



***Traumatized Children, Building Trust©. Work with Ukrainian Orphans at School in Medias, Romania***

# September 26 - October 10, 2023

## The Community Center/School in Medias, and Orphanage in Prod, Romania



# Lark Eshleman, PhD, Creator of *Traumatized Children, Building Trust*©



My host and U.S. colleagues, Thomas Kraus, Judy Kay Bard and Daniel Bard



# Working with 26 children and teens, plus their teachers and caregivers

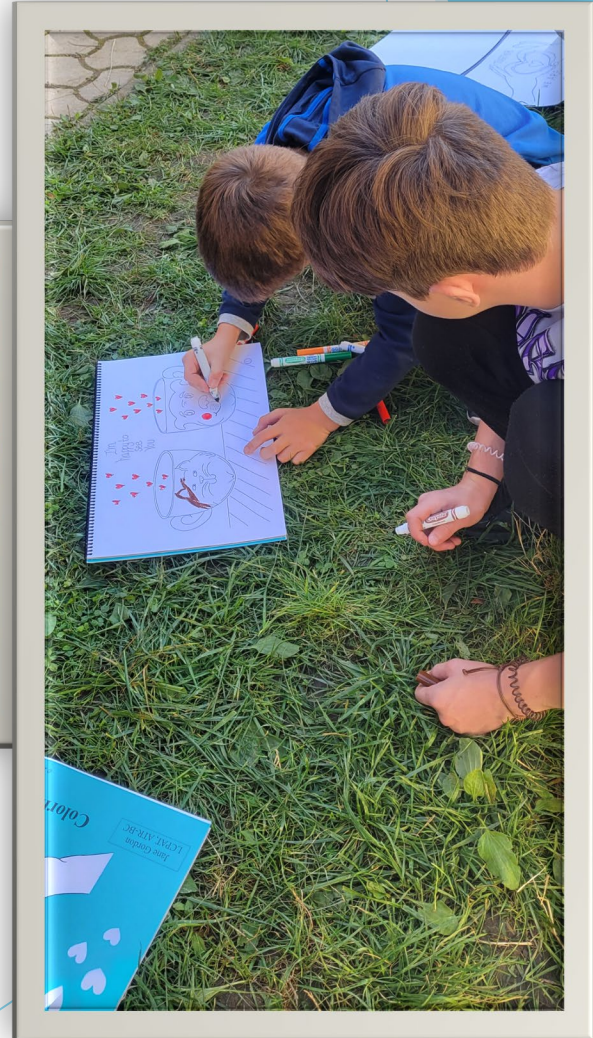
- Children and teens in our program at the school and orphanage are between ages 5 and 18
- All are from Ukraine, all speak Russian and some Ukrainian
- Some are new, having just arrived with at least one family member
- All are learning both Romanian and English too!

# 100 Quilts! Hand made by “Babushkas” in USA specifically for this trip!

From Nancy  
Stevens, Bonnie  
Dalzell, and Susan  
Heydt and their  
quilt-making  
friends in  
Philadelphia and  
around USA



# First day at the school, learning names and drawing together using *Color Me Closer*©



Each child has her or his own collapsible, material box, now named and decorated. They use them to keep their materials and love having their own personal container, all thanks to your generosity!





# A few of the supplies from the U.S., with your donations of dollars or materials:

- ▶ Collapsible boxes for each child
- ▶ Balloons!
- ▶ Washable markers
- ▶ Ribbon!
- ▶ Colorful construction paper
- ▶ Floppy or rag dolls
- ▶ Quilts!
- ▶ Books: *The Little Engine that Could*, *"How Garlic Became a Rose,"* and *"Color Me Closer"* for each child and teen



Your donations for our work together ...  
Meredith Jorgensen & WGAL too!  
Thank You All!

