

# EXPANDING REGIONS, SKILLS, AND PROGRAMS

IMPACT REPORT  
MAY 2023 - MAY 2024



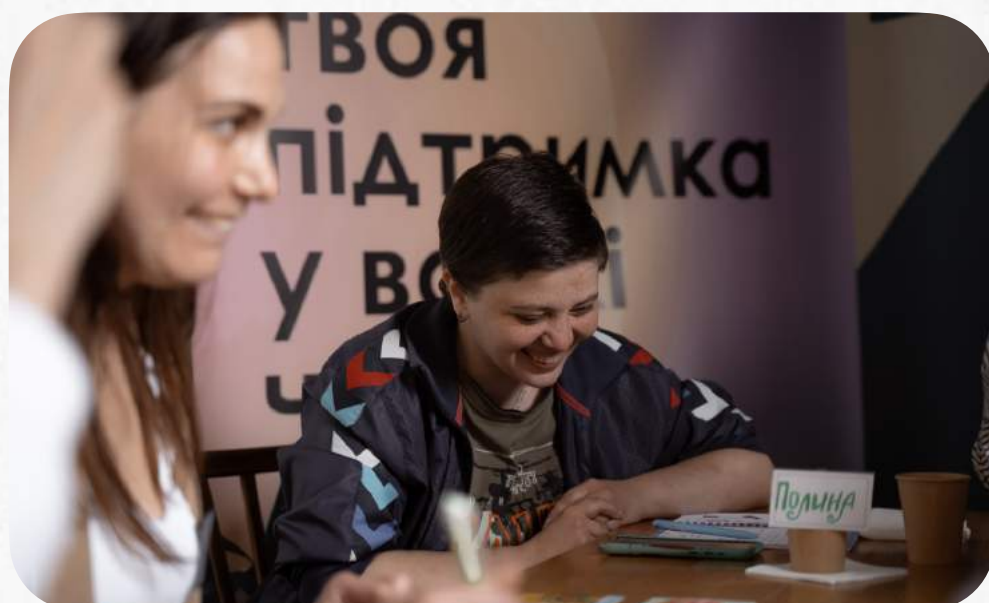


# тихі зустрічі

[tysha groups]



your support in hard times



[click here](#)

