



Plymouth NH
Rotary
Foundation



Food. Warmth. Love.

Food & Supply Convoys

Common Man for Ukraine partners with Zamosc Ordynacki Rotary Club (Poland) to deliver food and other critical supplies to orphanages, safe houses, and additional areas of need in Ukraine. On rotation, we provide each orphanage or safe house with a 40-day supply of nonperishable goods.

So far, we've delivered more than:

- 900 tons of food
- 10,000 sleeping bags
- Hundreds of generators to power and heat safe houses
- \$3.5 million in aid



Trauma Counseling

Common Man for Ukraine operates the *Children of Ukraine Health Retreat* in Zakopane, Poland – a 3-week residential trauma counseling camp for children in Ukraine with at least one parent who died in the war.

With the help of our network of trusted partners within Ukraine, we host 30-35 children per monthly session. The *Retreat* has helped 450 Ukrainian children since Feb. 2022.

Staffed by certified teachers, doctors, and counselors, the *Retreat* offers these 8- to 16-year-old children an important therapeutic respite from the war zone, and a vibrant program of group and individual counseling, art and nature therapy, physical activity, free play, and more – creating deep bonds among peers.

Common Man for Ukraine is also the major funder of a Ukrainian Support Center near Warsaw, Poland, where 50+ children receive counseling, speech therapy, and more. The children's guardians – primarily mothers and grandmothers – also access trauma support, free legal assistance, and Polish and English language lessons.

Delivering Relief for Ukraine's Children of War.



New Hampshire Heart

Common Man for Ukraine's co-founders turned small-town NH heart into global impact, refusing to stand idly by after the February 2022 invasion. Without a clear path to help Ukraine's children, the four volunteers reached out and built one.

Pictured above, from left to right:

Steve Rand

Third-Generation Family Hardware Store Owner

Susan Mathison

Retired USDA Forest Service

Alex Ray

Founder of The Common Man Family of Restaurants

Lisa Mure

Public Health Consultant