

Systematic meetings are held as part of the formation program. Tuesday, Thursday, Saturday. Residents and teenagers from vulnerable categories of Lviv are involved in the formation program.

The formation program is conducted in two formats:

1. Y At the SGH "Spilnota-Ridni" premises, where an invited speaker attends.
2. Offsite format. Excursions, career guidance trips.

Number of participants in the formation program: 60 people.

Results for April-June 2024:

As part of volunteering, we got acquainted with the activities of the National Rehabilitation **Center "Unbroken"**, where we had the opportunity to listen to a cycle of assistance provided to the wounded. During the tour of the center, we learned about its founding history, the importance of its work at this period, saw the equipment, and had the opportunity to communicate with the staff.

Completed the course "**My Own Emotions**", where residents worked with a psychotherapist and got acquainted with their emotions, the emotions of other people, discussed the topics set by the therapist, reflected, shared experiences, and summarized the course.

As part of this course, a training session was held for residents and external teenagers. Topic: "Adult and Child Position in Relationships."

Lecture with a photographer, got acquainted with frame composition, discussed shooting life hacks.

Excursion to the Maria Zankovetska Theater as part of career guidance. Teenagers had the opportunity to go behind the scenes of the theater, learn about its structure, and get acquainted with theatrical professions. Attended a performance.

Trip to Krekhiv. On the eve of Easter, residents had the opportunity to visit the Krekhiv Monastery and walk through spiritual places. They visited the monastery itself, climbed to the cave monastery "Tymosha", and descended to the spring of Our Lady of Lourdes. This journey was not only a spiritual enrichment but also a wonderful opportunity to enjoy picturesque nature and have a good time.

Easter. As part of supporting Ukrainian traditions, residents formed and blessed an Easter basket. Together with the cook, residents prepared paskha (Easter bread) and assembled the Easter basket. Later, following Ukrainian traditions, they blessed the basket in the church. This is an important part of cultural national education, reflecting the values and customs of the people, preserving cultural heritage. The Ridni Charitable Foundation organized a festive lunch for the residents, inviting guest partners from the Lviv community.

Completed the course "**Public Speaking**". Public speaking is an important part of communication and presenting information to an audience. In the course, participants were introduced to the topic of public speaking, learned to speak convincingly, and presented themselves. They also studied the structure of a public speech, how to ensure the audience listens, and how to speak confidently. At the end, each participant presented their assigned topic, and each speech was analyzed. External teenagers were also involved in this course.

Meetings with **Father Maiba** help residents instill values that align with the "Spilnota" project values. Residents discuss the importance of mutual support in friendship, relationships within the team, and values that help in life.

Art therapy by psychologists helped residents develop the ability to adequately assess themselves and their capabilities, gain resources, and express their feelings through art. Residents had the opportunity to create an affirmation painting and distract themselves from daily routines.

Awareness session by psychologists on "Bullying" helped understand residents' thoughts on the issue, actively discuss counter-strategy and theory. Participants also took part in a survey, providing a deep understanding of their internal state regarding the problem.

As part of **team building**, two meetings were held with the team. This is a great way to unite teenagers in an informal atmosphere while focusing on developing professional skills and forming common goals. In this way, teenagers develop skills in cohesion, cooperation, and trust, which are used in both personal and professional life. External teenagers also participated in these meetings.

The "**Mercury**" **Center for Intellectual Art** participated in the professional orientation for the residents. Three sessions were held where teenagers worked with their feelings and creative potential, creating with pastels, clay, charcoal, and other materials. Residents also contributed to creating postcards that will be presented in the exhibition project "My Territory." The main goal of the exhibition is to convey the concepts of freedom, its global significance, Ukrainian land, personal and collective values, psychological comfort, physicality, and spirituality. External teenagers also participated in this activity.

Laser tag showed the teenagers the importance of teamwork and building a common strategy. The game helped develop endurance, precision, and team-building skills. Spending informal time together and the new experiences gained during the game helped the teenagers unwind and relax.

As part of **Children's Day**, we visited the cinema with the residents. The goal of this event was to raise awareness about the importance of respecting children's rights and needs, their safety, education, and development.

Gift sets of underwear from the **NGO "Yariy"** for the female residents. In the spring, the organization held a lecture for the girls on how to choose the right underwear and take measurements. Afterward, the girls received wonderful gifts.

Ambassadors from Ridni conducted a quest on safe employment. They talked about finding the first job, important aspects of employment, how to present oneself, and how to write a resume. The goal was also to form an idea about adult life, how to rent a home properly, and avoid scammers.

As part of **social responsibility**, an invited volunteer speaker shared their experience. A lecturer from the Department of Theoretical Psychology at Lviv State University of Internal Affairs talked to the residents about social responsibility and its importance during the war. She shared her personal experiences in communicating with military personnel and her volunteer activities over the past two years.