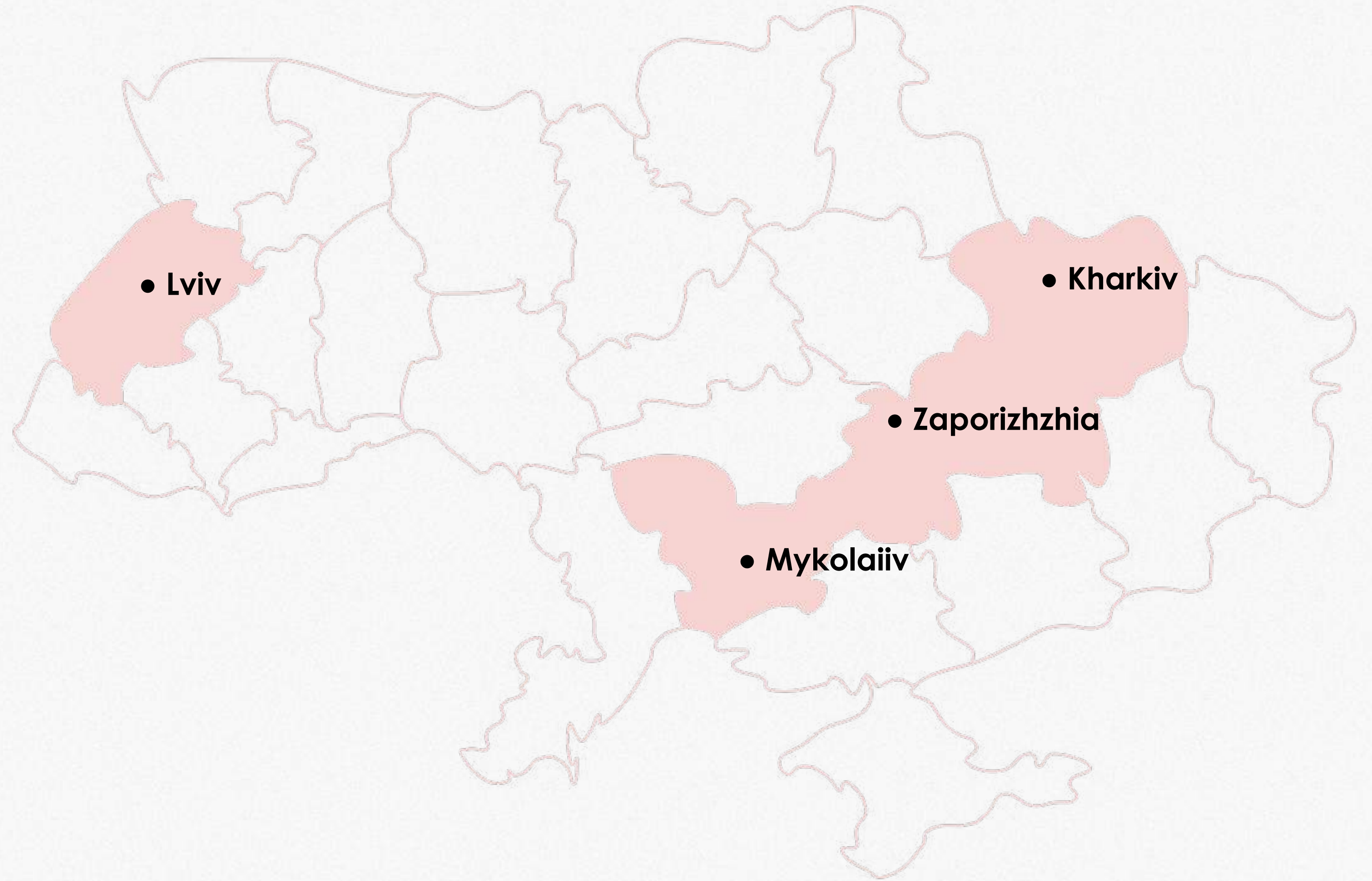


I am very grateful for this format of events! Not only do I feel relieved of anxiety, I have finally opened up! Since the beginning of the full-scale offensive, I have kept everything inside, lost friends. Thanks to the TYSHA groups, I finally started to feel alive, regained contact with my friends and found new friends



# TYSHA's coverage

In 2023-2024 TYSHA's groups expanded to Lviv and took root in Zaporizhzhia, Kharkiv, and Mykolaiiv



# Our programs

Within a year we expanded from one general program to three distinct programs. Strong partnerships strengthened our growth



**general  
(all women)**



**specific  
(women from military families)**



**specific  
(women-caregivers from military families)**



**superhumans** Center



Thank you for the opportunity to attend TYSHA groups. You have done a great job. Thank you for this project! It is very timely. For me personally, unfortunately, there was no such support in 2014...

# Ecosystem of our activities (1/2)

Within a year we grew from a set of activities around one program to a full ecosystem of activities around our team, our partners, and our women. We focus primarily on offline, but sometimes when effective we switch to online

## women

- program for general groups
- program for women from military families
- program for women-caregivers from military families
- program on forum theaters for women in rural areas

## organisations

- standards for psychologists and psychotherapists
- insights and data gathered in 2 years
- needs assessments and post-evaluation standards

*referral to individual counseling*



- group psychoeducation workshops
- group empowerment workshops (coaching)
- group star experts workshops
- group community building activities



# Ecosystem of our activities (2/2)

Within a year we grew from a set of activities around one program to a full ecosystem of activities around our team, our partners, and our women. We focus primarily on offline, but sometimes when effective we switch to online

psychologists

standards for psychologists and psychotherapists hiring

psychologists' community

- training and continuous support on the program delivery
- group education (star experts workshops)
- group supervision      individual supervision
- individual peer support

referral experts

learning and development strategy

strategy for referral to mental health professionals

experts' community

- individual counseling for women community
- group counseling for psychologists community
- group counseling for operations team
- group workshops for women community

