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YOU ARE DEEP IN MY HEART. YOU HAVE COME TO MY LIFE, FRIEND, YOU'VE BECOME ITS BEST PART. OUR FRIENDSHIP WILL NEVER END. CHEER UP! CHRISTMAS WARMS YOU YOU WILL FEEL GOD, WHO'S ABOVE HE WILL BLESS PEOPLE AND US, TOO. HE IS GIVING ALL GREAT LOVE.









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OUR AMERICAN FRIENDS CAME TO VISIT US

In mid-October our friends from America came to visit us. They were: Allison, Andy, Nina, and Jay. These people live in the other hemisphere, but they care about orphans from Transnistria. They have been supporting our social projects for many years. We are very grateful for their involvement and their big hearts filled with goodness.

We organized for a week several classroom activities for vulnerable children and adolescents. They included meetings with foster children and their parents, residential school leavers, socially vulnerable youth, young mothers in predicaments and their children, families at risk, and, of course, us the staff of the Charity Heart4orphans.

"We are very grateful to Allison and her team for the help they have provided to our adopted children over the years. We will never tire of thanking them for this. And, of course, it was very nice to see me in person and talk to them, "said a foster father Anatoly Gurgurov.

"It is the first time in my life that I have talked to Americans. I really liked their openness and kindness. We exchanged contacts, and I really hope for further communication. Though I don't know English, but I will learn it, "said young mother Ludmila.

"It was a lot of fun at Thanksgiving. We learned more about this holiday and had fun, playing games, taking pictures, and laughing. I also tried turkey for the first time. Thank you very much for the gift you gave at the end of the evening. It was very unexpected and pleasant, "- said a student Nikolai.

"Our American friends and us watched a very interesting film "Yes Day". It was funny, because, as teenagers, it sometimes seems to us that our parents forbid us too much. And it seems to our parents that we want a lot, and they looked at the situation taking a step back. It was cool. We ate chips, popcorn, and drank cola. The atmosphere was very pleasant. "said our foster daughter Christina.

On our own behalf, we would like to once again thank our friends from America for supporting our projects. We look forward to further interaction and partnership for the good of the children.











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Every child deserves their parents' love, protection and care. Family is the most favorable form for children's physical, intellectual, and emotional development. About 2000 children in Transnistria are devoid of the most indispensable thing - a family.

The program has several focus areas:

- SEARCHING FOR POTENTIAL FOSTER FAMILIES
- TRAINING FAMILIES
- GUIDING FAMILIES

We search, find, and motivate married couples to be a foster family for orphans who need custody and care. We look for couples who could help orphans with their physical, social, and emotional upbringing. In other words we look for moms and dads.

FOSTER CARE PROGRAM

There is a new addition to the Bodul family. Vladimir and Natalia have taken into their care two sisters - Lera and Marianna. The girls were brought up in the Bendery orphanage. Currently, their own mother is in prison for a serious crime - the murder of her newborn child. As she went into labor, she made her way to the public toilet out in the yard of the house. Without any assistance, she gave birth to a baby boy there. As she wanted to get rid of the child, she threw him down into the cesspool. This became known to her neighbors and the authorities. The baby was born healthy and full-term, but he died of hypothermia. The family was already on registered as dysfunctional, both spouses abusing alcohol.

Bodul Vladimir and Natalia have been our foster family since 2012. They have an adult daughter of their own, and they raised their adopted girl Natalia Staroverova. Natalia (the daughter) left high school with a certificate cum laude and is currently studying in Moscow to become a designer. The foster parents decided to take in more children. They visited Lera and Marianna at the orphanage. They liked the children right away, and they decided to take them into their care.

Lera is still getting used to the new family. She still has a big grudge against her own mother. Natalia and Vladimir can feel it and try to provide moral support to the child. This year she went to 4th grade. Study comes hard to her, and she wants to go back to kindergarten. She has not had her fill yet playing with children and toys. Her foster mother helps Lera with school. Her foster parents support, encourage, and motivate her in different ways.

