

SPACE OF HOPE

Jesuit Centre for Spiritual and Psychological Health, Dialogue and Communication

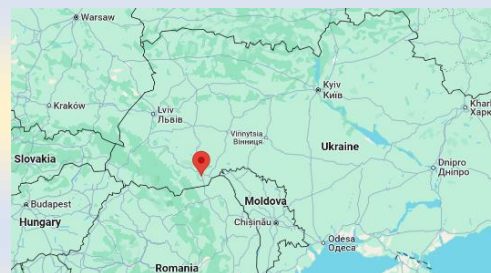
Place:

Chernivtsi, Ukraine

Responsible:

South Poland Province of the Society of Jesus - the Ukraine Mission

Fr Norbert Frejek SJ, Director, E-mail: norbert.frejek@gmail.com



Objectives:

The Centre is intended to assist people affected by the war who need psychological and spiritual support and to serve also as a space for dialogue and reconciliation.

Beneficiaries:

People resident in Ukraine, and especially those whose health, physical and spiritual, and economic situation has been adversely affected by the war: both men and women between 18 and 60 and children up to 13.

Context:

Many people in Ukraine have lost loved ones, homes, and possessions, leading to trauma which affects their whole lives. They need the sort of comprehensive treatment commonly associated with casualties of war. Many victims will be left with psychological scars for the rest of their lives. It is imperative to offer them assistance to face the past and find the healing and strength to go on living and looking with hope to the future.

Facilities:

In double rooms and dormitories (22 in all), the Centre will be able to provide accommodation to 35-38 guests. The house also features a kitchen, a dining room, a chapel, group work facilities and offices.

Planned Activities:

- *Spiritual group support with individual sessions in the form of an Ignatian retreat.* Finding balance, self-respect, and love of God and other people (one eight-day session a month).
- *Individual therapy sessions.* During the first year, there might be more than 700 hours of continuous psychological support for upward of 20 people.
- *Local group sessions for adults.* Sessions in support group form will involve relaxation, physical exercises, and workshops to hone emotional intelligence and encourage mindfulness, as well as achieving emotional and spiritual balance (one workshop/session a week).
- *In-depth therapy workshops.* Weekly meetings for people from outside Chernivtsi (8 meetings a year, 5 days each, for at least 16 people, with accommodation and meals).
- *Work with children.* Mainly using art, sport, and science as therapy, to occupy them while their parents or legal guardians are attending sessions; offering the children a haven and reprieve from the stark reality of a country at war.
- *Sessions and workshops dedicated to dialogue and communication* (one three-day session every month).

People who will use the Centre's assistance will:

- receive professional psychological assistance,
- learn to cope in stressful situations,
- learn what PTSD is, how to recognize its symptoms and where to seek help,
- experience an improvement in their quality of life and family relations,
- learn the basics of psychological first aid,
- have improved self-esteem.

Collaboration:

The Centre will work with the JRS Jesuit Refugee Service in Lviv, with the University Ignatianum in Cracow, and Jesuit Centres and Academic Institutions in Europe and beyond, sharing experiences and above all, providing help for the people who come to the Centre.

We need your support!

The Centre has been established in a former Jesuit foundation dating from 1894. In 1945, the Jesuits were expelled from the city, and the building was requisitioned by the state. In 2020 the Jesuits recovered the building, to find it a ruin and set about restoring it.

One of the biggest problems was draining the entire building, which involved waterproofing and renovating the ceilings. The reconstruction is almost finished and the exterior fits in well with the architecture of the city. The next challenge is to equip the individual rooms and other facilities, so that the Centre can function as soon as possible.

More information:

Fr Krystian Sowa SJ, President LOYOLA – DZIEŁA JEZUICKIE, E-mail: biurorozwojupme@jezuici.pl

**The high-cost refurbishment is being financed by donations from benefactors.
Remember, you too can help!**

LOYOLA – DZIEŁA JEZUICKIE (LOYOLA – JESUIT WORKS)

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Communication: I support SPACE OF HOPE



Thank you very much for all the support!