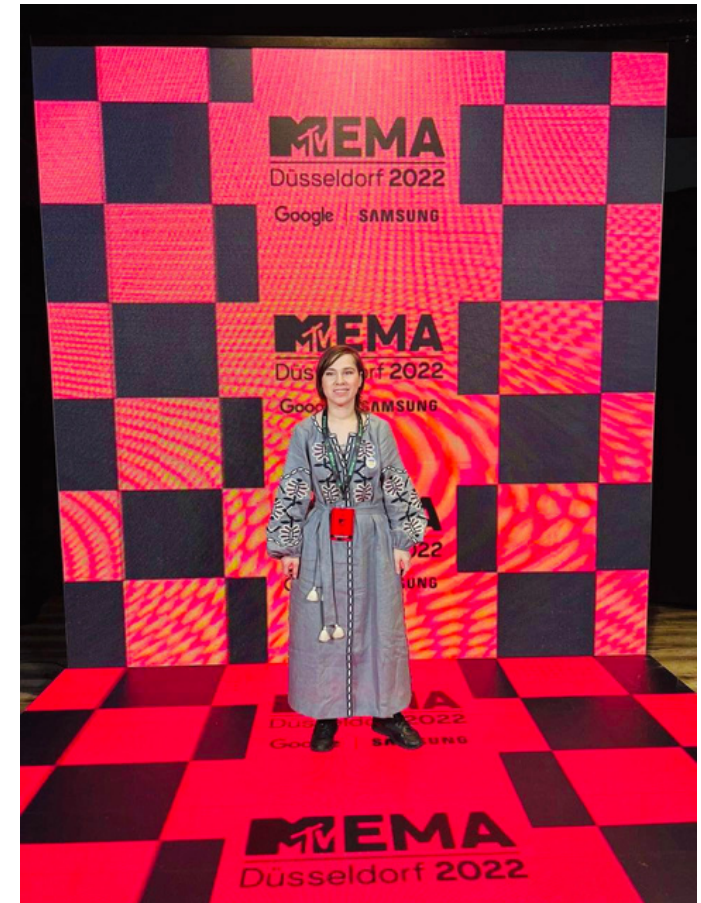
## ♡ A year of achievements

In November 2022, our teacher Lina Deshwar received the MTV EMA's Generation Change award.

Lina is currently teaching classes for teens and young adults online, and she also helped evacuate families with disabilities at the beginning of the full-scale invasion.

This is a special award that was established in 2018 for young people who are making a difference in the lives of future generations.

Each such international award is important for Ukraine, as it helps to draw the international community's attention to the war in Ukraine and attract additional support and assistance. Only together can we live in a world where security, inclusion, trust, and confidence in the future are an important basis for building civil society and development.



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## ♡ Another year of Seeing with the Heart



In 2022, we turned 8 years old. These are our 8 years together. 8 years of our inspiration thanks to you. 8 years in 8 words: faith, life, victory, failure, acceptance, respect, pain, and love.

8 years of faith. Faith in every child, regardless of what is written in medical records.

8 years of life. Life as it is, without rose-colored glasses, but also without drama.

8 years of victories

For 8 years we have known that there are no small or insignificant victories, every step, every word, and every look of a child is a separate real big victory.

8 years of failures

For 8 years, we have experienced a lot of things, both pleasant and not so pleasant. We know that behind any success and victory, there are many attempts, mistakes, and failures.

8 years of acceptance

We are all very different. We all need to learn to be close to each other, to learn to catch the pace and rhythm of the person next to us. Without expecting anything. This is true acceptance.

8 years of respect

Respect to those around you. Respect to yourself. Respect for what we do and how we do it.

8 years of pain

It is difficult to write about it, but the pain is part of our work. It was difficult to accept the fact that we can't always influence and change something.

8 years of love

Eight years of unconditional love. Full stop.

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## ♥ **A year of hope**



Childhood has no disability, and we at See with Heart have proved it more than once. But childhood has faced a war.

