

Applicant organization: - NGO „Krizinio nėštumo centras“(Crisis pregnancy center)
Project number: LTU223573
Acting director: Zita Tomiliniene
Date of registration: 2013.10.14, Vilnius (Valstybinės įmonės Registrų centro Vilniaus filialas)
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PROJECT REPORT

1. **Project date:** January 1, 2024 – December 31 , 2024
2. **Project location:** Project implementation took place in Lithuania. Main office is in capital city of Vilnius from where main activities were coordinated. Here we have 4 employees: acting director (part time), project coordinator (full time), psychologist (part time) and social worker (full time) and many volunteers. We also have 1 part time employee in Kaunas -second biggest town in Lithuania and 1part time employee in third largest city of Lithuania - Klaipeda. Though we have employees only in 3 towns, women from all areas of Lithuania can apply for our help. We have many volunteers in all country and if we don't have a volunteer in that particular place, we provide help by phone, Zoom, letters, etc. All help is coordinated from Vilnius, Kaunas and Klaipeda.
3. **Number of participants:** 343 women and 24 men who applied for help, about 30 employees and volunteers who participated in teaching seminars, 1170 schoolchildren who got lectures at schools and more than 500 000 people who were reached by reading our articles, received fliers, saw our videos on FB, heard about us on radio.

Target group - women/men facing pregnancy crisis, suffering after abortion, miscarriage or postpartum depression.

- Countries of application: Lithuania (most), some Lithuanian women living in other countries.
- Cities of application: All cities in Lithuania.

4. Main objectives of the project were:

- **To provide help to women suffering crisis pregnancies**, to help them bring their pregnancies to term and support them as long afterwards as needed. Those objectives were met. USCCB covered expenses of employees for 1 month (psychologist, social worker, counsellors, director and project coordinator). As well we used USCCB money to rent premises used for consultations and storage of material items to women in Kaunas (2nd biggest town in Lithuania). As well USCCB covered office maintenance expenses – what is essential for providing help.
- 311 people got help or information they needed
- 61 babies were born to women who applied for our help

- 51 baby layettes delivered (with all needed hygiene items for the baby and mother, baby clothes, toys, trolley and bed if necessary)
- Other material help: trolleys - 49, beds - 22, car chairs – 11, clothes for pregnant women and other children - 208 sets, diapers – 11500 hygiene items – 1840, 86 formula milk packs and lots of food sets, toys and other items.
- Over 10700 euro financial help to women in need was provided. USCCB contributed 3000 euro.
- We arranged 2 therapy groups for women facing crisis pregnancies and 3 support groups after delivery.

2• To help women after abortions, baby losses (due to premature birth or miscarriage) or women suffering postpartum depressions. Those objectives were met. 56 people applied our center regarding those issues, 2 therapy groups were provided for women after baby losses and miscarriages and 1 group to women suffering postpartum depression. USCCB partially covered expenses of psychologist and social worker.

• To improve professional skills of employees and volunteers.

During the project period employees and volunteers participated in 11 different professional skills enhancement seminars, and sessions. We tried to find good free of charge seminars, when it was impossible, seminars were financed from other sources than USCCB. I am sending (Appendix 8) detailed list of seminars, hours of teachings and dates. Generally about 30 different people participated (employees and volunteers) in seminars.

Acquired skills deepened and improved knowledge of how to help our target group (this year we had more stress on postpartum period), had very good seminar of suicide prevention, learned self-help techniques, dived into systemic understanding of personal and family processes in the context of abortion trauma and its impact, talked about challenges and rewards of parenthood, learned how to use associative cards in counselling and more.

Every year we organize volunteer and employee training. This year we also had this event and concentrated on 3 themes – „Specifics of counseling women with mental problems.” (and analyzed dilemmic situations in our work), „Metaphorical associative cards as an aid for counseling“ and „Systematic understanding of personal and family processes in the context of bereavement trauma and its impact on the person, family, relatives, and society“. Those training days were very important – we both had a great opportunity for comprehensive discussions about dilemmic cases and learned new techniques that are useful for consulting women.

• To educate society and young people about dignity of life, responsible sexual relationship, possibility of chastity until marriage, consequences of abortion, harm or pornography etc. - Those objectives were met. We planned to have 20 lectures but had more - 48 lectures (more than 1170 schoolchildren (13 -19 years old) attended them) at different schools in Lithuania. Young people were introduced to the development of human life before birth, respectful and responsible approach to relationships, to sexual relationships, sexually transmitted diseases, unplanned pregnancy, its solutions, physiological, psychological and moral consequences of abortion, they were talking about preparation for the family life and parenting issues. Lectures were led by a pair of lecturers (man and woman). Young people were very happy about lectures. They found them useful, important and interesting.

- **To become more known to Lithuanian people and specialists.**

We delivered our informational material (about help we provide) to different Lithuanian institutions: public health centers, hospitals, medical centers, social support centers, parishes (more than 50 different places). During project we delivered over 5 000 units of fliers, 50 posters, 3500 leaflets. We are very glad that sometimes institutions themselves ask us for our material with the purpose that they could hand in that leaflet or flier to their clients.

