



LACERTA
— WORLD WOMEN COMMUNITY —

WOMEN OF HEROES

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ACCOMPANIMENT
OF WIDOWS OF
DECEASED MILITARY
SERVICEMEN

WOMEN OF FALLEN HEROES PROJECT

Psychological and socio-legal support of the widows of the deceased Ukrainian servicemen

GOAL

Reintegration of wives of fallen servicemen into a full life

TASK

To provide support and qualified assistance to widows, which they don't receive in full from state institutions

OBJECTIVE

To accompany 100 women of fallen heroes within 12 months

MISSION

Support for those women who, through the experience of loss, are able to grow into leaders

TOPICALITY

13 000

+

200

DECEASED
MILITARY

*According to the OPU and the General Staff of the AFU

DIE
DAILY

Thousands of families who have lost their loved ones

Thousands of widows who are left alone with their loss

Thousands of widows who are forced to face the imperfections of the state aid system, bureaucracy, devaluation and often unkindness and humiliation from the employees of state institutions who are supposed to help them

WHY AN ACCOMPANIMENT IS NECESSARY?

A woman in grief cannot withstand pressure and indifferent communication



How can I get a pension for my deceased husband..?

We will not pay you a pension for your husband, because you are working



But this is not enough for me to provide for my children...

If this isn't enough for you, the social service will take care of your child instead of you



...



BENEFICIARIES



WIDOWS OF DECEASED MILITARY SERVICEMEN

(AFU, Terrodefense, SSO, Intelligence)



IMPORTANT
to join the program

NOT IMPORTANT
to join the program

Immediately after the loss, or
after six months / a year

Having/not having children

Age

Legal registration of marriage
(marriage certificate)

Only in this case, according
to the legislation of Ukraine,
the rights and guarantees of
family members are
implemented

PROJECT INITIATOR

OKSANA KOROLOVYCH, NGO LAGERTA

Widow of the AFU officer, mother

**Public figure, President of the LAGERTA
INTERNATIONAL COMMUNITY OF
WOMEN**

**Ph.D. psychologist, trainer, supervisor,
facilitator**

Like thousands of Ukrainian women, she went through the process of losing her husband in the war back in March 2022 and faced all the difficulties of both her own psychological coping with the loss and coping with the loss of her children.

Since June 2022, she started working with families on a volunteer basis to help them go through this path with the necessary support. From this, work on the Women of Fallen Heroes Project began.



«Women of Fallen Heroes» is the first project with which LAGERTA started its activities. It is one of a number of interconnected projects aimed at multifaceted family assistance.

Oksana Korolovych is the initiator, leading expert and one of the psychotherapists of the Women of Fallen Heroes Project.

STRUCTURE OF THE PROJECT

THREE PHASES

01

**PSYCHOLOGICAL
ACCOMPANIMENT**
"LAGERTA" INTERNATIONAL COMMUNITY OF
WOMEN



Psychological stabilization of a widow after the
grief of loss

02

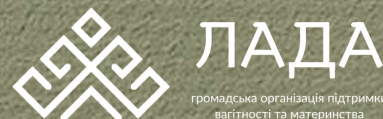
LEGAL ACCOMPANIMENT
NGO «Human Rights Bureau»



Documents regarding the implementation of
the rights and guarantees of family members
of the fallen Defenders of Ukraine have been
adopted

03

SOCIAL ADAPTATION
NGO «Lada»



The widow works and provides for herself
and her children

DURATION:

6-9 months of work with each
beneficiary

PHASES OF WORK. 01

PSYCHOLOGICAL ACCOMPANIMENT

01

02

03

10
sessions

WITH A PSYCHOLOGIST TRAUMA THERAPIST

- Intensive** individual care for an acute condition:
- Intensive schedule of sessions
 - Provides recommendations to family and loved ones

04
consultations

WITH A FAMILY PSYCHOLOGIST

Recommendations on the topic of supporting children with a widow and family members

1,5
months

WITH SOCIAL WORKER

«Personal manager»: meets, collects basic data, leads, organizes and plans the schedule of activities and services

02
booklets

SUPPORTING MATERIALS

- Booklet on the rights of family members
- Recommendations for psychological support of family members

PHASES OF WORK. 02

LEGAL ACCOMPANIMENT

02

03

02
months

WITH 4 LAWYERS

- provision of legal information, consultations and clarifications on legal issues
- drawing up attorney requests, statements, complaints and other legal documents regarding the implementation of the rights and guarantees of family members of fallen (deceased) Defenders of Ukraine
- drawing up documents of a procedural nature regarding the realization of the rights and guarantees of family members of the fallen (deceased)
- provision of legal assistance in representing the interests of family members of fallen (deceased) Defenders of Ukraine in courts, other state bodies, local self-government bodies, other people