Marianna feels calm and relaxed in her new family. She is very attached to her foster mother. She is always by her side and often hugs and kisses her. Natalia admits that Marianna is not always obedient, but she realizes that Marianna is still a child, and so she is very forgiving. The parents take her to kindergarten. But, of course, the girl likes more to be at home and play with her sister and parents.

THE BODUL FAMILY





THE PISLAR FAMILY

The Pyslar family also has two more children, who are siblings: Angelina and Ilia. Their mother Nadejda was stripped of parental rights, as she led an immoral lifestyle: she abused alcohol and brought home different men. The flat she was renting was in an unsanitary condition. Little Angelina was always undressed. Social workers mentored Nadejda and helped her with groceries, diapers, crawlers, and detergents, but she did not use that. She was often drunk or hungover. There was no food in the house and there were many empty liquour bottles. The children were behind in their development. Angelina looked like a Mowgli.

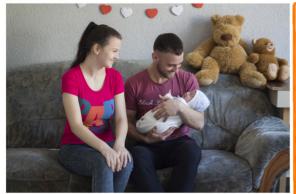
Denis and Irina Pislar have been our potential foster family for a long time. And now their time has come. For about a year we have been actively working with them, helping them select some children. Soon they told us that they were visiting Ilia and Angelina. Two months later, Denis and Irina took them home. The children often get sick because their mother had neglected them. The foster mother Irina has already been in the hospital with them. They have a very poor immunity, and they are susceptible to various infections and viruses. The foster parents are doing their best to improve their children's health. They are giving them vitamins and good food and a lot of parental care and love. After a few months of living in a foster family, the children have made a significant leap in their development. Angelina has finally started speaking. She used to be inarticulate, and there were suspicions of her being backward. Ilia is a very smiling, sociable, and cheerful kid. He likes to play with toys and his sister. Until recently, the social workers hardly ever saw the boy's smile.







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SCHOOL OF MOTHERHOOD

Program aims to prevent children from ending up in boarding schools and improve parental and marital skills among girls and women in a situation of risk.

We serve to prevent early pregnancy and child abandonment as well as teaches parental-marital skills and offers individual counsel by a team of specialists (a psychologist, a social teacher, a lawyer) in a risk situation including temporary accommodation in an emergency. We also want to involve local church members, especially women, as volunteers in serving girls and women at risk.

The project is funded by Charity "Orphan's promise".





FREE SWIMMING

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This fall, we launched two beneficiaries, Ludmila and Victoria, into independent life. These two girls are young mothers. Ludmila has two children and Victoria has four. They both were referred to us by the guardianship authorities.

We supported both girls and their children in every possible way. That involved temporary accommodation, food, clothing, medication, and whenever necessary social, psychological and legal support. We taught them whatever we could: taking care of their children, teaching them manners, cleaning the room, washing clothes, cooking healthy food for themselves and children, ensuing their own health and that of their children, and much more.

We would like to make a special remark about teaching financial literacy to the beneficiaries. This is also a very important part of human life, in our opinion. At first, the girls would spend the childcare allowance in 1 day, and they no longer had enough to last them that month. We conducted group trainings and individual consultations for the girls, which taught them to plan their expenses in different areas and save for the future. So, for example, Ludmila moved in with us with 1 small bag of things, and when she was leaving us, she had to rent a few trucks. We helped Ludmila save up for the furniture, and household appliances, and other things that she and her children needed.

Now, the guardianship authorities permitting, both girls and their children live on their own. And we are always in touch with them if they need our support.

CULINARY MASTER CLASS

From time to time, we hold culinary master classes for the girls, where we share interesting recipes and secrets for preparing delicious and healthy food. The girls are usually very happy with such events, since many of them did not have mothers or grandmothers who could teach them to cook well.

A social worker Olga taught the girls to cook strudles with potatoes and meat. This dish involves many different processes that will come in handy in preparing other dishes, as well.

