



АЛЬВІЯ

Сімейний центр

SOCIAL PROJECTS

3 Nezalezhnoi Ukrainy str.,  
Zaporizhzhia city,  
Ukraine

# OUR PROJECTS MISSION

aimed at supporting children and their families

**The Family Center “Alviia”** is a place that provides true support to children of the Zaporizhzhia region. Our mission is simple yet vital - to create a space where every child has a chance for a happy future.

Today, we present *two unique projects* focused on the development and support of children with special needs and those who have experienced trauma. These initiatives are tailored to the individual needs of each child and their families.

We believe that together, we can build an environment where every child receives the care and development they need for a fulfilling life.

# WHY IS THIS IMPORTANT?

- Thousands of children in Zaporizhzhia face daily challenges that require *specialized support* and access to qualified professionals.
- The issue lies not only in the number but in *the quality of available services*. Many families don't know where to turn or cannot afford the help their children need.
- We strongly believe children *should not face difficulties alone*. That's why we launched these projects - to bridge the gap.



# OUR TEAM



## DOCTORS

**Aliona Permiakova** - founder and general manager of the Alviia Family Center in Zaporizhzhia and Kyiv, general and anthroposophical medicine doctor with 22 years of experience.

**Aliona Maryanova** - top-category neonatologist, rehabilitation specialist, pediatrician with a focus on premature and inclusive children.



## PSYCHOLOGISTS

**Tetiana Borodulkina** - practicing psychologist, PhD in psychology, associate professor of the department of psychology at National University "Zaporizhzhska Politechnika", 26 years of experience.

**Aliona Lapytska** - practical psychologist with 15 years of experience, gestalt and art therapist, Montessori teacher with 7 years of experience, group facilitator.

**Anna Sokolova** - clinical psychologist, psychotherapy and psychocorrection, combining body, image, sound therapy, and breathwork.



## PHYSICAL CORRECTION SPECIALIST

**Dmytro Dragunov** - climbing wall coach, II category in sports and mountain tourism, sports-tourism judge, physical correction specialist.

## PSYCHOLOGIST, SPEECH DEVELOPMENT SPECIALIST

**Viktoriia Kyashko** - child and adolescent psychologist, family systems and art therapist, speech development specialist with 17+ years of experience.



# PROJECT “STEPS OF OPPORTUNITIES”

## GOAL

to create conditions for social skill development and improved quality of life for children with special needs, considering their mental and physical health.

## TASKS

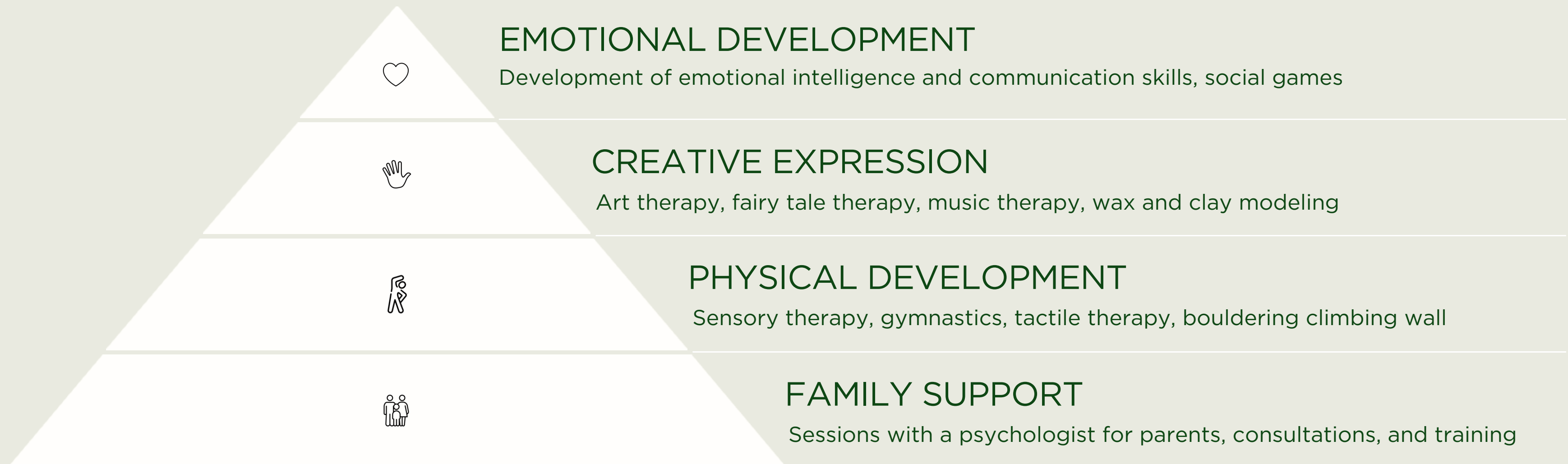
to support the child's personal development and social adaptation

## RESULT

shaped the child's personality and developed their creative and social abilities, while also supporting their physical and psychological health



# PROJECT WORK FORMATS



Our work formats are aimed at the comprehensive development of the child: from physical abilities to emotional intelligence. We combine various therapeutic approaches to ensure harmonious development and socialization. A key component is the preservation of Ukrainian culture and traditions, which are integrated into the activities. This helps children develop a sense of national identity and belonging to a community.

Social games and group sessions support the formation of peer interaction skills, which are an important step toward the successful socialization of children with special needs.



