



Captial Campaign for Healing Ukraine

[HTTPS://IMHCINC.ORG/UIT-CAPITAL-CAMPAIGN](https://imhcinc.org/uit-capital-campaign)

...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), the Ukraine Institute of Traumatology Charitable Fund(UIT-CF) & UIT, LLC

Chesapeake, VA • Alexandria, VA
• Kyiv, Ukraine



2025 TO DO LIST

- ☒ Start e-Newsletter
- ☒ Redesign website
- ☐ Raise \$41,740 to finish Pre-Build Phase
- ☐ Sign Up 100 monthly donors

Dear Friends,

Thank you for reading our e-newsletter each month. On Friday, Feb. 28th at about mid day I hit schedule on the newsletter you will see below for Sunday afternoon - but in light of yesterday's unfathomable events and in consultation with our co-founders Dr. Olya Zaporozhets and Dr.

Oksana Syvak, 2 brave women who have dedicated their lives to healing the physical and emotional wounds of war, we have decided to amend the newsletter with the following notes and sent it out immediately. Thank you for your support. Keep UIT and Ukraine in your prayers. Keep spreading the news. And Slava Ukraini.

"Friday morning, instead of going to meet with staff of USAID to discuss grants and partnership opportunities for UIT and our work in Ukraine, I went up to their office building just 2 blocks from the White House along with my dog Goose, to lend our moral support - and a few snacks for both people and pups - to the USAID staff who had just 15 minutes in groups to clear out their offices after years or decades of dedicated service to our nation and the world. It was both a heartbreaking and heartwarming experience. And even though it is absolutely not why I went, I made a couple of good connections for UIT and our mission. I went home, scheduled this newsletter to go out and went to the dentist to get a crown! My phone started blowing up and after I returned home I watched the video of the Oval Office meeting in horror and I spent the rest of the day/night on social media engaging with my fellow Americans who were equally mortified and outraged. I ask each of you on this mailing list to share our website, social media posts and this newsletter with your friends and family as a way for all of us to turn our sorrow into action for good. Thank you all for your support. We need it now more than ever." ~ Carrie Ann Alford

"Quite frankly, there is no words after how the President of Ukraine was humiliated in Oval Office yesterday, it's appalling, disheartening, totally unacceptable. JD Vance is watching stories online and apparently knows better than the President of Ukraine...The battle is rough right now and Ukrainians need to know that American people are standing with them in their fight for freedom. Democracy is never built from top down, it's always bottom up. So, 'we the people' need to help and empower to prevail and heal." ~ *Dr. Olya Zaporozhets*

"For 11 years we have been living in a different, spooky reality. Since 2014, Ukraine has been fighting for its freedom...During this time, we stepped up, rallied, got used, got tired, fought, regrouped...3 years of unspeakable pain, loss and resistance. Ukrainians continue to prove to the whole world: we don't just know how to fight - we are able to withstand any circumstances. We survived Stalin, Hitler, and we will survive Putin. But every time it costs us too much - the lives of the best. And while someone like Trump tries to discredit our struggles, belittle our accomplishments -- we're not just fighting for ourselves. Ukrainians defend the peace in the entire civilized world at the price of terrible losses. It's us who stand between dictatorship and freedom, between chaos and security. Thank you to everyone who isn't tired of helping and remember what this fight is for. We were, are and will be!" ~ *Dr. Oksana Syvak*



CAMPAIGN UPDATE:

On February 24th we observed the 3rd anniversary of war. We continue to pray for a just and honorable end to the war against Ukraine, with her sovereignty restored and European security maintained.

