



CENTRUM  
POMOCI  
PRE  
RODINU

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ANNUAL REPORT

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In 2025, we successfully completed our 16th year of service in Trnava and celebrated the 8th anniversary of our presence in Piešťany. It was a year in which we built on the major changes from the previous period and fully utilized the potential of our renovated premises.

## **DEVELOPMENT OF THE Opora INTEGRATION CENTER**

After its first year of operation, the Opora Integration Center has become a stable pillar of our crisis intervention services in Trnava. Thanks to the reconstruction carried out in the previous year, we were able to regularly utilize the increased capacity of 45 places. This allowed us to provide a safe environment and professional counseling to people experiencing housing insecurity, foreigners seeking a new home, and families facing difficult life situations.

Our assistance would not be possible without the dedication of the community around us. In 2025, a total of 195 volunteers took part in our activities. Their selfless work, time, and energy are the heart of our center and proof that solidarity in our cities continues to grow. We are deeply grateful for every helping hand that enables us to create a place of acceptance for everyone.

# THE FAMILY HELP CENTER TEAM



**Mgr. Kristína Königová**

Statutory Representative, Fundraising Manager, director



**PhDr. Michal Lipovský, MBA**

Deputy Statutory Representative, Social Services Manager, PR Manager



**PhDr. Lenka Jančovičová, PhD.**

Social Counsellor and Life Coach  
Guarantor of the OPORA Integration Center



**Mgr. Peter Girašek, SJ**

Pastoral Counsellor  
Project Manager for the JRS Project



**Mgr. Barbora Ciuttiová, OSU**

social counsellor  
coordinator of activities and volunteers



**Mgr. Jarmila Kurbelová**

Family Counsellor and Life Coach



**Mgr. Mária Jágrová**

Coordinator of Preventive Activities



**Mgr. Veronika Komissar**

Legal and Social Counsellor

# THE FAMILY HELP CENTER TEAM



**Silvia Hlušková**

Coordinator of the OPORA  
IC



**Mgr. Paulína Roncová**

Slovak Language Lecturer



**Mgr. Veronika Drgoňová**

Slovak Language Lecturer



**Mgr. Lucia Zambojová**

Coordinator of Preventive  
Activities, Project Management,  
Activity Monitoring



**prof. PhDr. Mária Dědová, PhD**

Socio-Psychological Counsellor



**Mgr. Bc. Alena Ondreková**

Counselor



**Mgr. Lucia Drábiková, PhD.**

Socio-Psychological Counsellor,  
Lecturer

# THE FAMILY HELP CENTER TEAM

## VOLUNTEERS



**doc. JUDr. Viktor Križan, PhD.**

Consultant in Family Law and Socio-Legal Counsellor (Volunteer)



