



United in Crisis Initiative

Free of charge

SUPPORT GROUP

for the Ukrainian community

WHEN Every Friday at 5:30pm- 7pm

WHERE Grupo Desportivo do Castelo, Lisboa

HOW We offer a free of charge, non-judgmental refuge to think, process and feel. The sessions are crafted to build strength and resilience to confront hard times.

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

To book your place, please contact us:

unitedincrisis@pm.me or

info@yourpsychotherapistinportugal.com

www.yourpsychotherapistinportugal.com