

Be a light in the darkness for families facing adversity this Christmas.

This Christmas, Caritas Australia is inviting Australians to “be a light in the darkness” for families living through the trauma of war, displacement, and poverty.

The appeal shares the story of Liudmyla, a mother of three from Kherson, Ukraine, whose life was upended when her village was invaded. With one child living with Downs Syndrome and a brother gravely wounded in combat, Liudmyla fled with her family, arriving in winter to a fire-damaged house with no windows or doors. Her daughter was traumatised by shelling and struggled with severe allergic reactions due to flea infestations.

“Life was good before the war. Now we’ve lost everything,” Liudmyla said. “My son, they almost shot him... bullets flew right past his ears.”

With support from Caritas Ukraine, Liudmyla received food kits, bedding, hygiene supplies, and access to child-friendly spaces offering psychosocial care. Her daughter now attends art therapy sessions with psychologists, and Liudmyla says the local staff “feel like family.”

Caritas Australia works in partnership with organisations like Caritas Ukraine to support families facing adversity around the world. Those supporting the appeal will help families like Liudmyla’s, who have been displaced by conflict, are struggling with hunger and poverty, or are rebuilding after disaster.

Donations made can help provide those in need with:

- **Food kits** with essentials like grains, canned vegetables, and baby formula
- **Emergency shelter kits** with blankets and waterproof covers
- **Psychosocial support** through safe spaces and counselling

Speaking during a recent visit to Australia, Tetiana Stawnychy, President of Caritas Ukraine, shared a message of solidarity:

“The resilience you see in Ukraine is not just about Ukraine. It’s about the solidarity we’ve had with all of you. You are part of our story, and we are deeply grateful.”

To support Caritas Australia’s Christmas Appeal, visit www.caritas.org.au/christmas or call 1800 024 413 toll free.

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