



...With Gratitude, the Journey to
Hope & Healing Continues...

A monthly e-newsletter from the UIT Capital
Campaign ~ a partnership of International
Mental Health Consulting, Inc. (IMHC), UIT,
LLC & the UIT Charitable Fund

□□□□

Chesapeake, VA • Alexandria, VA
• Kyiv, Ukraine



CAMPAIGN UPDATE:

We have a promo video for our UIT Capital Campaign!
**It's compelling, touching and perfectly captures how big our
vision really is for UIT.**

**It will premiere on YouTube Friday, May 23
7:00PM in Kyiv; Noon in Washington, DC; 9:00A in Los Angeles.**

We will have staff and volunteers able to answer your questions live! We will drop it on other
online platforms over the **Memorial Day holiday weekend**. **Sign up here to join those waiting
for the premiere:** <https://www.youtube.com/watch?v=unRbuLJb7XA>

- ☐ Can't wait until the 23rd and want a sneak peek? Anyone who commits to a **monthly recurring
gift of \$20.25 or more, *or* gives a one time gift of \$250 or more between May 1-21** will receive a
link to watch the video early.
Click on the screenshot of the ad's title card to make a donation:



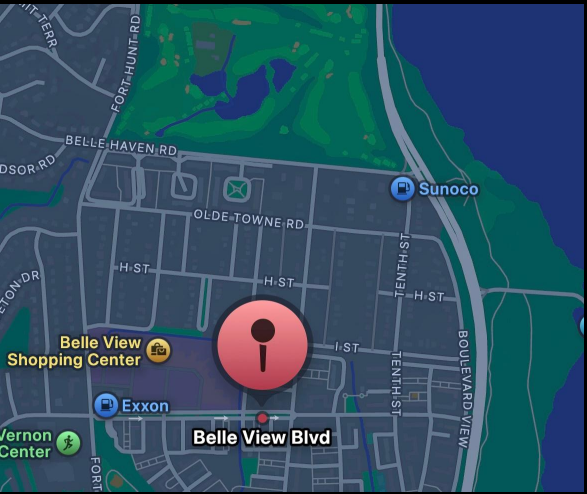
On April 17, Dr. Olya Zaporozhets, Founder,
and Carrie Ann Alford, US Project Manager,
had a productive meeting with **Capital One**
to secure a line of credit to begin building in
2025.
What they want from us - pledge forms.
Pledge forms show the bank that we will have
donations coming in to repay the credit. Gifts
may be made by check, credit card, through a
Donor Advised Fund (DAF), or IRA account.
You may give a one-time gift, annually, semi-
annually, quarterly or monthly.
Since you follow the news, you know how
critically important it is to get this building
built and start healing war trauma in soldiers,
veterans and civilians - especially children.
If you are ready to commit to investing at least

Our Fundraising Committee created a flyer to
hand out to friends and neighbors, post to
community bulletin boards and include in local
church bulletins, and more. If you would like
flyers to distribute please email Carrie Ann.
Check out the flyer -front and back:

\$2,500 over 5 years please contact [Carrie Ann](mailto:CarrieAnn@imhcinc@gmail.com) at 572-259-0110 or imhcinc@gmail.com and she will send you a pledge form, or to set up a meeting to share more information and answer your questions before you commit.

Come get merch & support UIT **Saturday, May 3** from **8:00a-2:00p**, in **Alexandria, VA**. We will have a table at the **Belle View Yard Sale** - a big, annual neighborhood spring event. We'll have the Ukrainian items from the website shop and more - all sales go to the **UIT Capital Campaign Fund**.

Not in the Washington, D.C. area but have a similar event in your neighborhood, church, synagogue, or community center? Contact Carrie Ann at imhcinc@gmail.com for help organizing.



