

УПРАВЛІННЯ КУЛЬТУРИ ТА ТУРИЗМУ



КОЛОМІЙСЬКОЇ МІСЬКОЇ РАДИ

КОЛОМІЯ КУЛЬТУРНА



# Culture of Kolomyia

*as a tool for psychosocial support and social cohesion through art therapy*

## Structure:

Service centre for cultural institutions - 1

Palace of Culture and Arts

‘People's House’ - 1

O. Kozarenko Philharmonic Hall - 1

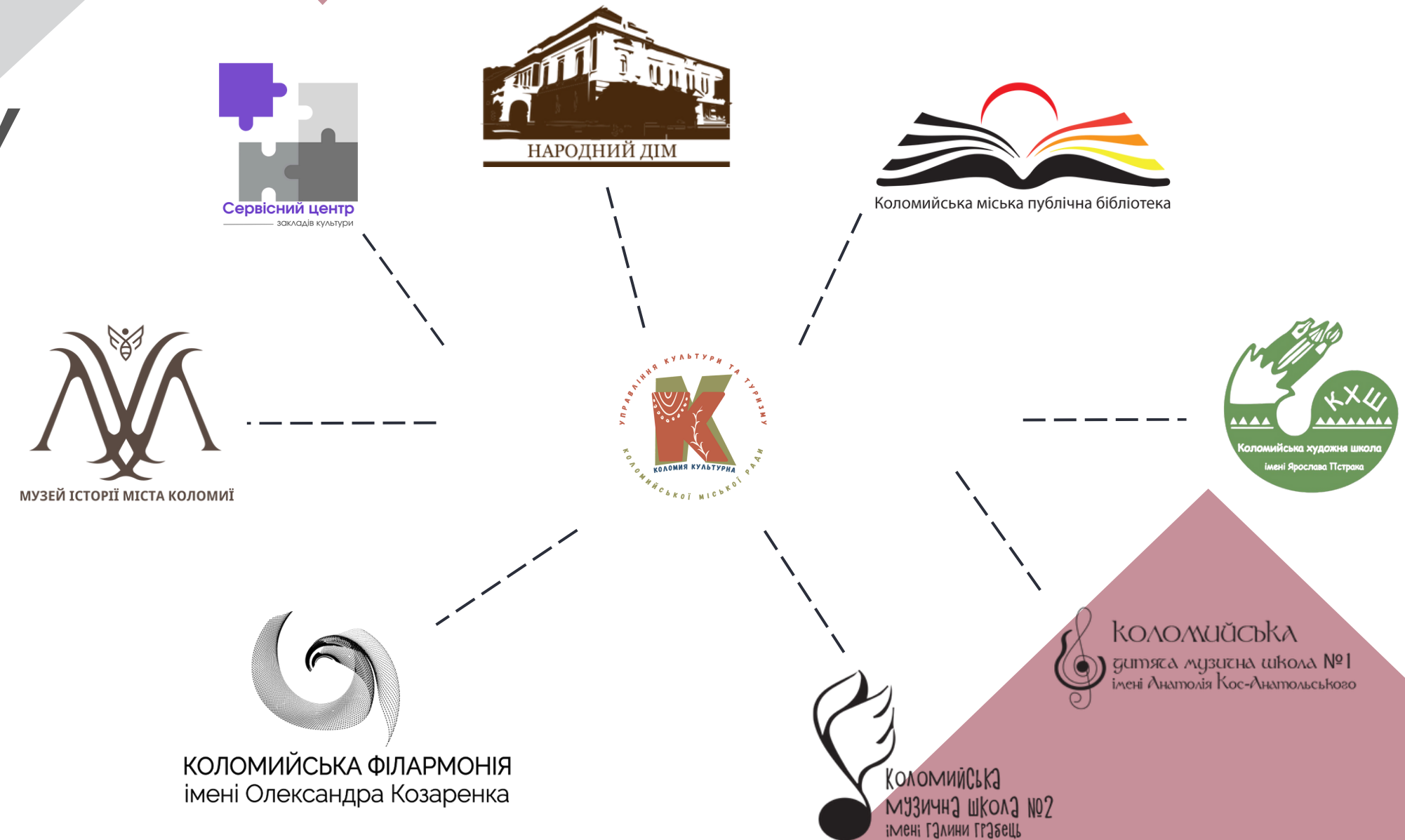
Culture centres - 7

Clubs - 2

Art schools - 3

Libraries - 13

Museum - 1



# The Kolomyia Cultural Team

**Cultural services in the community are provided by 296 employees.**

**The work of the department is coordinated by a team consisting of the head, deputy head, chief specialist in personnel policy, chief specialist in events and methodological work, head of the youth policy sector, and head of the cultural heritage sector.**