A friendship training session for external teenagers. Friendship is an incredible bond, mutual support, loyalty, and respect. During the training, participants had the opportunity to discuss what friendship means to them, the qualities a friend should have, and how to build friendly relationships. They also played games to establish contact.

As part of reinforcing the skill of hospitality, there was a **meeting with a "Spilnota" graduate**, Veronika, who shared her impressions of independent living and talked about the skills she gained during her time in the Spilnota that are helping her now.

The **"Sexual Education"** course was completed. Residents and external teenagers enthusiastically discussed a range of relevant topics such as safety, sexual identity, and body awareness. Group members explored their own physical and psychological boundaries, practiced recognizing manipulations in interpersonal communication, discussed "red flags" in relationships, and received a checklist to help them make more conscious decisions about their relationship readiness.

Plans

Planned extended trips for rest and recovery after the school year; professional orientation visits; lectures on healthy eating; understanding ecological responsibility and communal clean-ups; excursions; training and topics on mental health and how to care for it.

Starting in September, we plan to launch long-term courses such as "Project Management," "Community Activism," and "Psychoeducation."

External Teenagers Involved

We have a partnership with the organization **"3D" - Let's Help Children**. This volunteer organization works with children from vulnerable categories, particularly in boarding schools.

Through the Child Services and the "Dzherelo" Social Services Center, we have also managed to involve **teenagers in difficult life circumstances** who need support, education, and mentorship in the formation program.

Achievements of Our Residents We Managed to Track:

Danylo: Learned to manage anger. Attends industrial practice. Participated in volunteer work. Completed courses on "Public Speaking," "My Own Emotions," and "Sex Education." Attended creative meetings at the Intellectual Art Center "Mercury." Actively participated in the formation program. Became more responsible. Honestly and openly communicates his needs. Plans to join a sports section.

Serhii: Successfully defended his coursework and completed his first year of college. Enjoys working with design, so we are looking for a web design course for him. Attended psychotherapy sessions. Acknowledged and accepted his issues. Learned to voice his needs. Completed courses on "Public Speaking," "My Own Emotions," and "Sex Education."

Liza: Graduated from secondary school. Successfully passed the NMT exams. Chose a higher educational institution and a future specialty. Preparing to apply for admission. Completed courses on "Public Speaking," "My Own Emotions," and "Sex Education." Attended creative meetings at the Intellectual Art Center "Mercury." Started regular sports activities and normalized her diet. Became more open (experimenting with clothing style, established contact with residents).

Veronika: Graduate of the "Spilnota" project. Preparing for exams and defending her thesis. Chose a higher educational institution for further studies. Got a job. Speaks positively about the skills acquired in the "Spilnota." Currently, Veronika actively uses planning tools and understands her needs.

Valentyna: Attends English language courses. Speaks positively about the knowledge gained during psychotherapy groups and applies it in life. Participated in conducting team-building games for families living in family-type children's homes and communication training for children with difficult life circumstances. Showed interest in photography, art therapy, and actively helps with content for the Spilnota's social media.

Dariia: Completed the 10th grade at the lyceum. Attends vocal lessons. Actively participates in the formation program. Enjoys reading psychology. Completed courses on "Public Speaking," "My Own Emotions," and "Sex Education." Attended creative meetings at the Intellectual Art Center "Mercury."

Yuliia: Completed the 8th grade at school. Attends a dance section. Responsibly participates in the life of the Spilnota. Completed courses on "Public Speaking," "My Own Emotions," and "Sex Education." Attended creative meetings at the Intellectual Art Center "Mercury." Attended group sessions for supporting children whose parents have addictions.

The Main Algorithms of the "SPILNOTA-RIDNI" Team's Work Have Been Developed

Interdisciplinary Team Meetings: An algorithm for meetings has been developed, including their frequency and systematic occurrence.

Individual Consultations with a Psychologist: Consultations are conducted 1-2 times a week.

Individual Meetings with the Director: Meetings are held once a month or more frequently if needed (for short summaries and plans that the resident has).

Individual Work with a Social Work Specialist: Each resident is assigned a specialist who works on education, leisure, self-development, and health. The specialist and the resident meet every two weeks to discuss current issues.

Strategic Meetings with a Methodologist for planning and defining the development vectors of the Spilnota formation program.

The team holds supervision meetings on a regular basis and undergoes training to enhance their professional level.

Tools Used in the Work:

Case Diary: Covers four areas of the resident's development: education, independence, health, and self-development.

Planner: Where residents plan their education, courses, and leisure activities.

Testing: To understand the resident's knowledge level and psychological state.