Last year, we were unable to hold an inclusive camp for more than 100 children with disabilities due to security concerns. This summer, we are going to organize a project called Cosmocamp: Space for All (Cosmotabir).

We comply with all safety standards and rules, and during air raids, we go to the shelter with all participants.

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It is important for all of us to bring life back. Back to our hearts and the lives of our children. To return a childhood without bullets, shots, and explosions. To live and enjoy life. To continue to give children a childhood without disabilities. Families are looking forward to Cosmocamp and our team is looking forward to it. This year we have experienced many challenges. That's why we believe that we will cope because children desperately need this month of summer, parties, communication, relaxation, and faith in this world.



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**A year when we cried as a team while reading the feedback from families. They are about you and your support. Thank you for that.**

✓ "I am in therapy at the Psychological Hub project by See with Heart because my anxiety is off the charts"

Before the war, I had nervous exhaustion, then recovered a little, then the war started and my condition worsened later. I try not to miss all the lectures and meetings of See with the Heart. My favorite Monday meetings with parents of children with disabilities are very inspiring and supportive. I have lost all my part-time jobs and work, my anxiety has returned, and I continue to receive help from psychologists and the Hub team.

I feel a strong fear of death, sometimes I am afraid to leave the house, I feel guilty that we did not leave with the children. I am working on it.

✓"We remember the day when we were still in Khmelnytskyi when the administrator from the School of Socialization called and said that classes would be resumed in an online format. We remember the first day and how happy Chris was! We can see how joyful and radiant she is now, as soon as we turn on the computer, and she hears the voices of her friends. These are feelings that cannot be compared to anything else.

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✓"Starting from February, Tolia had been losing his self-care skills completely. Many children and adolescents with disabilities and complex developmental disorders experience a setback, and there are many reasons and triggers for this. We attribute the regression of our son's disease to the outbreak of hostilities. In 8 months, Tolia completely lost his self-care skills, his sleep deteriorated and he became very tearful. Now we are continuing his education and working to improve his condition.

Tolia anticipates school classes with pleasure, looks at the children and tutors, likes to listen when the tutors read something new and do yoga. Everything is great and at the highest level. We are very grateful to the team and everyone involved.

We also use the services of psychological and legal support from the NGO See with the Heart.

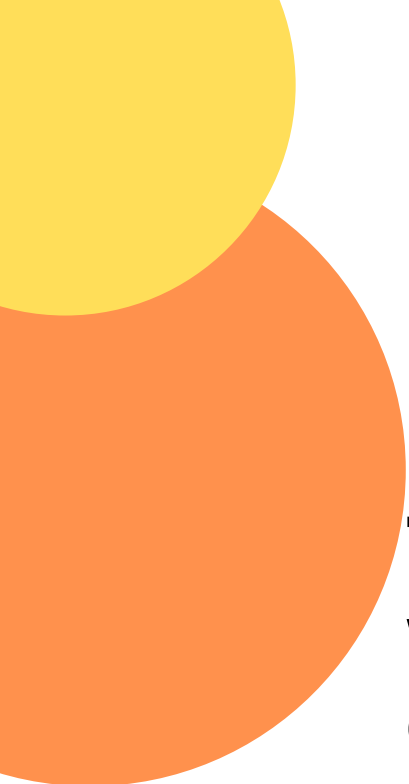
# 2023. A year of struggle and faith

The struggle continues. On every front line, for every family and every child, for every piece of our land. We thank our defenders! Because the past 2022 and the present 2023 are the years of their struggle on the battlefield, and ours in the rear, where each of us has a front line.

By helping others, we, first of all, help ourselves to get rid of fear in the most difficult moments of life. That's why charity is a great tool for two things at once – solving an urgent social problem that has a solution and building a better future for us and our children today.

Families with children with disabilities continue their war on different front lines. Providing children with proper treatment, care, safety, and the opportunity to socialize in new environments.

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**Thank you for being  
with us in these  
difficult times and  
helping families  
recover and have the  
strength to fight and  
believe.**



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