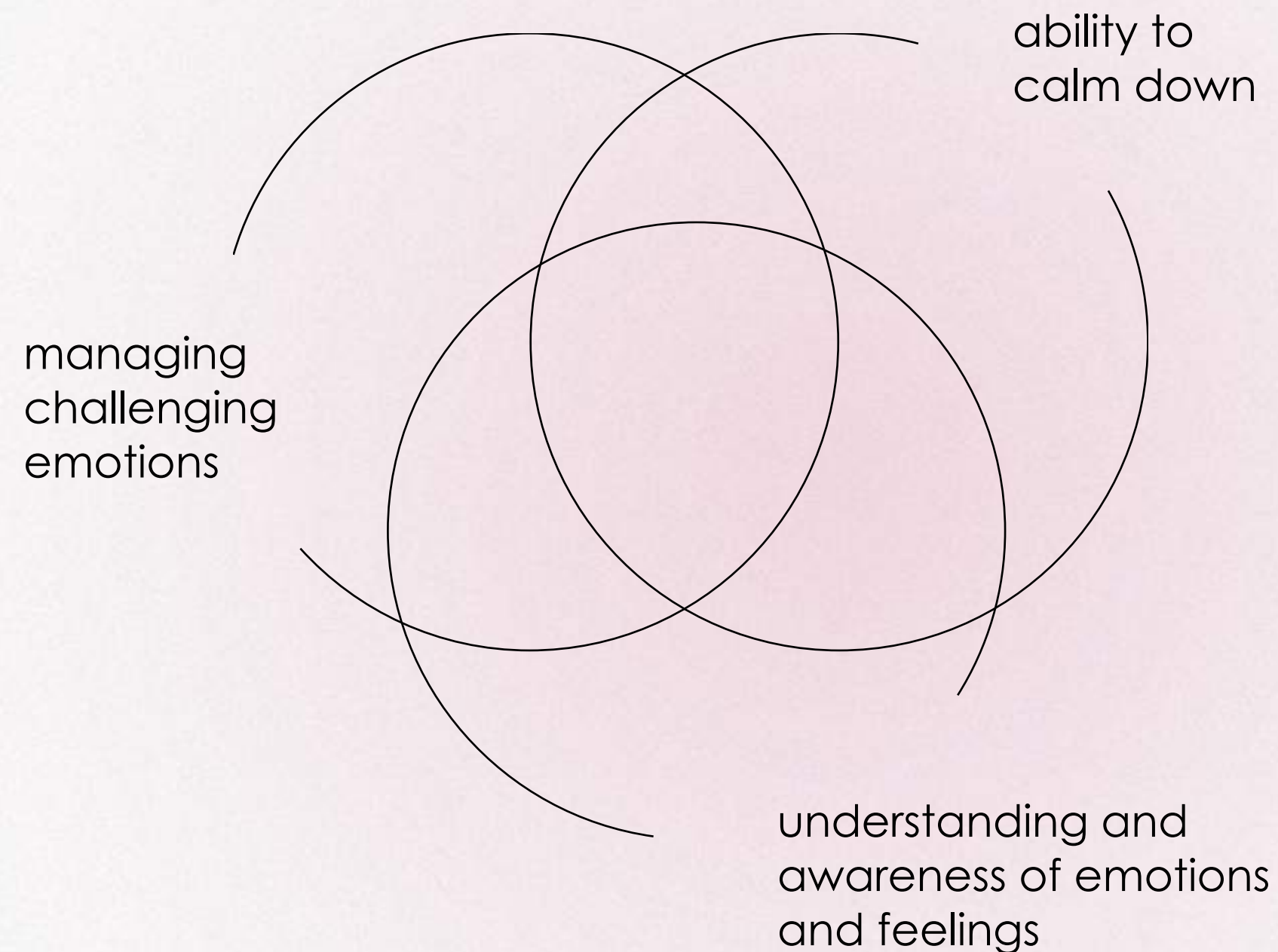


A very useful experience! Thank you for the opportunity! It was interesting with you! I will be happy to continue to visit! ❤️

