



CASEBOOK

IMPACT STORIES

“Military Families Support Office”



Our contacts:

+38 068 260 68 15
opr.v.lviv@gmail.com

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ABOUT US

The Military Families Support Office is a space created to assist the families of service members and veterans. We work to ensure that every Defender's family **has access to the resources, support, and opportunities** they need to grow and thrive.



5.000+

Requests received

95+

Events Organized

30+

Visits to local communities

5.500+

Hours Working

100+

Volunteers Assisting

54+

Partners Integrated



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TRIBUTES TO FALLEN HEROES





WOMEN'S EVENTS



OLHA'S STORY



«I STARTED TO SING AND SPEAK AGAIN!»

Olha Kokhan is the wife of a defender who went missing in action. When she first came to the singing retreat, she spoke very quietly and found it difficult to communicate with others. Olha is the mother of a wonderful boy, and she was looking for a source of strength — both for herself and to be able to take care of her son.

After attending the singing retreats, **Olha found like-minded people and the support that helped her feel grounded again.**

“I started to sing and speak again! And it’s not just about the power of my voice. It’s about reclaiming my ability to stand up for myself and pursue my goals.

I received a tremendous resource — strength! And now I look forward to every meeting. Singing helps me regain stability, and being with other women helps me feel supported and hopeful again,” Olha shares.

OKSANA'S STORY



«HERE I FOUND FRIENDS, SUPPORT, AND MENTORS.
HERE I DRAW MY ENERGY»

Oksana Tkachyk is the mother of a defender who went missing in action. “Just seven days after back surgery, I told the doctors: Let me go! The girls are waiting for me at the singing retreat, and I won’t miss this meeting under any circumstances!” Oksana recalls.

She attended the singing retreats on the recommendation of a psychologist from the “PidTrymay” initiative, implemented by the Military Families Support Office. At first, Oksana was very skeptical. She didn’t want to talk to anyone and felt deep distrust toward the world. In her words, her world had collapsed and could never be restored.

But after the very first retreat, **she smiled for the first time in a long while.** She **found friends** there, and together they formed a strong, supportive community. **Her world filled with light again,** and now she’s always the first to register for every singing retreat.

YEVHENIIA'S STORY



«HOW DID I CHANGE AFTER THE COURSE? IT FELT LIKE I HAD RETURNED TO A TIME UNTOUCHED BY WAR»

Yevheniia Volhina is the mother of a Fallen Hero who found the strength to keep living after an unbearable loss. More than two years ago, she buried her son — and with him, a part of her soul.

When Yevheniia was invited to join our signature course “**Writing Therapy**” for women from military families, she was initially skeptical. But with the support of the mentors and the psychologist, the sessions helped her gradually regain her inner strength, **return to social life**, and take responsibility for her own healing.

Today, Yevheniia feels a **renewed sense of self-belief** and shares her experience with others, inspiring them to find their path to a new beginning — even after tremendous loss.

MARIIA'S STORY



«WRITING THERAPY IS THE SILENCE IN WHICH YOU ARE FINALLY HEARD»

Mariia Borsuk lived for a long time with pain and loneliness after losing her husband because of the war. She withdrew into herself, became quiet and exhausted, and all her emotions — sadness, anxiety, resentment — remained trapped inside, with no way out.

When Mariia learned about the “**Writing Therapy**” course, she decided to give it a try, because she extremely needed a space where she could be honest with herself.

Writing became **a safe way for her to release memories**, tears, guilt, and pain. The course helped Mariia gradually **reconnect with herself**, accept her feelings, and realize that it is possible to allow herself to fully experience all her emotions.



LEARNING & DEVELOPMENT



OLENA'S STORY



«WE HAVE RESTORED THE FAMILY BUSINESS AND WILL MAINTAIN HIGH STANDARDS IN HONOR AND MEMORY OF 'KRYM'»

Olena Ozerova is a woman whose husband gave his life defending Ukraine, yet she found the strength to start her life over. She and her husband had previously run a flower shop together in Drohobych, but after his death, Olena closed the business and moved to Stryi.

Despite her grief, she didn't give up on her passion — she continued creating bouquets for her regular clients. A new chapter began when Olena joined a **business training program** for women from military families, organized as part of the “PidTrymay: Military Families Support Centers” initiative.

After completing the course, Olena **opened a new flower shop** in Stryi. Later, she **received a grant** to develop her business, purchasing the necessary equipment and confidently continuing the work she and her husband had once built together.

ZORIANA'S STORY



ЙОГО
ТИЛ
Сила
сестринства

«I USED TO SEEK SUPPORT, AND NOW I HAVE BECOME THE ONE WHO PROVIDES IT»

Zoriana Kolodna is the wife of a serviceman, who for a long time felt that she is living “in her husband’s shadow.” She wanted to do something socially meaningful, bringing together military spouses into a true sisterhood.

When the opportunity arose to join the “**Women’s Leadership Academy**”, organized as part of the “**PidTrymay: Military Families Support Centers**” initiative, Zoryana hesitated at first, but the program became a point of her growth — it helped her to **find her own voice and believe in her leadership abilities**.