08
sessions

WITH A PSYCHOLOGIST TRAUMA THERAPIST

- Supportive** individual care after leaving the acute condition
- twice a month or according to an individual schedule
 - provides recommendations to family and loved ones

08
meetings

GROUP SUPPORT

- Group therapy on the topic of loss (2 times a month)

03
meetings

WITH A FAMILY PSYCHOLOGIST

Consultation (recommendations) on the topic of supporting children with a widow and family members

PHASES OF WORK. 03

SOCIAL ADAPTATION

03

01
month

DIAGNOSTICS

Professional and social diagnostics – determination of point A and available opportunities in the field of professional realization and socialization, formation of the desired point B, to which we will move in the next stages

01
month

TEACHING

Completion of a mandatory course on financial literacy with an emphasis on the peculiarities of independent family support (recorded and two online webinars).

03
months

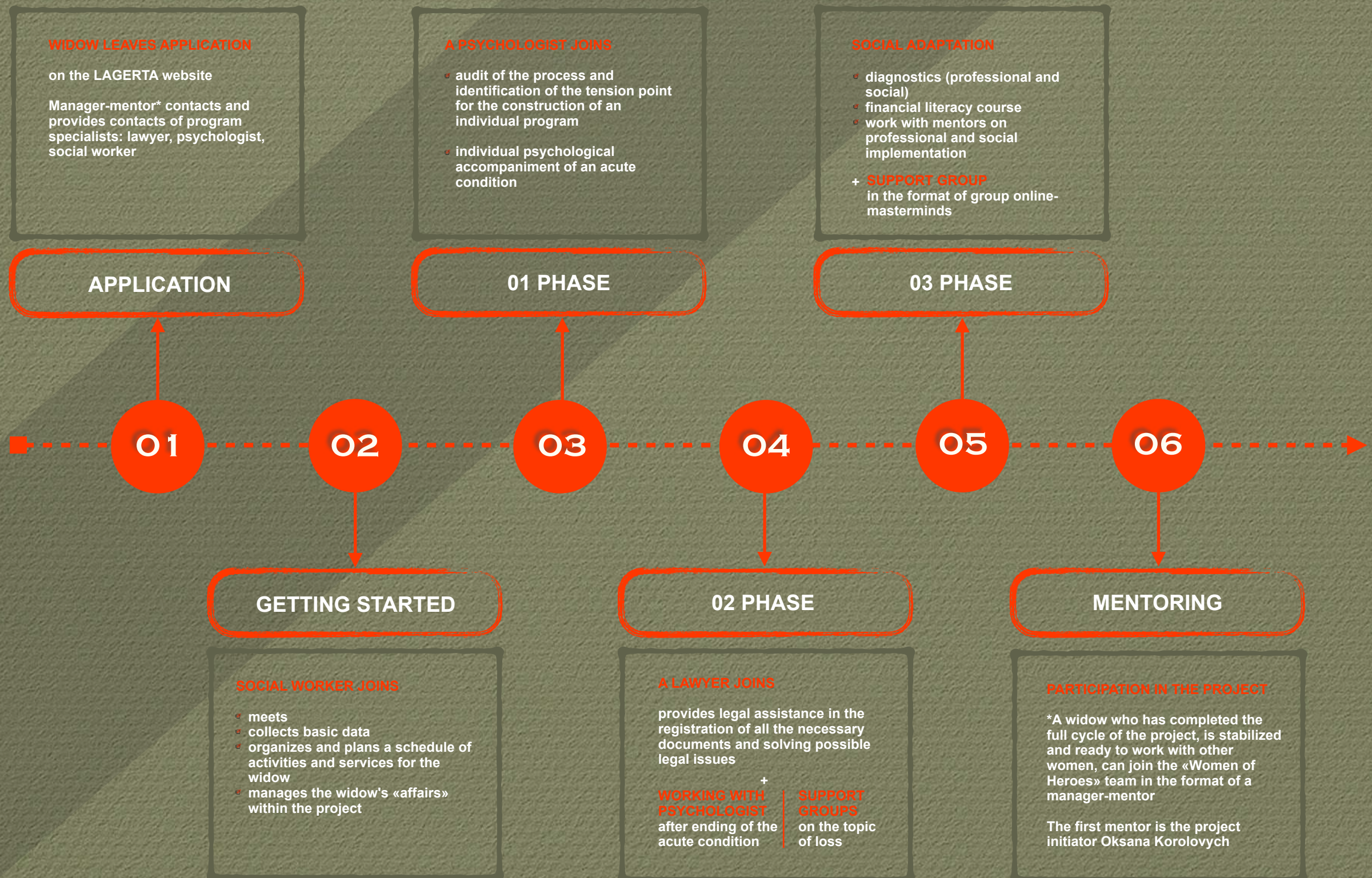
WORKING WITH MENTORS

- Work with an individual mentor on professional implementation
- Work with a mentor on social implementation

GROUP SUPPORT

Throughout the whole project, there will be joint group calls in the format of a mastermind, when women will have the opportunity to get to know each other and help each other. This creates a circle of trust and support

ROADMAP FOR BENEFICIARIES



WHY THREE PHASES?