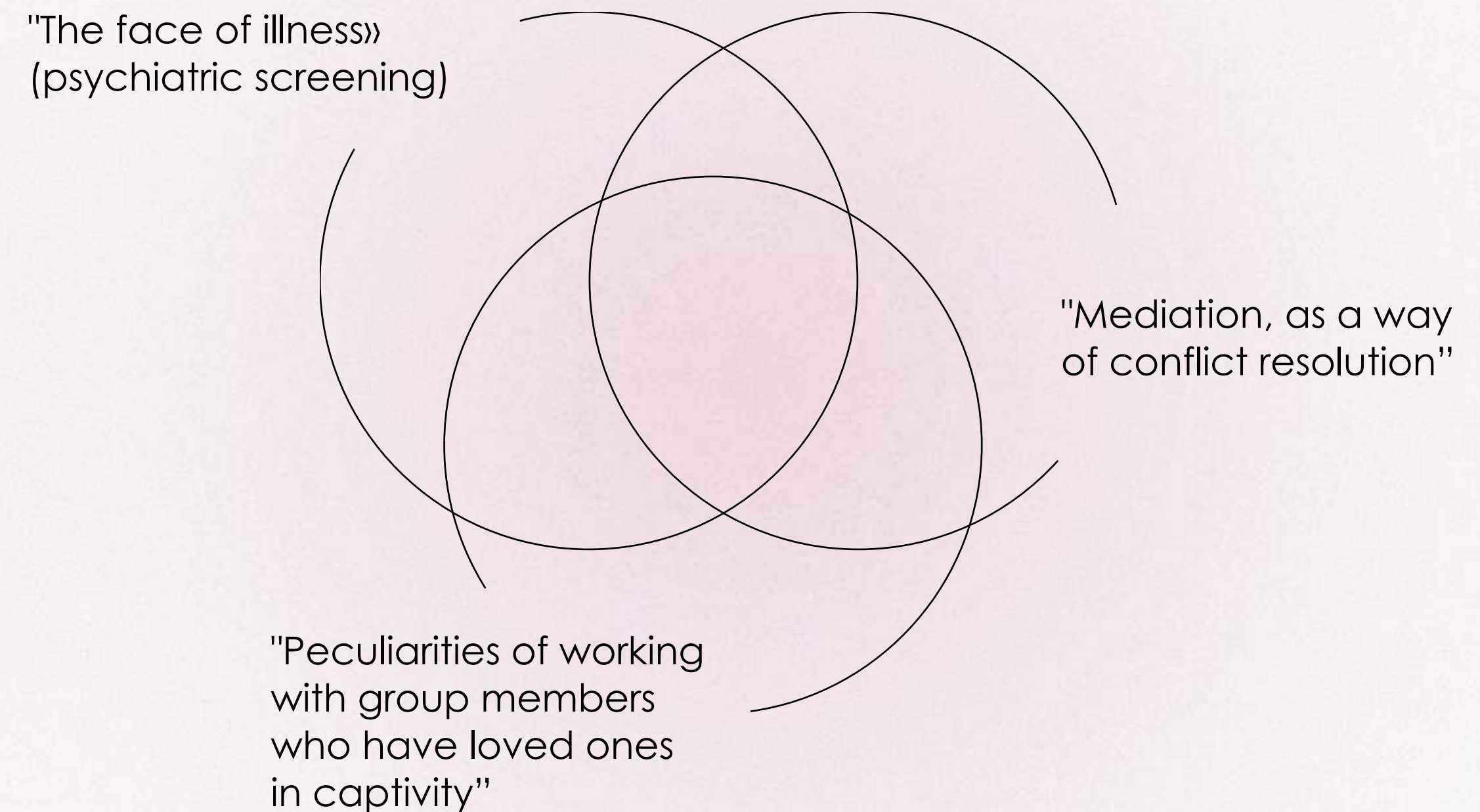
# We focus on skills

TYSHA's Learning and Development Strategy for internal and external stakeholders is focused on skills mastering. Because our emotional state in unstable circumstances are changing, but skills stay with us no matter what

TOP 3 skills women started to practice



Last 3 topics of group education for psychologists



# Our donors and implementing partners

We are extremely grateful to our first donors and professional implementing partners for believing in us and doing efficient great things together to support more women pass through hard times

dr. Denis  
**Mukwege**  
Foundation



**superhumans** Center

Thank you for creating this group. I have finally overcome insomnia. The exercises given by the psychologist helped a lot!