We also wrote articles about different topics (crisis pregnancies, miscarriages, postpartum depressions) in newspapers and magazines for general population, as well as specifically for mothers, pregnant women. This year we had a special campaign about postpartum problems and wrote more than 50 different articles. This year we also arranged Center advertising – posted special banner in magazines for doctors (family doctors and gynecologists).

Arrangement was that our advertisement will be placed in all publications for the year 2024. We also produced a few new short video films and some reels to talk about problems our center helps to solve. We posted them on FB and Instagram.

We made audio advertising that has been broadcasted on 3 popular radio stations: 1st station is Christian radio station (but it is quite popular not only among Christians). Another radio station is very popular among young people and 3rd station is National radio station.

Advertising of our Center was broadcasted 1 month in each station. Our employees talked on TV (3 times), radios (2 times) and participated and gave speech in conference (1 time), talked to students about crisis pregnancy situations, solutions, help (7 times), gave speech on other online platforms (4 times).

We believe that those advertising means are helping to become more known to people because target group, professionals, journalists and society.

<https://www.youtube.com/shorts/h7vv8EtQdK4>

<https://www.youtube.com/shorts/ZHHKiNKj7m0>

We are grateful that with the help of USCCB funding we could buy Google ads, print fliers, posters and leaflets. This was very important because helped us to reach women who need our help, to reach doctors in order to inform them about help Center provides to women and to inform society.

3. Additional information:

What we planned:

We planned that during 1 year period we could help about 300 - 350 women/men (and provide about 1500 -1800 consultations), we will organize 6 - 8 support groups to women, around 50 -70 babies will be born for the women who will get needed counselling and support, we will hand out 50 baby layettes, 15 000 units of diapers, 40 trolleys and many baby clothes. 20 lectures to young people will be organized by our lecturers.

During 12 months of activities we provided following services and consultations:

- Number of new people who applied the Centre: 367 (more than planned)
- Consultations totally: 1460: by phone- 442, letters, FB, messenger, etc.- 433, “face to face” -585 (a little less than planned, but were provided according to real needs of women)
- During 12 months, following consultations to women facing crisis pregnancy were given (Psychosocial – 805, psychological - 544, gynecological - 14, genetical - 2, psychiatrist –

13, breastfeeding – 8, midwife- 9, juristical - 7, spiritual help – 1, doula – 39 and helped in 2 delivery, other volunteer help – 15, body therapy - 1). Consultations were provided by internet, telephone and directly (appointments).

- **During the project period totally we organized 8 groups:** 2 therapy groups for women after miscarriage, 2 support groups for women facing crisis pregnancies, 3 support groups after delivery and 1 therapy group for those suffering postpartum depressions.

- We organized 48 lectures to young people, more than we planned (20).

Reasons why people applied the center:

Help to find a solution (to give birth or terminate pregnancy) - 39,

Suspected pregnancy and questions related with it - 12,

Help after miscarriage or loss of a child - 56,

Questions related with termination of pregnancy – 34,

Help after abortion - 10,

Different social, material or psychological help to women who decided to give birth -120,

People who applied for help for other person - 43,

Other questions related with pregnancy - 8,

Postpartum depression - 45;

We received funding of 20000 USD/18566 EUR for our project from USCCB. Currency exchange on 9th of February, 2024 was 1 eur => 1,0772 USD. We got 18566 euro.

In this table you can see planned spending and actual spending

No.	Subject	Asked funding	Received and spent funding		Commentaries
	Currency	USD	USD	EUR	
1	Personnel salaries (with fees)	18000	9784	9083	Money were used to cover 1 month salaries of social worker, counselors, psychologist, project coordinator, director. Appendix 1.
2	Accounting expenses	0		0	Covered from other sources
3	Professional skills enhancement	1000		0	Arranged free of charge or were covered by other sources
4	Direct aid to women, Neto	3000	3232	3000	Those money were used to direct financial aid to women (money transferred to their bank accounts for food, rent or medicine, other needed things). Appendix 2 .
5	Marketing expenses, Neto	2500	1611	1495	Were used for fliers, leaflets, posters and google ads (Invoices attached). Appendix 3.
6	Overhead and administration expenses, Neto	1000	978	908	Were used for office maintenance expenses (invoices attached) Appendix 4.

7	Premises in Kaunas for counselling, therapy groups and storage	3000	3210	2980	Payment for consultation premises were 236 euro/month * 11months, for storage premises - 48,04 euro/month * 9 months.
8	Education of youth expenses	0		0	Lectures at school about value of life, respectful romantic relationship, etc. Were covered by other sources.
9	Service contracts or other expenses	1500	1185	1100	This was payment to psychologist for self-help group moderation (invoices attached). Appendix 6.
10	Total	30000	20000	18566	

Appendix 1 – information about salaries of employees

Appendix 2 – declaration about funds transferred as a financial help to women

Appendix 3 – invoices of marketing expenses

Appendix 4 – invoices for overhead and administration expenses

Appendix 5 - information about payments for premises in Kaunas

Appendix 6 – invoices for payments to specialist

Appendix 7 – photos of the project

Appendix 8 – additional information about seminars

Project coordinator

Simona Nevierienė