We also started a Facebook group and Instagram account to give updates on the Capital Campaign. Find & Follow us here:

Facebook: <https://www.facebook.com/groups/611635875130314>

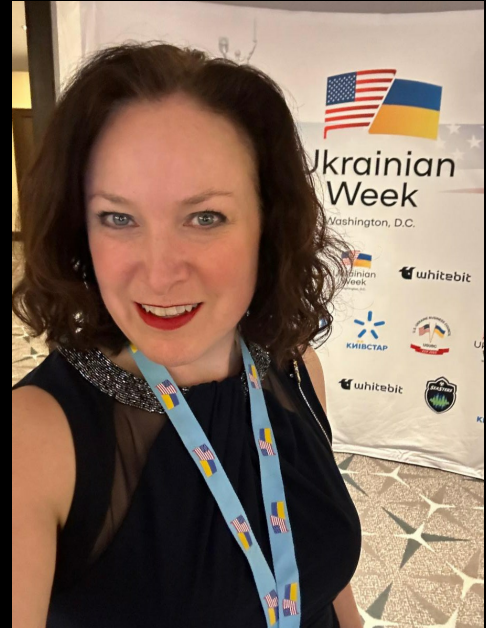
Instagram: @uitcapitalcampaign

On Feb. 6 & 7, Carrie Ann, UIT US Project Manager, was able to attend part of Ukraine Week at the Washington Hilton and make several good connections with Ukrainians from Chicago, Atlanta and LA! (*photo below right*)

Olya's first trip to Washington, D.C. for the UIT Capital Campaign was a success! We had a great afternoon on Capitol Hill on Thursday, Feb. 13. We met with Rep. Eugene Vindman (VA-07), and his Legislative Aide Fabiana about Ukraine and our project (*photo below left*). The congressman is Ukrainian and came to the U.S. as a child. He is also an Army Lt. Colonel (Ret.) and offered to connect us to the foundation he started with his brother and share our *Case for Support* with others he knows who might be interested in supporting UIT. We also met with the Foreign Relations LA for Rep. Mikie Sherrill (NJ-11). The congresswoman is a Navy vet and member of the Ukraine Caucus on Capitol Hill. We also dropped by the offices of Rep. Joe Wilson (SC-02) and Rep. Suhas Subramanyam (VA-10) to say hello.

Then we headed to Valor Brewpub for our first D.C. Happy Hour. We had an amazing group - three of whom found out about the happy hour through our Eventbrite ad and had no prior connection to UIT! We handed out Ukraine flags to everyone, sold some merch and raised over \$425. We also gave a patch to the bartenders at Valor for their collection. Olya gave a short update on where the project stands now and we were so delighted by the one thing that everyone kept asking questions about...Can you guess which part of the project captured everyone's attention???

- A. Drilling & topography
 - B. Electrical box installed and electrical capacity for the property
 - C. The bomb shelter
 - D. Hiring a new architect and general contractor w/medical building experience
- (keep reading to the bottom to see the answer!)



Olya traveled from D.C. to Switzerland for a few days, and then on to Ukraine. On the eve of the 3rd anniversary of war, Olya and our UIT team were on a military base in Kyiv, working with a National Guard Unit just returned from the front lines, to prevent development of PTSD symptoms. Our team is working with Iryna, the unit psychologist, who stays with them on the frontlines - she is outstanding! You can follow this unit on [Facebook](#)

She sends this dispatch:

"We have created a good relationship with this fighting unit of the National Guard of Ukraine and see them as they rotate from frontline positions before heading home for a break. It was so good to be with them, share a meal, help to process difficult events and see them off home. We grieve the loss of some of our brothers and thank them for their service and miss forever their presence and their smiles."





Volunteer Needed!

We have been expanding our social media presence but need help!

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

We need help creating posts, videos, memes and more for Facebook, YouTube, Instagram ... and maybe more if you have good ideas!

Please contact Carrie Ann at
571-259-0110 or imhcinc @ gmail .com

"...That's right, Harriet. She needed SIX panels of artwork to make her Internet meme funny... Isn't it just AWFUL?"



your eCards
someecards.com

Join our \$20.25 in 2025 Giving Campaign

Our Goal: 103 monthly donors giving \$20.25

- ✓ 4 signed up...99 to go
- ✓ 100% of your donations go to our **Capital Campaign for Healing Ukraine** to build UIT
- ✓ The first 25 donors who sign up for this monthly giving level will receive a t-shirt.*



✓ 103 donors giving \$20.25 each
month equals about **\$25,000** per year!