# Numbers we are proud of

We are extremely grateful to our first donors and professional implementing partners for believing in us and doing efficient great things together to support more women pass through hard times

80%

of groups continued as self-sustained peer support groups

>200

psychologist and psychotherapists applied to work with us on programs' delivery

28

6-week groups were conducted

14

psychiatrists and psychotherapists work with us within referral activities in 4 cities

127

women joined our community [НЕтихі жінки], 56% of women who passed the program

9

key team members works with TYSHA activities

228

women passed the program

10

key psychologists work with us within programs delivery

At TYSHA groups, I get inspired, calm down, get a toolkit that I try to apply in life, and I also share the acquired knowledge with my close, familiar women. For example, breathing practices, techniques of behavior during stress, etc.



# TYSHA in media

Within first months of 2024 we were published in over 26 Ukrainian media outlets, and got mentioned 62 times



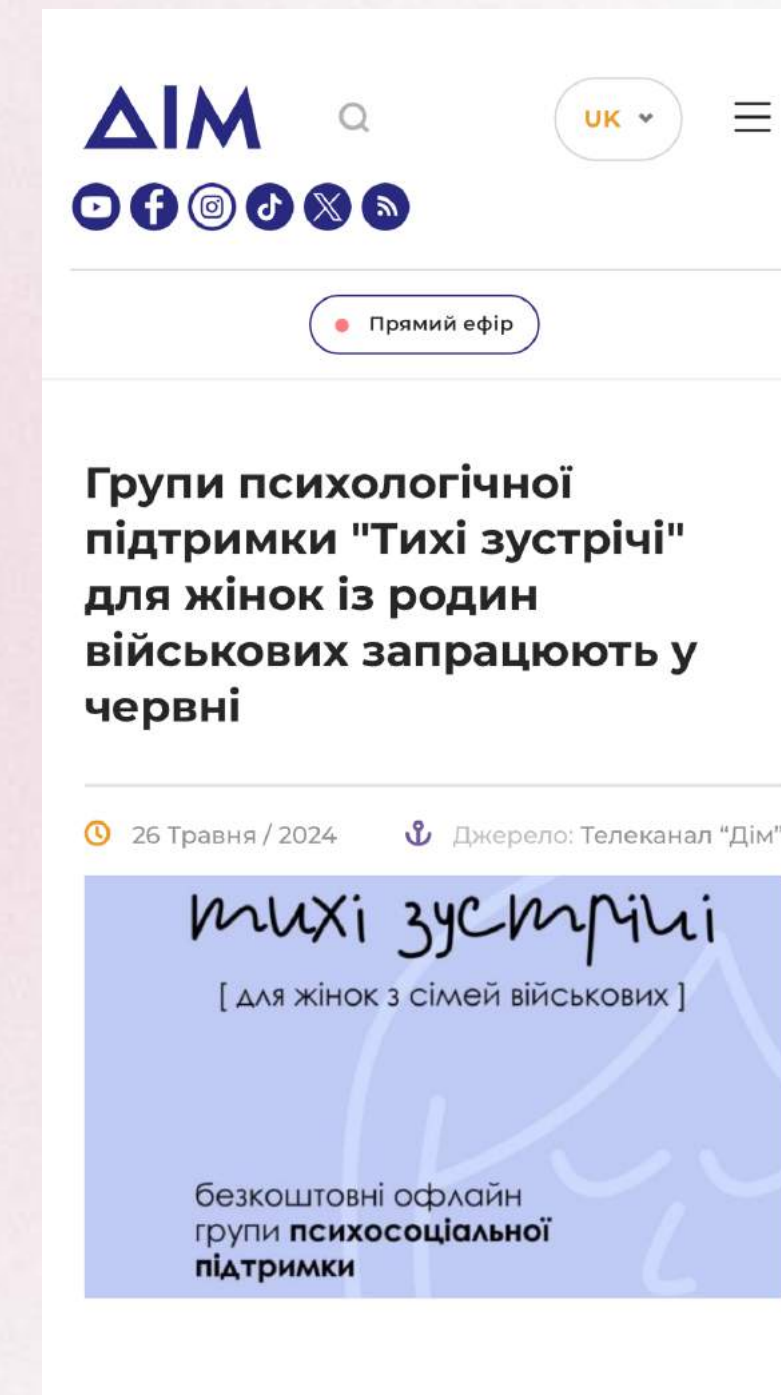
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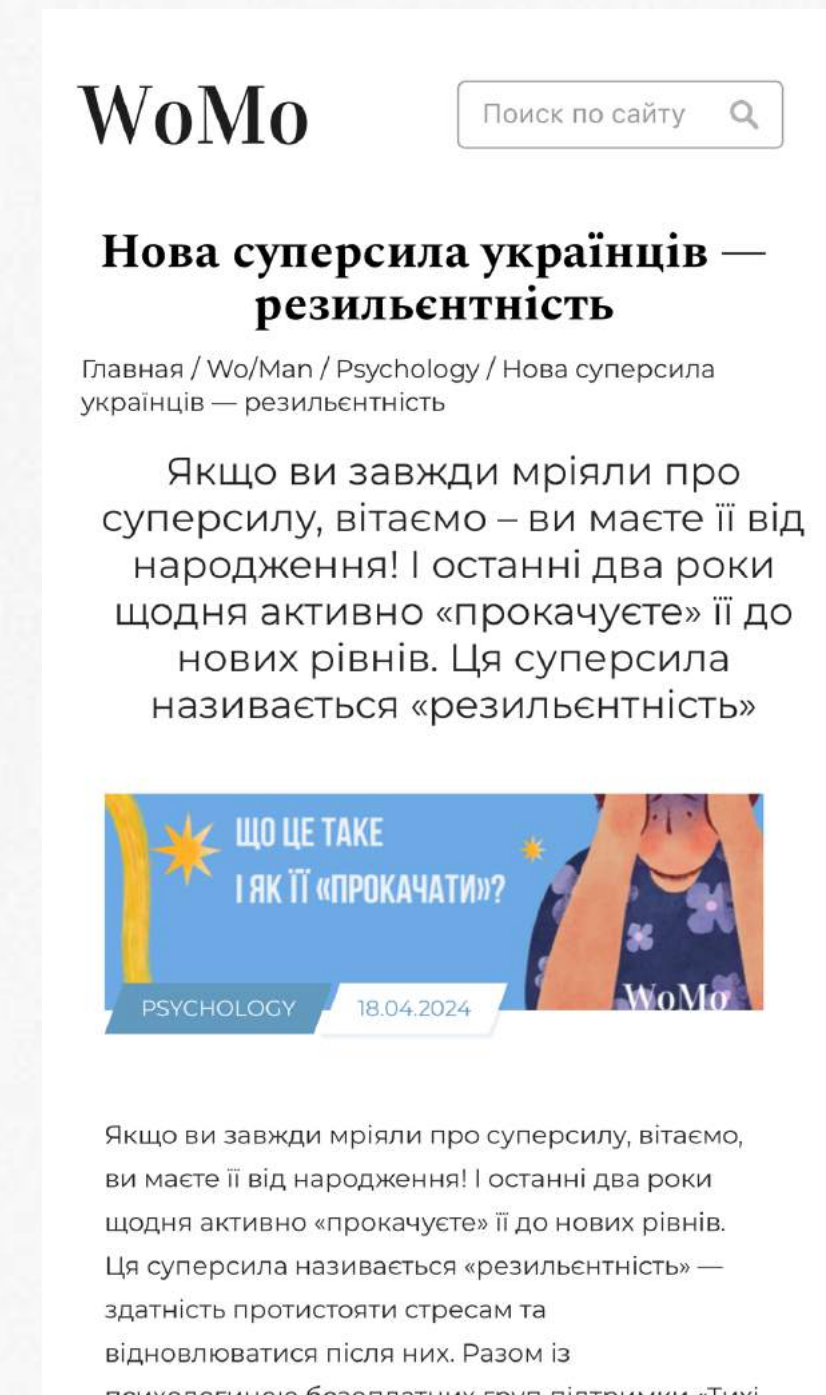
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We are experienced in supporting groups, teams and organizations.

We are creative and efficient, so let's talk  
[hanna@oneukraine.com](mailto:hanna@oneukraine.com)