Widows need professional support at each stage

01

FACING THE GRIEF

Grief is a complex process that causes fear and confusion about how to behave and how to help.

When a woman is alone with her loss, she must grieve in order to return to normal life

02

FACING THE SYSTEM

But instead, she is forced to bear all the responsibility herself and solve many issues that arise after the death of her husband, facing indifference and injustice

03

FACING THE SOCIETY

Faced with a heavy loss, a widow loses the life she had - she loses her husband, partner, friend, father of children, her social roles that she had in her «past» life

She is forced to find her new place in life

TEAM AND PARTNERS

Who works with the widows of fallen heroes?

20 specialists

10+ years of experience

Experienced psychotherapists, trauma therapists and therapists who specialize in working with loss and grief



LAGERTA
— WORLD WOMEN COMMUNITY —

8 specialists

10+ years of experience

Attorneys and lawyers with many years of experience



ГРОМАДСЬКА
ОРГАНІЗАЦІЯ
«БЮРО
З ПРАВ ЛЮДИНИ»

8 specialists

05+ years of experience

Managers who have a higher education of specialists in social work or a higher psychological education



ЛАДА
громадська організація підтримки
вагітності та материнства

CASE 1. PHASE 01

VALERIA MARTYNENKO

ДІД СЕРЦЕ СТАПЬ



FALLEN HERO

Dmytro Martynenko, a senior soldier, marksman, stormtrooper from the Separate Special Purpose Unit AZOV. He fought since October 2016.

Died on March 31, 2022, when the enemy shot down the helicopter in which the wounded Dmytro was being evacuated from Mariupol.



POINT A

Valeria has diabetes. Against the background of illness and extreme stress, she completely lost sight in one eye and partially in the other. She spent a long time under occupation in Mariupol together with her family - grandmother, mother, sister and sister's young children, who started stuttering from the horror they experienced.

She evacuated in June 2022 with her family under enemy fire and that's when she learned about her husband's death.

High level of suicidal risk. During the first two weeks of work, consultations were held every day.

POINT B

Valeria resumed an active social life.

Survivor's guilt has been resolved.

The ability to enjoy life in its various manifestations has returned.

Valeria works on her physical health to improve her quality of life.

CASE 2. PHASE 01/02

TETYANA OPANASYUK



FALLEN HERO

Valentin Opanasyuk, junior sergeant, commander of the intelligence department.

Died on February 11, 2023 during an assault on an enemy firing position. He covered the departure of his group at the cost of his own life.



POINT A

Very serious condition, no motivation to live, she was left with 3 children.

Shortly before the start of the full scale war, Tetyana and Valentin started to build their own house and had big plans and hopes. The only one who supported Tetyana in the grief process was Valentine's elderly father.

During the funeral, Tetyana's relatives put pressure on her, demanding her to receive the money for her husband's death as soon as possible and share it with them.

POINT B

Step by step Tetyana began to take care not only of children, but also of herself, but she is still in the process of therapy.

She embroidered a towel with beads for forty days after Valentine's death, which gave her the opportunity to move to the next stage of grieving.

Legal assistance was provided in the necessary amount

CASE 3. PHASE 01/02

NATALYA KULIKOVA



FALLEN HERO

Denis Kulikov, a soldier in the 206th battalion. At first, he studied in Kyiv, then performed combat missions in Mykolaiv and the Mykolaiv region.

Died on August 19, 2022.



POINT A

Very serious condition, she was left with two children. High level of suicidal risk. Anorexia (lost 99 pounds of weight).

She couldn't move around on her own.

Natalya's daughters were in a better condition than their mother and they were very worried about her.

POINT B

Natalya's weight normalized.

She started doing sports. The ability to enjoy life in its various manifestations has returned.

She can fully take care of children again and give them attention and motherly love.

Legal assistance was provided in the necessary amount.



WHAT FOR?

**FOR A WOMAN TO TAKE
WHAT BELONGS TO HER**

Rights. Opportunities. Knowledge

CONTACTS

Contact us in any way convenient for you



➔ Click on the icon to send a message to the project initiator



➔ Click on the icon to send a letter to golagerta@gmail.com



➔ Click on the icon to leave a request on the website

