

## Mission Statement

Strongest Families Institute leverages research, technology and humans who care to deliver evidence based programs to children and families dealing with mild to moderate mental health issues and other concerns impacting health and well-being.



## UKRAINE REFUGEES NEED OUR HELP!



ALL DONATIONS WELCOME  
OUR GOAL - \$130,000

## HERE4U

VALERIIA WAS SHOWN KINDNESS WHEN SHE ARRIVED. HELP US TO HELP HER GIVE REFUGEES THE GIFT OF MENTAL HEALTH AND WELL-BEING AS THEY INTEGRATE

Valeriia Suslova - Project Lead

'Here4U Project, Strongest Families

86,861+ UKRAINIANS ARRIVED IN CANADA.  
THEY NEED OUR HELP.

### ABOUT US

## WHO WE ARE

Strongest Families Institute (SFI), led by Drs. Patricia Lingley-Pottie and Patrick J. McGrath is a validated virtual system of care. SFI services now reach 13,000 Canadians annually - But we can do more! With Valeriia's experience added to our team, the 'Here4U' project will provide support to Ukrainian newcomers and their families.

Valeriia Suslova is a Ukrainian newcomer and SFI's Here4U project lead. Valeriia speaks Ukrainian and Russian and was a social psychologist in Ukraine. She will lead this project, bringing lived experience and knowledge to clients who will benefit directly from this service.

### 'HERE4U' PROJECT OUTLINE

#### WHY WE NEED YOUR HELP

This community needs help! We need to act now and with an evidence-based approach. Our Here4U project will provide telephone and email/online support in Ukrainian, providing skills to help support individuals and families adjusting to a new life in Canada. We will explore the key mental health challenges and other factors that impact their well-being.

**The integration process for Ukrainians can be challenging.** Together, we can rally around this community and offer our support. Successful integration into school, work and our community will benefit Canadians and Canada as a whole.

## WHAT YOUR DONATION WILL SUPPORT OUR CAUSE



### EXPLORE KEY CHALLENGES

We will explore the key challenges faced by our newcomers through Ukrainian questionnaires, focus groups, validated mental health screens, and phone/online support.



### CREATE INFORMED CARE

We will create a 'Here4U' telephone and email/online support system in Ukrainian to help support mental health and well-being.



### EXPAND AND GROW

We will: expand the Ukraine support lines as demand increases, evaluate the impacts and satisfaction of our 'Here4U' support system, and use the data to improve future change.

CHARITABLE REG #842152282RR0001

CHARITABLE RECEIPTS WILL BE ISSUED. [STRONGESTFAMILIES.COM/DONATIONS](https://strongestfamilies.com/donations)

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