# Purpose of activity

**Supporting the emotional and psychological health of residents**



**Inclusiveness and openness of events for all age and social groups**



**Strengthening social cohesion through creative and cultural practices**



**Preserving traditions, cultural heritage and community identity**



# Children and young people

*Support, creativity, safe space*



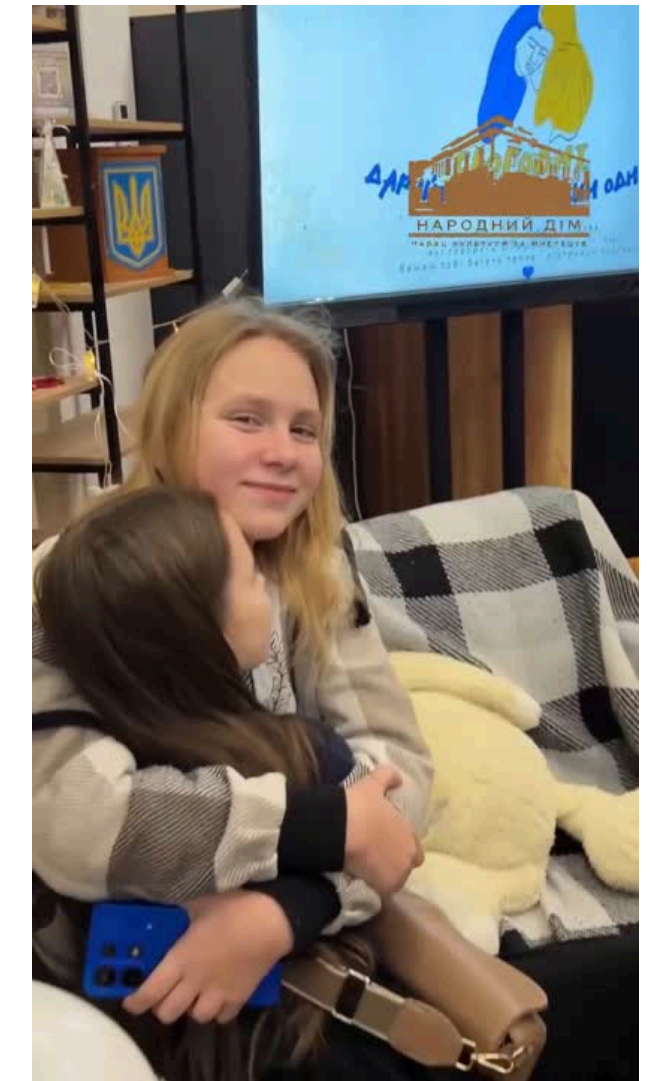
**Children's camp 'Positive Kids' for internally displaced persons and children of military personnel**



**Fairytale carnival on the occasion of World Children's Day (children from family-type homes)**



**other children's art practices (children with disabilities included)**



**for children 'Hug Day' with the participation of the orchestra of the 10th OGShBr 'Edelweiss'**



# Military personnel and veterans

## Rehabilitation, stabilisation, working with emotions



- Art therapy sessions with military personnel at the 'Warmth of a Winged Soul' health centre



- other creative sessions aimed at supporting the military

- acting improvisation with Bohdan Sokolyuk





# Women, wives of military personnel, families

Artistic evening 'Kvitka Tsisyk  
— the voice of Ukrainian  
song' (art therapy)

master class on painting  
shopping bags for mothers  
and making bead jewellery

Art therapy 'Dance — the state  
of the soul' for women (wives  
of military personnel) as part of  
the 'Caring for the Family'  
project

Music therapy (wives of  
military personnel) with vocal  
coach Maryana Kodina

photo shoot and photo  
exhibition 'Women of Strength  
and Faith' for military wives



Resourcefulness | Support | Art restoration



# Seniors

## Socialisation, creativity, activity

- art therapy for birthday celebrants, participants of the University of the Third Age
- choreographic art therapy with participants of the University of the Third Age
- resource meetings of the University of the Third Age





# INCLUSION AND WORKING WITH PEOPLE WITH DISABILITIES



## Motor skills, sensory skills, safe environment

- Art party with gingerbread painting
- Easter felt and plaster crafts
- Inclusive joint activities
- Inclusive workshops,
- Creative Weekend:

