



Support for Ukrainians in Poland. Compassion in action

How do you take a breath facing the war next door? How do you practice and stay mindful? Slowly, slowly our emotions settle down as we direct all our energy to shelter and feed those who are arriving. Those are mothers with children as all men between 18 and 60 years...

Scan the qr code with your phone camera or go to the following address

<https://zrzutka.pl/en/zrxxtux>