"This is the first time I have learned about this dish. I have never tried it or even heard of it. At first, it seemed that it was very difficult, but then, when Olga explained everything, I realized that it was not so complicated. It tasted very good. I didn't even expect it to be that good. And what I liked the most, was that they explained to us the importance keeping the balance of protein, fat and carbohydrates per serving. When I prepare it for my child, I will now always keep it in mind", said Natasha.

While the strudles were cooking on the stove, we were not wasting our time. Our psychologist Elena did a small training session with the girls on childcare. After that we tried the new dish. The girls were happy to have that strudel for lunch, and they had the rest for dinner.







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The program assists families in a predicament who face the threat of having their children taken away and placed in the orphanage. The objective of the program is to get the family out of its material, moral, and psychological crisis, and keep the children in the family.

At the time being efforts are made in 11 areas of Transnistria to get out of a crisis 61 families, which is 286 people and 196 of them are minor children.

A PROGRAM FOR ASSISTING RISK

Winter preparations have gone well. Firewood has been purchased for our foster families, who have no central heating, but rather have their own heaters.

The Sakara family has three children. They are being raised by one father, as their mother went abroad to work and is no longer involved in her children's lives. The father is loving and caring. He works as a security guard, but the salary in the village is very low, and there is not enough to live on. Some firewood has been purchased for the family. The father is thankful for the help, because this winter his children are going to keep warm.

The large Rota family also needed firewood. We have been helping this family with firewood for three years now. And also we have found a few commercial organizations that replaced their old broken broken windows for new ones. But the house where the family lives still has windows that need replacing. If they are all replaced, it will be much easier to keep warm in winter.

The Bardysh family has three children. This family has its own achievements, however small they are. In the spring we bought some seeds for the family, and this summer we were happy to see a vegetable garden full of vegetables. But there was not enough money for firewood, and we helped out.

The Fedorenko family is also sincerely thankful for the helping them with firewood. "I work on a farm. And this is not the season for work. I thank the sponsors from England, that their hearts are always open to do good works and help those who need it so much, "said a mother with children.

The Kostuchenko family, however, took care of themselves and provided themselves with firewood this year. And we are very happy about it. After all, this suggests that they are beginning to independently cope with their problems and needs.

In total, firewood was purchased for seven families.











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Teenagers leave the orphanage at the age of 16 to 18. Soon they realize what independent and adult life is.

On leaving the institution they have no job or a place to live, and that is how their new life begins.

Forced labor, sexual slavery, and a life in the street lead to crime, prostitution, and addictions. Sadly, that is the fate of many of these youngsters.

WE HAVE A CHANCE TO HELP THEM change their future and channel their energy to positive things. We can give them a home and help them make their own sound decisions.

Our program is geared to help teenagers and young people to acquire basic life skills, that are necessary for a successful transition from the orphanage to an independent and productive life.

The program covers 25 young people.

INDEPENDENT LIFE PROGRAM

The Charity Heart4orphans has launched the project

WINGS FOR Y O U T H

of Transnistria

The goal is social and economic integration, maintaining peace and security for vulnerable youth on both sides of the Dniester River". This project was approved and registered by the Coordination Council for technical and humanitarian assistance in Transnistria.

The project is to be implemented from August 2021 to July 2023. It aims to reduce poverty of vulnerable

youth in Transnistria through their social inclusion, better life skills, and improved employment opportunities.

80 boys and girls, aged 18 to 34, are to take individual and group classes. They will learn various life skills and receive legal and socio-psychological and material support, including temporary social housing. Some of them will be assisted in choosing a career and getting a training for it, and finding a job in the future. While the project is underway, a career fair will be held with local employers participating.

During the project, 20 young people from Transnistria will have an opportunity to go to summer camps, along with



young people from Moldova and Austria. These camps are aimed at building peer trust, personal development and socialization. New friendships are expected to facilitate intercultural interaction.

Besides, the project aims to improve and expand the informal network "SVIS Moldova". It is intended through the exchange of experience and best practices between social services from both banks of the Dniester. As part of the project, a special emphasis is to be laid on improving professional skills and collaboration of NGO experts with local government agencies. We hope to work out a reliable referral mechanism to forward young people to social service providers.