Entertainment, performances for a good mood





# TRADITIONS AND CULTURAL HERITAGE

- 'From the origins to the present day: how to conduct hayivky' — workshops by groups from the People's House Palace of Culture and Arts
- 'Colours of Traditions' master class — workshop by the Yaroslav Pstrak Art School in Kolomyia
- 'Victorious Pysanka' — master class by pysanka masters
- Master class on vytynanka (conducted by Khristina Duvyrak)
- Master class 'Diana Horban's Singing Workshop' (spiritual Easter songs, spring songs and hayivky, singing carols)





# FESTIVALS, ART ACTIVITIES, CREATIVE WEEKENDS

Relaxation, creativity, community involvement

Plein air painting,  
photo exhibitions  
and other event  
activities

‘Festival art  
activities: creating  
and relaxing’  
(as part of the  
Kolomyika festival)





# Literary and musical formats

Relaxation through words and sound

- ▶ literary breakfasts in community libraries  
music therapy at the Kolomyia Philharmonic
- ▶ named after Oleksandr Kozarenko





# IMPACT AND RESULTS

- Creating a safe cultural space
- Reducing anxiety, emotional recovery
- Strengthening social interaction and cohesion
- Preserving traditions and cultural code
- Kolomyia community demonstrates that creativity can be a tool for recovery and support for all generations.





# Why people need it

## Reasons for participation

- emotional burnout (need for recovery)
- withdrawal and social isolation (search for contacts)
- need for support, human contact, safe space
- desire for creative self-expression and meaning
- distraction from stress and news
- formation of a circle of support and belonging





# Psycho-emotional states and estimated number of visitors



*Psycho-emotional states:  
emotional burnout,  
withdrawal, increased  
anxiety, exhaustion,  
loneliness, need for  
stability.*

## Approximate numbers:

- events for children and young people - 300-800 people;
- workshops/themed classes – 70–100 participants;
- art therapy groups (small sessions) – 8–20 participants;
- photo exhibitions/festival and event activities – up to 1,000–2,500 visitors;
- inclusive program - 10–30 participants.



...art on prescription.

ТВОРИМО ТА  
ЗБЕРІГАЄМО

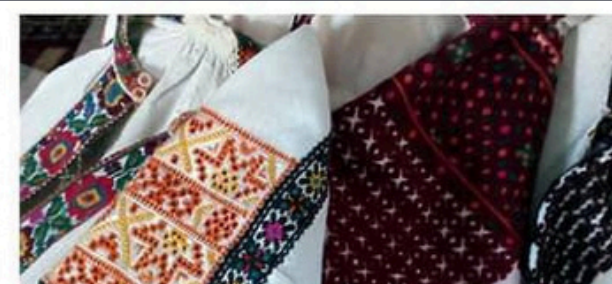
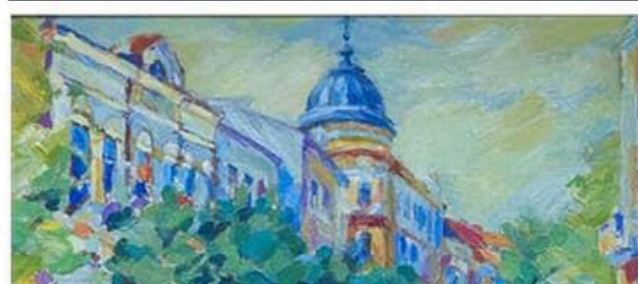
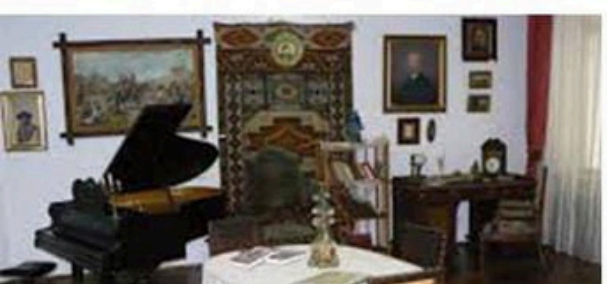
НАШУ КУЛЬТУРУ  
ТА МИСТЕЦТВО

# Culture is...

...unity.

...community resilience  
for military families .

.....a combination of material  
and spiritual values.







Коломийська міська рада  
Управління культури та туризму

# Contact us

Email:

**kulturakolomyia@gmail.com**

Social Media:



Call us:

**(+380) 98 941 23 94**

