



## Media Contact:

Michael Henrich  
Henrich Communications LLC  
michael@henrichcommunications.com  
Cell/WhatsApp: +1-516-242-7600

To download our logo and humanitarian aid photos and videos, click here



or scan above.

## About Us:

Common Man for Ukraine is an initiative of the New Hampshire-based nonprofit organization Plymouth Rotary Foundation, 501c3 EIN 59-3841932.

Our grassroots, volunteer-run organization delivers humanitarian aid, including food, and trauma counseling to Ukrainian orphans, displaced children, and families struggling to survive this war.



# Media Kit

## General Contact:

71 Main Street  
Plymouth, NH 03264  
info@commonmanforukraine.org  
+1-603-530-2314



[www.commonmanforukraine.org](http://www.commonmanforukraine.org)



@commonmanforukraine





Plymouth NH  
**Rotary**  
Foundation



# Food. Warmth. Love.

# Delivering Relief for Ukraine's Children of War.

## Food & Supply Convoys

Common Man for Ukraine partners with Zamosc Ordynacky 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.



## 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*