RECOVERY CAMP

2026

PSYCHO-EMOTIONAL REHABILITATION PROGRAM





PRESENTATION

ABOUT THE ORGANIZATION

RECOVERY CAMP





CHARITABLE ORGANIZATION

SINCERE HEART
CHARITABLE FOUNDATION

Established:
2014

Location:
Lviv,
Ukraine

Website:
sincere-heart.org.ua

OUR MISSION

To provide comprehensive support to women, children, youth, internally displaced persons, and other representatives of vulnerable groups, helping them overcome the consequences of war through psychological rehabilitation, adaptation to new living conditions, and social integration.

ABOUT THE PROJECT

RECOVERY CAMP

RECOVERY CAMP

Psycho-emotional rehabilitation program









The participants are children and mothers affected by the war in Ukraine.

The project is implemented in the format of family camps and continued family support.

03/2022
Start date.

> 290
Camps held.

The effectiveness of this program is scientifically proven and internationally recognized.

Link to source

THE PROBLEM

RECOVERY CAMP

Children and mothers should not be left alone with their pain. We create a space where they gain the strength to live on.

Millions of Ukrainian families have experienced the loss of their homes, security, and loved ones.

Mothers and children live with constant anxiety, grief, PTSD, and isolation.

The proportion of children with critical PTSD symptoms increased from 24% in 2022 to 34% in 2024.

The need for psycho-emotional support is critical.







2022	2025
24%	36%

SOLUTIONS

RECOVERY CAMP

Recovery Camp - an effective solution in times of psycho-emotional crisis

We have created camps for children and mothers who have not just survived the war,and lost the most valuable things - home, familiar world, sense of security, and close people.

Recovery Camp — is an evidence-based healing program for children and mothers.

22 700+

participants have completed the program and confirmed its effectiveness

Developed by a team of psychologists, psychiatrists, art therapists, body therapists, and play specialists.









CAMP FORMATS

RECOVERY CAMP

1 DAY CAMP

80 PARTICIPANTS

Children and mothers who are internally displaced in Lviv region.

MAIN GOAL

To provide crisis psychological assistance, create a safe, supportive and resourceful and resource space.

198 CAMPs

Held as of January 2026.









CAMP FORMATS

RECOVERY CAMP

6 DAYS CAMP

75 PARTICIPANTS

Children and mothers living in the frontline areas.

MAIN GOAL

To create a space where a mother and child receive comprehensive psychological support, resources and knowledge for self-help, support the child and the possibility of further for further internal recovery.

96 CAMPs

Held as of January 2026.









CAMP FORMATS

RECOVERY CAMP

10 DAYS CAMP

50 PARTICIPANTS

Children and mothers - families of fallen Heroes

MAIN GOAL

To create a safe space for living for grief, reducing symptoms of stress and emotional exhaustion, and to return to a sense of life support.

1 CAMP

Held as of January 2026.









THE RECOVERY CAMP PROGRAM:



Psychological support

Group and individual work, art therapy.

Play Therapy

Games, classes, master classes with play therapy specialists for children and mothers.

Body-Oriented therapy

Yoga, Pilates, breathing practices, physical exercises, sports games, swimming pool, sauna.

Psychoeducation:

Skills for emotional self-regulation and supporting children in crisis.

Joint activities of mother and child

Exercises to restore trust, emotional contact, mutual understanding

Culture, traditions and learning

Traveling, educational games, interesting guests, learning about Ukrainian traditions and values.

RESULTS 2022-2025

RECOVERY CAMP

Recovery Camp changes lives:

75%

of mothers and children felt a significant improvement in their psycho-emotional state (according to an official survey).

78%

Children became more open, less anxious and emotionally stable.

290+

Camps have been held.

608

Families were redirected and received individual assistance from psychologists after the camp.

3835

Children were screened for signs of post-traumatic stress disorder.

22 700+

mothers and children have received assistance through the Recovery Camp project.

RECOVERY CAMP - A PROGRAM WITH PROVEN EFFECTIVENESS

RECOVERY CAMP

The program is based on the principles of evidence-based psychotherapy and is adapted to the conditions of war.





The effectiveness of the program is investigated by pre- and post-testing.

The study is conducted with the official approval of the Ukrainian Institute for Public Health Policy.

There was a significant improvement in the emotional state of children and mothers after participating in the camp.

The results will be published in the Journal of the American Medical Association (JAMA) in 2025.