



## 2023: Year in Review

### OUR STORY

## Helping Ukraine's children of war, for as long as they need us

Common Man for Ukraine started as a grassroots effort by four New Hampshire friends. We're proud to say that our nonprofit remains fully fueled by volunteers and the overwhelming kindness of supporters like you.

Our co-founders traveled to Ukraine five times in 2023 to lead humanitarian aid convoys to orphanages and safe houses, visit our trauma counseling retreat and center, and ensure that our programs and partners spent every dollar raised as efficiently and effectively as possible.

So far, together, we've done a whole lot of good during these challenging times.

Thank you for helping Common Man for Ukraine bring light to these children of war, whose resilience inspires us every day.

### OUR FOCUS



## Food and Critical Supplies

Even when we're not personally in the region, our Polish volunteer partners bravely lead weekly supply convoys to Ukrainian orphanages and safe houses.

That's resulted in the delivery of more than 900 tons of food, 10,000 sleeping bags, hundreds of generators, and so much more.



## Supporting Mental Health

Looking into the eyes of the children, we could plainly see that their mental health needs were present and growing.

Enter our monthly, 3-week-long residential trauma counseling program: the *Children of Ukraine Health Retreat*.

In 2023, the *Retreats* helped nearly 400 Ukrainian children who have lost a parent in the war to learn coping skills and form bonds with kids who truly know what they are going through.



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