

We are here to empower you to overcome your challenges to achieve your highest potential and dreams



SERVICES FOR UKRAINIAN YOUTHS

We offer tailored workshops, sporting and social activities to:

- help you adjust to sudden changes,
- deal with traumatic experiences from the war,
- help smoothen your integration process in Switzerland, and
- offer a community and help you connect with other youth

About us


Eden-Well is a youth empowerment organization that seeks to cost-effectively empower young people to discover their purpose and develop personal leadership skills and strategies to overcome challenges and pitfalls through resilience and mental fortitude. We help youth to realize their highest potential and dreams in this ever-changing world.

Why choose us?

We provide high-quality service handled by expert practitioners. Our experts include Ukrainian Psychologists, Psychoanalysts, Business coaches, athletes, artisans, and artists who have years of experience in their respective domains and went through the process of assimilation in Switzerland.

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Swiss youth empowerment



Our team



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Psychoanalyst & Artist



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Anna Khtema

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Artisan and Cooking Coach



Olha Shcherbaniuk-Chokan

Facilitator
Psychoanalyst



Anna Lianna-Monnier

Facilitator
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**We Believe That Every
Young Person Has
Tremendous Potential
That Awaits Uncovering**

Dealing With Change And Overcoming Challenges Project

Why this project?

This project has become necessary as a result of the challenges Ukrainian young people are facing because of the war.

Dealing with inevitable or sudden changes and traumatic experiences in life is particularly difficult to handle without the required relevant knowledge. In the worst-case scenario, sudden change, such as war, often leads to a violent disposition, loss of purpose and identity.

In Switzerland, some Ukrainian parents have expressed concern about the difficulties their children are experiencing in adjusting to the sudden change. And this has been identified as particularly troubling, affecting their studies and the integration process. Therefore, this project is designed to achieve three main objectives:

- First, equip Ukrainian youths with the relevant tools and strategies to navigate the sudden change.
- Second, to heal from the traumatic experiences resulting from the war.
- Third, to help smoothen their integration process and offer community to pursue friendship.

We also seek to:

- Connect Ukrainian youth with Youth in Canton Vaud to promote cultural exchange and ideas.
- Connect Ukrainian youth with other refugee youths in Canton Vaud.
- Offer youth a community where the accomplishment of their goals and dreams is possible.

Our Services

Workshops

We offer tailored workshops offered by experts

Community Support

Organization of various sporting activities and social events

Weekend Camps

In-person practical workshops with social and sporting activities

Summer Camps

Practical in-person workshops with a variety of camping activities