# SCHEDULE AND THERAPY PLAN

for children with special needs (two-month course)

1. Sensory gymnastics and tactile therapy – 5 sessions, 30 minutes each (alternating every other day with item 2).
2. Therapy with physical exercises including elements of bouldering and joint gymnastics. Breathing exercises – 5 sessions, 30 minutes each (alternating every other day with item 1).
3. Social games in small groups (2–5 children). Depends on diagnosis and age (preschool to 10th grade) - sessions are 15 minutes long.
4. Fairy tale therapy – offered if the child is ready and able to listen.
5. Painting in the “wet-on-wet” technique – 3-hour block, individual sessions of 20 minutes.
6. Form drawing for school-aged children – conducted daily after the physical part of therapy. Each session lasts 15 minutes.
7. Wax modeling – 15-minute sessions.
8. Music therapy (singing combined with gentle movements) – 3 to 5 sessions, 15 minutes each.
9. Parent sessions with a psychologist – focused on working through fears, guilt, shame, etc. Each session lasts 40 minutes.

The first session with each child is individual, aimed at selecting a personalized developmental and therapeutic program. Sessions will be held 2–3 times per week.

# PROJECT “CRISIS AND TRAUMA PEDAGOGY. TOGETHER TOWARDS THE LIGHT”

## GOAL

to create a safe and supportive environment for children who have experienced traumatic events, using trauma pedagogy methods to help them recover emotionally, learn to manage their feelings, and rebuild trust in others. The work is carried out both individually and in groups.

## TASKS

creating a safe environment, supporting the recovery from traumatic experiences, and fostering emotional and social healing.

## RESULT

emotional and psychological recovery, development of adaptive skills, improvement of the child's quality of life, and enhancement of resilience.



# PROJECT WORK FORMATS



## INDIVIDUAL WORK FORMATS

- Trauma-focused individual support – working with the child to identify and process their emotions and experiences.
- Trust-based conversations – creating a safe space for discussing feelings and personal experiences.
- Fairy tale therapy and art therapy – using creative methods to work through traumatic memories.
- Self-regulation and stabilization techniques – teaching grounding methods and breathing exercises to manage emotions.
- Psychoeducation – explaining the child’s emotional responses and stress reactions in an accessible way.



## GROUP WORK FORMATS

- Therapeutic groups – meetings for children with similar experiences to share and support one another.
- Play therapy – using play as a tool to process traumatic events and build trust.
- Social skills groups – developing communication, cooperation, and emotional regulation.
- Emotional intelligence development trainings – helping children recognize and express their feelings.
- Therapeutic workshops – engaging in creative tasks to express emotions (drawing, sculpting, music).

# PROJECT WORK FORMATS



## FAMILY WORK FORMATS

- Family counseling – working with the family to understand the child’s needs and build supportive relationships.
- Parent education – providing knowledge about trauma, its impact on the child, and ways to offer support.
- Family therapy sessions – addressing conflicts and strengthening family bonds.



## ADDITIONAL APPROACHES AND METHODS

- Crisis support – emergency psychological assistance in the event of intensified traumatic reactions.
- Multidisciplinary approach – collaboration with educators, psychologists, and social workers.
- Resource groups – creating an environment that helps restore a sense of control and safety.

Our methods focus on the gradual restoration of the child’s psychological well-being. We begin by building trust and creating a safe space, then progressively work on processing traumatic experiences. Each therapy plan is tailored to the individual needs of the child, taking into account their age, the nature of the trauma, and available resources. We also emphasize working with parents, as the family is a key resource in a child’s recovery. Sessions are held 2–3 times per week.



# SOCIAL OPPORTUNITIES

## PRESENCE OF A SOCIAL GROUP IN THE PROJECTS

priority is given to children from vulnerable categories within the educational institutions of Zaporizhzhia

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## CATEGORIES OF CHALLENGES FOR PROJECTS PARTICIPANTS

socio-adaptation difficulties; children with mild autism spectrum disorder (ASD); children with ASD who have experienced trauma, are in difficult life circumstances, and require a safe, child-friendly space

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## AGE CATEGORIES AND PROJECT DURATION


Crisis and Trauma Pedagogy: ages 6–8 and 9–12

Steps of Possibility (for inclusive children): ages 4–6

Planned Project Reach: approximately 300 children

Each corrective course lasts 2 months, with sessions held twice a week.

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300+

CHILDREN ANNUALLY  
can receive help with proper support

6

SPECIALIZED PROGRAMS  
for different needs and age groups

7

PROFESSIONALS  
ready to conduct regular classes

# INFORMATIONAL SUPPORT

Together, we can change the future of our children and create a city where every child has a chance for a happy life.

Interaction with local education and social welfare authorities is vital for building a comprehensive child support system. We are ready to share our methodologies and train other professionals to reach more children.





# CONTACTS



## TELEPHON

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Ukraine



## SOCIAL NETWORKS

[@alviia.center](#)

We invite everyone who cares about the future of our children to cooperate! Let's create together a city where every child has a chance for full development, support, and a happy future.

We are open to various forms of partnership – from information support to joint project implementation. Your participation can change the lives of many children and their families.

Contact us in any convenient way and we will discuss the possibilities of cooperation. Every step forward is a new hope for a child in need.

# THANK YOU!

## **The Family Center “Alviia”**

Aliona Permiakova

General Manager

Zaporizhzhia & Kyiv, Ukraine