



Rädda Barnen

# COME JOIN UNITE GROUPS!



Unite is a project aiming to support children and youth in Sweden who fled the on going war in Ukraine. In Unite groups you can speak the same language that you speak in your family.



Unite will help you to deal with worry, to understand how to relax and how to handle difficult thoughts. There are two Ukrainian group leaders leading the sessions.



Unite will organise group sessions with children and youth of the same age in a nice and friendly atmosphere, 3-6 person per group. The sessions will be held after schools. Snacks and fruits will be provided during the sessions.

**All sessions are for free.  
Your parents or caregivers will be informed.**

**You are very welcome!**

