

The group is designed for Ukrainian teenagers aged 12-16 for free meetings and workshops on communication and socialization

## **WE OFFER:**

- exercises for developing soft skills (communication, socialization, time management, financial literacy, self-presentation, and networking)
- off-line communication in a friendly environment; exchange of ideas and personal experiences
- support from peers and practicing mindfulness, awareness, and balance through the exercises
- free transportation assistance from/to your location

## WHEN?

**Every second Sunday of the month** 

WHERE? 3800 La Crescenta Avenue, Glendale, CA 91214

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**ELIGIBILITY** UKRAINIAN HUMANITARIAN PAROLEES WHO ENTERED THE U.S. BETWEEN FEBRUARY 24, 2022 AND SEPTEMBER 30, 2023

RESIDENTS OF LOS ANGELES AND SURROUNDING COUNTIES: ORANGE, VENTURA, SAN BERNARDINO, RIVERSIDE

Ukraine Humanitarian Parolee – Refugee Mental Health Initiative (UHP-RMHI) responds to the mental health needs of ORR-eligible Ukraine refugees. The initiative provides peer mental health support and/or licensed clinical counseling

