



United in Crisis Initiative

Free of charge

FAMILY SUPPORT GROUP

for the Ukrainian community

WHEN Every Friday at 3:00 pm - 5.00 pm

WHERE Grupo Desportivo do Castelo, Lisboa

HOW We offer a safe space for mothers to explore their feelings and thoughts, and a playgroup for children to support their wellbeing through fun activities and arts.

DETAILS The sessions are lead by experienced adult and child psychotherapists in Ukrainian, Portuguese and English Languages.

To book your place, please get in touch with us:

unitedincrisis@pm.me or

info@yourpsychotherapistinportugal.com

www.yourpsychotherapistinportugal.com