



LAGERTA
— WORLD WOMEN COMMUNITY —

*Women's support groups for those who
have lost loved ones temporarily or
permanently*

Project experts



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Features of the project

- Partnership project of LAGERTA INTERNATIONAL COMMUNITY OF WOMEN and INSTITUTE OF HEALTH PSYCHOLOGY.
- The project is one of a number of LAGERTA's projects aimed at supporting and helping people affected by the russian military aggression and healing our country.
- The main goal of the project is to help participants of support groups restore psycho-emotional stability and stress resistance and support them in the process of social readaptation.



Detailed description

- Separate support groups for wives and for mothers and sisters of soldiers who died, went missing or were captured.
- During 2 months, 2 support groups of a closed format were held, in which women had the opportunity to meet and communicate with other people who are in a similar situation.
- The closed format of support groups allowed women to talk openly about their experiences and feel accepted and understood.
- After the completion of the project, the participants of the support groups noted that working with psychologists and communicating with other participants helped them overcome the difficulties of everyday life and help them realize that they need to continue living and look for new life meanings and goals.