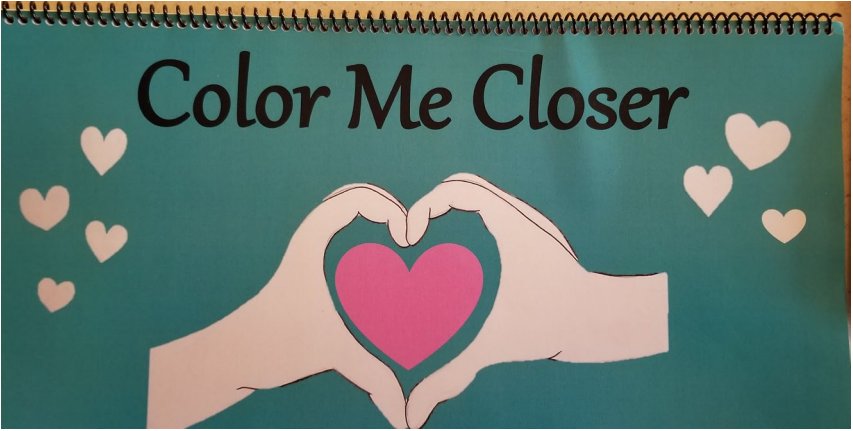


# Generosity Beyond Expectation!



**Your giving is  
extraordinary!**

# Your Gifts - Tools for Healing



# Highlights of the program: identifying unspoken feelings, and providing a safe space to express them



“Outside feelings”



“Inside feelings”

# Activities that encourage trust and togetherness



Therapeutic games like balloon walk

Connecting with string - Judy Kay, Dan, and children at the orphanage



Wonderful staff from Ukrainian orphanage join the activities. Svetlana, school counselor, with her son, and Tanya, orphanage house parent



# Children hear stories...





And children share their stories, in words and pictures.



# Then to Cluj where I am invited to offer services at Faces of Courage, a project of Phoneo.org



# 20 incredible Ukrainian Women - heroes during the war, guests of Phoneo.org for 2 weeks of self-work and fun ...



# ...including family therapy with their children, if requested



- ▶ War takes a terrible toll on many families. Some children are understandably afraid their Moms won't be coming back, given the danger of their work. It's a joy to help children and their Moms to reconnect and share joy.



We even are included in a Romanian wedding! So lovely



# On to Bucharest and the International Organization of Migration at UN House



Suggestions by participants: “To invite this speaker again!” “Could be good to continue studying with this trainer!”  
“More such meetings!”



# Such need, so much love



Much more to give...



... so hard to leave  
(again)!

# Profound THANKS to so many!

- ▶ Special thanks to Ryan Rorabaugh, Nancy Stevens, Bonnie Delzell, and Susan Heydt.
- ▶ And especially, Kiwanis Club of Norlanco-Rheems, and KCNRFoundation, which sponsored a number of children in the project and acted as fiduciary.
- ▶ Rotary Club of Mount Joy, and Individual supporters who gave of their hearts in money, time, and many materials, and 2 Anonymous Donors who made buying/bringing most of the materials possible.
- ▶ A list of donors will be available soon on [www.LarkEshleman.com](http://www.LarkEshleman.com)





# Special thanks, too, to Romanian and Ukrainian partners!



- ▶ Thomas Kraus, Bridges of Faith Europe and Anca Beu, Phoneo.org
- ▶ Roomie” (aka Aneka Alandarenko), Anastasiia Ponomarova, Olena Koval, Inna Kovalenko, Andrea Moldovan and Hanna Pavlova and my many new and wonderful friends from the “Faces of Courage” Project!
- ▶ International Organization of Migration of the U.N.



# Next step? More International Trauma Trainings!

- ▶ When? Spring, 2024
- ▶ Where? Bucharest and Transylvania, Romania, and possibly Ukraine
- ▶ Audience? *Caregivers, teachers, mental health professionals, psychosocial support staff, parents and prospective parents, adoption workers, from any country hosting Ukrainian orphans and other migrants*
- ▶ Who benefits? *Children and Families, Psychosocial support professionals.*
- ▶ Check [WWW.LarkEshleman.com](http://WWW.LarkEshleman.com) for updates