On April 28, we posted a new video of IMHC on our website and YouTube channel that gives an overview of what we do throughout the year in addition to the UIT Capital Campaign. It also launches our new Annual Partnership program for individuals and corporate donors able to support our IMHC, Inc. Annual Fund at \$5,000+.



Don't forget to visit and subscribe to our [YouTube](#) channel! **Once we get to 500 or more subscribers**, there are special perks for nonprofits!

In our April e-news we highlighted our partner **Canada-Ukraine Foundation** fundraising campaign "**Even The Brave Struggle**". The campaign raised \$2.6 million (CDN). \$1.6 million from the public and \$1.0 million from Myhal.


We are so grateful for CUF partnering with us for **Open Doors Psychological Counseling Center**, which is the IMHC partner currently operating the mental health programs that will become the Ukraine Institute of Traumatherapy, once it is built.

This field + YOU =

Transformational Care for Ukrainian Soldiers, Veterans & Civilians.

rapy facility."/>

Imagine a world without the VA, VSOs or thousands of organizations helping soldiers, Guardsmen, veterans and their families heal from war trauma...



Read on to learn more & **Join Us** as we create a hopeful, healthier future for all in Ukraine: the **Ukraine Institute of Traumatherapy**.

The need is now. The time is now.

The **Ukraine Institute of Traumatherapy** is a partnership between IMHC, the UIT Charitable Fund and Ukraine Institute of Traumatherapy, LLC.

UIT will be a state-of-the-art, first of its kind, rehabilitation center for mental, physical, emotional, and spiritual healing, created to restore Ukrainian soldiers, veterans and civilians - with special services for children & adolescents.

An innovative place where science, technology & humanity are combined to ensure every Ukrainian affected by war trauma has the opportunity to heal and lead a resilient life.



UIT will also be a training and research center focused on best practices and educating the next generation of clinicians to provide world-class trauma care. UIT staff will train medical and mental health professionals, conduct research and test treatments & techniques.

Our goal is to be a global leader in war related trauma therapy.

<https://imhcinc.org/uit-capital-campaign>

571-259-0110 • imhcinc@gmail.com • <http://imhcinc.org>

We are so grateful for **DeLong Litho** in Lorton, VA for printing 500 flyers (& 500 thank you cards!) as an in-kind donation to support our work in Ukraine. We are grateful for this new partnership from a woman-owned small business in Virginia. If you live in the D.C. area please give DeLong Litho your business the next time you need something printed. You won't regret it!



April 20-26 was **National Volunteer Week** and we want to celebrate our incredible volunteers from across the U.S., Europe and Ukraine and give generously to our many programs with training and education work with our Ukrainian clinicians, students and clients. We simply could not do what we do without them!

Consider giving an amount equal to:
 1 WEEK = \$8,773* 1 DAY = \$1,253*
 1 HOUR = \$52.25 1/2 HOUR = \$26
 1/4 HOUR = \$13

Pick a Square & invest in our campaign today!

Red line through the box is a donor.
Join our Journey to Hope & Healing

Let's fill up this heart & start a new one!

A professional headshot of a middle-aged man with short, graying hair and a friendly smile. He is wearing black-rimmed glasses, a light-colored blazer with a subtle checkered pattern, a blue dress shirt, and a dark blue necktie. The background is a solid, dark gray.

This month, it's our Advisory Team
Member and Army Veteran:
Dr. Joshua Kreimeyer

Josh is passionate about helping military families deal with transition from war to civilian life. He is a licensed counselor and family therapist, and has a BA in Recreation. He works with clients on mitigating the impact of trauma by focusing on integrating wellness through recreation. He has over 20 years of experience, including community-based outpatient clinics, private practice, the US Bureau of Prisons and Dept. of Veterans Affairs, and international experience working with the UN International Office Migration in Ukraine and the Czech Republic. In July 2024, he helped train our Ukrainian psychologists by facilitating two experiential retreats for military families in Ukraine.

