



Ukrainian Foundation Project:

A Comprehensive Substance Use Prevention Program for the Ukrainian Community

Dear friends!

Are you concerned about substance use in our community? Join us for an innovative 20-session prevention program designed specifically for the Ukrainian community, led by experienced specialists.

Why Join This Program?

For Your Personal Growth:

- Develop practical skills for recognizing and responding to substance use concerns.
- Learn stress management techniques blending Western and Ukrainian approaches.
- Build confidence in navigating healthcare and support systems.
- Enhance emotional resilience through art therapy and creative expression.
- Experience healing and connection through guided nature retreats.



For Your Family:

Strengthen family bonds through shared understanding.
Learn effective communication strategies across generations.
Create a supportive home environment that promotes well-being.
Develop family action plans for preventing and addressing substance use.

For Your Community Connection:

Build lasting relationships with others who share similar experiences.
Connect with a supportive network of Ukrainian community members.
Access culturally sensitive resources and support services.

Program Features:

20 interactive sessions combining evidence-based prevention strategies with Ukrainian cultural context.
Choice of online or in-person participation.
Art therapy activities for creative expression and healing.
4 overnight nature retreat camping experiences.
Complimentary refreshments at in-person sessions.
Comprehensive resource guide for support services.
Certificate of completion.

Who Should Attend?

Recent Ukrainian arrivals and long-term Ukrainian immigrants.
Family members and friends.
Caregivers and support persons.
Community leaders.
Parents who want to support their children's healthy choices.



Meet Our Expert Team:

Cultural SUD Prevention Counselor: Shares prevention strategies that work in our community.

Ukrainian Art Therapist: Guides creative healing activities.

Ukrainian Peer Support Specialist: Connects through shared experiences.



How will this help you?

- You will receive a certificate upon completion of the program.
- You will learn how to take care of your health and others.
- You will develop skills to help people around you.

How to sign up or ask questions: If you have any questions or suggestions, or if you want to participate in future lectures, please send us an email at: **Phocus@ukrainian.foundation** (all questions are confidential) or phone 503.8855684. Together, we are building a healthy and resilient community!

Participation in the program is free thanks to the support of Oregon Health Authority.



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