**Subject to size availability. Must provide address &
phone number at checkout.*

DONATE

TEAM SPOTLIGHT:



IMHC is a Virginia-based non-profit with staff and volunteers around the world. We are excited to use this newsletter to introduce our supporters and friends to our amazing, dedicated team!

This month, it's the newest member of our team:

Volodymyr Petrenko, Ukraine Project Manager, UIT Capital Campaign

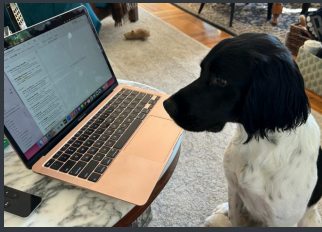
Volodymyr is a Ukrainian war veteran, Ph.D. Candidate – Doctor of Legal Sciences, and strategist, who is an expert in systems thinking and complex structures management.

"My mission is to transform complex social and business systems by creating strategies that ensure sustainable development and expand opportunities for companies and individuals."

During his service as part of a special Security Service of Ukraine task force, he participated in the liberation of Kyiv, Chernihiv, and Sumy regions. He has over 15 years of experience in business, government, international organizations, and educational projects. He served as Chief Specialist in International Humanitarian Law, Ukrainian Red Cross Society from 2015–2016, has been a Lecturer at O.O. Bohomolets National Medical University and is the Founder of Strategy Development Center "Detalist" which creates strategic planning tools, helps organizations shape their mission and vision, and explores new markets. He holds degrees in law and business from Kyiv-Mohyla Business School and Taras Shevchenko National University of Kyiv.

Volodymyr will be our full-time "boots on the ground" in Kyiv overseeing the building project, working closely with Olya, the architect, engineers and contractors. He will also work on the foundational documents for UIT, developing strategies that promote social adaptation, mental health, and economic opportunities for veterans, and will also work closely with Dr. Oksana Syvak to build partnerships with organizations and government entities in Ukraine and across Europe. He is working hard with a tutor to learn English and he's putting Carrie Ann and her efforts to learn Ukrainian to shame!

We are so lucky to have Volodymyr join our team! Please keep him in your thoughts and prayers. ☐☐



WE HAVE A NEW WEBSITE!

<http://imhcinc.org>

*We have migrated from our
.com to a .org website.*

Even if you checked it
out in
February... We've been
busy adding to it and
have updated our
Capital Campaign and
Media pages! Check
our website often for
updates.

Please share it with
friends & family!



VISIT OUR BONFIRE SHOP

Check out our newly
stocked up **Bonfire
Shop** for

- t-shirts,
- sweats,
- notebooks,
- hats,
- totebags,
- and more!

All proceeds go to the
UIT Capital
Campaign.



PARTNER WITH US

Interested in having
Dr. Z speak about
EMDR, mental health,
resiliency, or Ukraine
and 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 word of the month:

дякую (dyakuyu) =
thank you

Thank you for your support of
UIT & Ukraine!

STAY CONNECTED

We have started a new partnership with QGiv to process our donations!
Please click on the logos below to see our new giving pages.

**If you are a current monthly donor, please start a new monthly donation on one
of the links below and cancel your GiveLively recurring donation.**

Like snail mail? Please send all check donations & correspondence regarding fundraising to
our Alexandria office:

P. O. Box 523, Alexandria, VA 22314

Phone: 571-259-0110
Email: imhcinc@gmail.com

Chesapeake, VA ~ 513-519-1423 • Kyiv, Ukraine +38 (097) 750-22-57

Ukraine email: uatraumatherapy@gmail.com
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DONATE:



IMHC EIN: 82-2270159

Donations are tax deductible to the extent allowed by law.

*The answer to the question above is **B - Electrical**
Everyone at the D.C. happy hour was completely fascinated by Olya's photos of the newly
installed electrical box!
Visit our social media to see a video update from Olya.*



Are you enjoying our e-newsletter? Forward it to a friend!

Did someone you know forward this email to you? You can sign up [here](#).

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