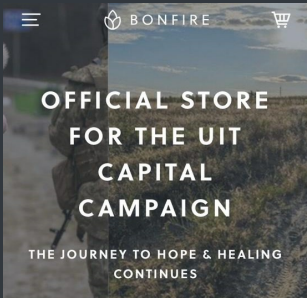
In 2025, he and his wife Amy, who is also one of our volunteers, are moving to Malaga, Spain to take a new role with **Convoy of Hope** and will be frequently in Ukraine, helping to push back the influence and impact of war.

We are so grateful that he is putting

all of his military experience and knowledge gained as a veteran to good use with us here at IMHC and UIT. Please keep the Kreimeyer family in your thoughts and prayers. □ □



... In Other News ...



OUR BONFIRE SHOP... JUST DO IT!

Bonfire Shop now has **NIKE** apparel products... so we do too! ***Just Do It*** and show your support of our UIT Capital Campaign!

We also have notebooks, hats, bags and more. *Click on the photo above to visit our shop. All proceeds go to the UIT Capital Campaign.*



HELP UP BECOME A SPAVE FAVE!

Imagine if every coffee, grocery run, or gas fill-up helped fund your dreams and causes you care about -- like UIT -- automatically!

You can with our friends at **Spave**! Download Spave 7.0 in the AppleStore or Google Play. If **10** supporters download the Spave app and start giving, they will make us a "Spave Fave" which unlocks special benefits!



NEW GIVING PLATFORM

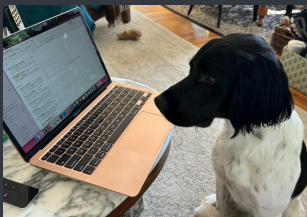
We have a new donor platform - **QGiv**! We will be closing our GiveLively pages soon. If you set up a recurring gift **before Feb. 10, 2025**, please create a new recurring donation at one of the links below & cancel your previous recurring donation(s).

UIT Capital Campaign:

<https://secure.qgiv.com/for/uitcapitalcampaign/>

IMHC Annual Fund:

<https://secure.qgiv.com/for/imhc>



GET SOCIAL WITH IMHC & UIT

Follow us and share our posts on social media to grow our community!

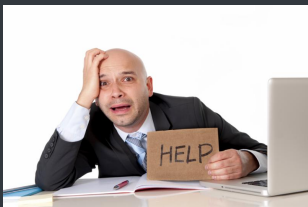
[Website](#)

[YouTube](#)

[Facebook](#)

[Instagram](#)

Please share our content with friends & family!



VOLUNTEERS NEEDED!

Are you awesome at social media? Do you have some time to give? **We need YOU!**

We are expanding our social media presence and need help creating posts, videos, memes and more.

Please contact Carrie Ann at 571-259-0110 or [imhcinc @ gmail .com](mailto:imhcinc@gmail.com)



PARTNER WITH US

Have Olya or Oksana speak on EMDR, mental health, resiliency, or Ukraine & war trauma at your conference, church, synagogue or community group!

Please contact Carrie Ann Alford, UIT US Project Manager: [imhcinc @ gmail .com](mailto:imhcinc@gmail.com)

Ukrainian Vocab Lesson

of the Month:

розмови (rozmovy) =
conversations

співпраця (spivpratsya) =
collaboration



*In the month of April, the IMHC team had many wonderful **розмови** (conversations) about potential **співпраця** (collaboration). **дякую** (thank you) for all the thoughts & prayers - keep them coming!*

STAY CONNECTED

Please send all check donations & correspondence regarding fundraising to our Alexandria office:
P. O. Box 523, Alexandria, VA 22314

Email: imhcinc@gmail.com

Phone:

Alexandria: 571-259-0110

Chesapeake: 513-519-1423

In Ukraine:

Email: uatraumatherapy@gmail.com

Phone: +38 (097) 750-22-57

NEW Address: 01024 Kyiv, 20 Yevhena Chykalenka St., Office 65



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