



Landing and orienting in your country of arrival – Organizations providing support

Bulgaria ~ Болгария

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Please note:

This document is going to be updated and expanded constantly. No responsibility can be taken for the links provided and the accuracy of the information.





ASSOCIATION OF
BODYDYNAMIC
PSYCHOLOGY

Dear reader!

Welcome to the country you went to! We are glad that you are outside the war field and that you protected yourself by getting to a safe place.

We imagine, you will sit with several questions to orient around soon.

And while you came here, while you hopefully start landing some percentages of this stress and horror, we did a research in several countries for you.

We (a group of Bodydynamic Therapists, Teachers & Students) decided to start giving support to humans coming from Ukraine at moment.

One of our support tools is this list which gives you an overview of researched websites, counselling offices, embassies, consulates, and many more in a country in general and in particular cities.

We are constantly working on updating and expanding the lists. They are sorted by country and you will find the newest version here:

[link will come soon]

At the same time some of us are working on preparing videos with exercises. They will be shared online during the next 5 days. These exercises are tools to cope with these high stress situations you are going through. Please use them regularly to support you in your stress and to take care of yourself! Use them as your daily medicine! Even if you do not sense much effect or no effect some days or at the beginning. Keep on doing them. The good thing is that they will automatically start supporting you!

You find the videos here:

[link will come soon]

In case you need more support, you can reach out for therapy sessions that will be provided by some of our therapist as voluntary work (single sessions and group sessions).

We provide a list with therapists to contact here:

[link will come soon]

We hope these are some puzzle piece of many to support you in landing some percentages of the horror you went through!

Welcome! Good you are at a safe place!

With our best and warmth wishes for all of you and in deep hope that this war will end soon!

*The Ukraine Emergency team
of the Association of Bodydynamic Psychology (ABP)!*



BODYDYNAMIC INTERNATIONAL
Somatic Developmental Psychology





ASSOCIATION OF
BODYDYNAMIC
PSYCHOLOGY

Bulgaria

Accommodations provided all over Europe – I CAN HELP HOST Website!

- ✓ https://icanhelp.host/?fbclid=IwAR0kwL_Hou_KfgIKtA8oO7JdsDxORZVqY-hqq_8GkTgEUySiRZFFcih4tTI

Finding an accommodation and other questions

- ✓ **Red Cross Bulgaria**
https://timeheroes.org/bg/bulgarian-red-cross/drehi-obuvki-higienni-materiali-postrdali-red-cross-2022?fbclid=IwAR0HQ2E40XUI4daiVxe_ETicv-5f5jg2AFczwYIFnFMVFakNQ4V12ssVVTk
- ✓ <https://refugeeinbg.tk/?fbclid=IwAR21TocdJzJfeCjFUERZH-RZuVWtzZiPIraWdotep1gOq3vuEwr1rz-3imo>
- ✓ **Facebook group:**
<https://www.facebook.com/groups/338927668246444>
- ✓ **Mother Ukraine:**
<https://www.motherukraine-bg.org/?fbclid=IwAR2rlljC3F8kFfjb5dFdNXnvQapWec-Zu3-rlaBYo0BzQ8-qzaZvrRveulA>
- ✓ **Unicef Bulgaria:**
https://www.unicef.org/bulgaria/?fbclid=IwAR1OvRXe_b3QHUqZ7cZNFb71n6jJvQnUxGNxNpFfHpw5G2EhMTTHd_qAskw

Abbreviations

EN = available in English

DE = available in German

UA = available in Ukrainian

Who are we?

Association of Bodydynamic Psychology

<https://bodydynamic.org/>

Bodydynamic International

<https://www.bodydynamic.com/>



BODYDYNAMIC INTERNATIONAL
Somatic Developmental Psychology