After completing the program, she **received a grant and founded the public organization** “**Yogo Tyl**” (His Rear), which supports military wives and develops a sustainable community.



CHILDREN'S EVENTS



KATIA'S STORY



«YOU SURROUNDED MY DAUGHTER WITH WARMTH AND TRUST,
AND THE HIBUKI BECAME A TRUE FRIEND TO HER»

Katia is a cheerful and sensitive seven-year-old girl. Three years ago, she lost her father, who gave his life defending Ukraine. This loss was a profound shock for the entire family — and especially for Katya.

After joining the «**Hibuki Therapy**» project, she **learned to cope with her fears** — including her fear of spiders. **Hibuki has become her true friend and protector**: she takes him with her on trips, during air raid alerts, and even to competitions, caring for him as if he were alive.

Katia's mother shares:

“I'm so happy that this therapy helped her overcome her fear. Our Hibuki has become another member of the family. We are endlessly grateful for the opportunity to join the project. You surrounded our child with warmth and trust and became a true friend to her.”



YOUTH EVENTS



MAKSYM'S STORY



«I DIDN'T BELIEVE PEOPLE COULD CHANGE, BUT NOW I KNOW THEY CAN – BECAUSE I DID. THANK YOU FOR BEING PART OF THAT CHANGE»

Maksym Pryshliak is the son of a missing in action defender and a member of our youth community. He struggled deeply with everything that had happened to his father — he withdrew from those close to him and didn't know how to cope with his emotions.

After joining the community, Maksym **found like-minded people** and a **safe space** for communication and support.

Maksym also completed an **SMM course**, which helped him in his professional path and in developing new skills.

In his words:

“The organization and the people who work in it are truly incredible. They came into my life at the most difficult moment and **gave me new breath** and a new perspective.”

LIDIIA'S STORY



«I WANT TO BE HELPFUL AGAIN TO THOSE WHO ARE BESIDE ME»

Lidiia Fedyuk reached out to the “PidTrymay” initiative for psychological support due to the intense emotional strain following her husband’s disappearance. She experienced severe anxiety, panic attacks, and feelings of helplessness. During consultations with a psychologist, Lidiya learned about the youth community and decided to join.

Within the community, Lidiya **found friends** and a safe space for communication and support, which greatly helped her **regain emotional stability and inner strength**. Psychotherapy, together with the support of the community, helped her **reduce anxiety, restore motivation, and regain the desire to take action**.

Today, Lidiia is actively **engaged in volunteering**, has resumed her photography work, and participates in events organized by the “PidTrymay” initiative.

DAVYD'S STORY



«I WANTED THE WHOLE COUNTRY TO KNOW ABOUT THIS PROPOSAL»

Davyd Pradchenko is a marine and defender of Mariupol who spent 1,104 days in Russian captivity. After his release, he began rebuilding his life step by step, learning once again what joy, trust, and love feel like. It was during this time that he met Oksana — the person who became his strength and inspiration.

When Davyd reached out to the “PidTrymay” initiative asking for help in organizing **a proposal for his beloved**, we immediately understood how important it was for him to make this moment truly special. Together, we created a space filled with the people who mattered most — his loved ones, fellow soldiers, volunteers, and journalists.

This heartfelt, radiant moment — a proposal after captivity — carried so much **love, resilience, and hope** that it became a symbol of renewal and the belief that life can begin again even after the darkest times.

ROSTYK'S STORY



«WE LOST OUR HOME, BUT WE FOUND OUR FAITH IN PEOPLE AGAIN»

Rostyk is the son of a serviceman. He lives in a village with his mother and younger sister. One night, while the family was asleep, a fire suddenly broke out in their home. Within minutes, the flames engulfed the entire house. Thankfully, everyone managed to escape, but the home burned to the ground. After the tragedy, the family was left without a home.

Thanks to the call put out by the Military Families Support Office, something that once seemed impossible became a reality: **the house was rebuilt, furnished**, fitted with plumbing, and turned into a space where children's laughter can be heard again.

For Rostyk and his family, this home is much more than just new walls — **it is a symbol of support**, love, and the belief that even after great loss, it is always possible to start again.

FAMILY'S STORY



«AFTER ALL THAT HAD HAPPENED, IT WAS THE FIRST TIME WE FELT PEACE AGAIN»

After losing their father, a Fallen Hero, the family of Andrii Savenko from Sloviansk — his mother Olena and five children — were left without a home or support. They endured loss, displacement, and uncertainty, yet never lost their faith.

To help the family, the Military Families Support Office, together with partners, organized **a charity football tournament** that raised **70,000 UAH**. This allowed the family to rent a home and regain a sense of stability.

Today, the children continue working with our **psychologists**, while the Office's legal team supports the family with all legal matters. For them, this is more than assistance — it is care that brings a sense of safety, compassion, and the reassurance that they are not alone.



Support - changes the world

We stand by military families in
all life circumstances

+38 068 260 68 15

opr.v.lviv@gmail.com

21 Sichovykh Striltsiv Street, Lviv



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