**Alžbeta Gunišová**

Coordinator of Youth Leaders

## CONTACTS FOR COUNSELLING

Socio-Psychological Counselling TT: 0949 262 912

Family Counselling  PN: 0944 376 741

Basic Social Counselling

OPORA Integrational Center - Consultations

Coaching and Counselling  0949 873 920

## OTHER ACTIVITIES

Eco-wardrobe  0948 020 412

### Volunteers

Tutoring  0948 174 711

Project SARA  0948 262 912

Project TEREZA  0949 873 920

Youth Leader  0948 262 912

# counselling

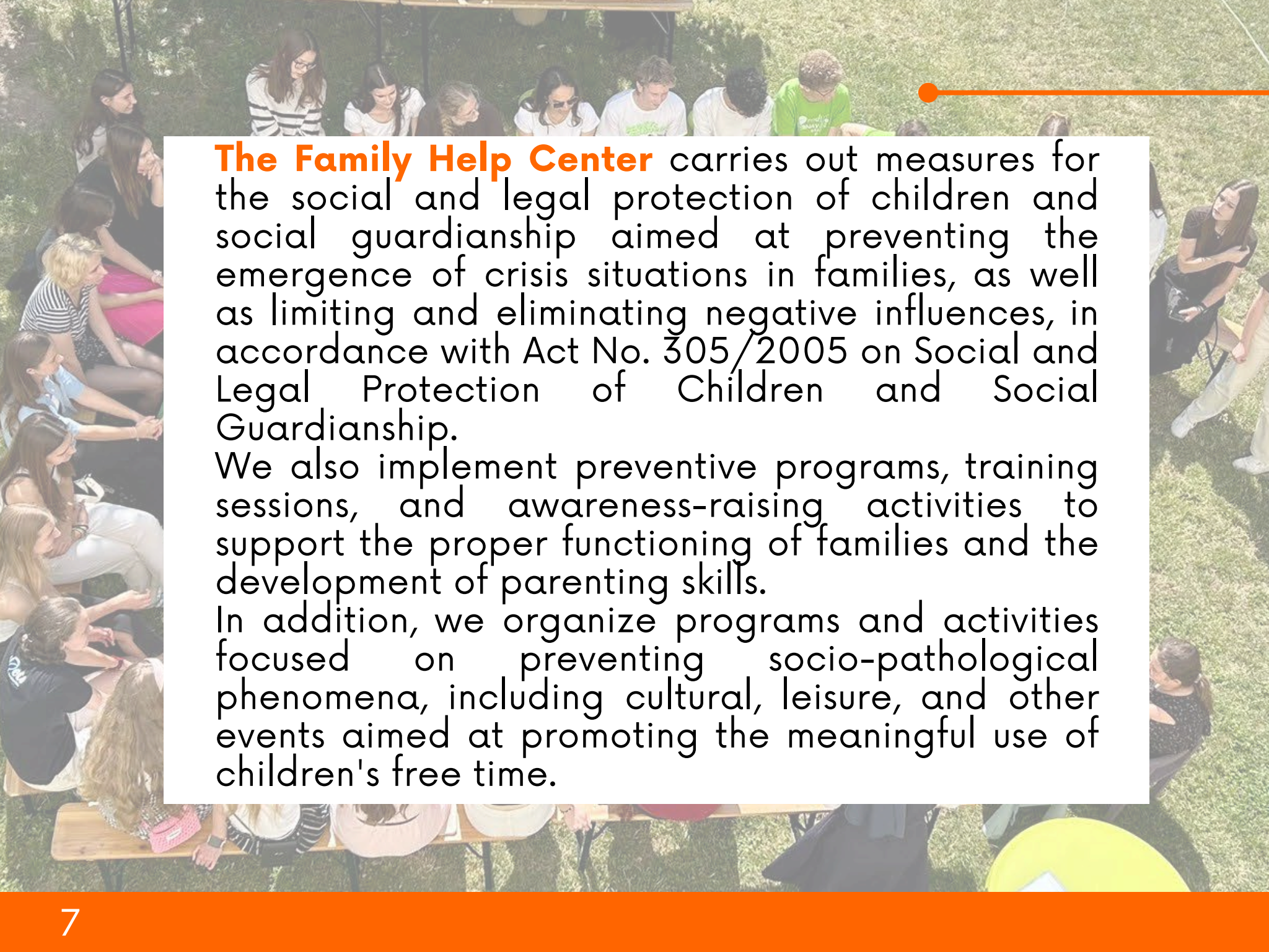
Type of Counselling	Hours	No. of sessions	No. of clients
Counselling	340	234	85
Family Counselling	200	136	79
Coaching	725	48	21
Social Counselling	405	38	22
Legal Counselling	4	7	7
<b>Total:</b>	657	463	

**463 interventions / 103 women and 42 men** ●

# counselling

Type of Counselling	Hours	No. of sessions	No. of clients
<b>Psycho-Social Counselling</b>	56	126	161
<b>Family Counselling</b>	22	54	54
<b>Basic Social Counselling</b>	5	12	8
<b>Coaching</b>	4	15	22
<b>Total</b>	245	207	

**207 interventions / 50 women and 13 men**

A group of people, including men and women of various ages, are sitting on a wooden bench outdoors. They appear to be engaged in a discussion or a group activity. The background shows a grassy area and some trees. The text is overlaid on a white rectangular box in the center of the image.

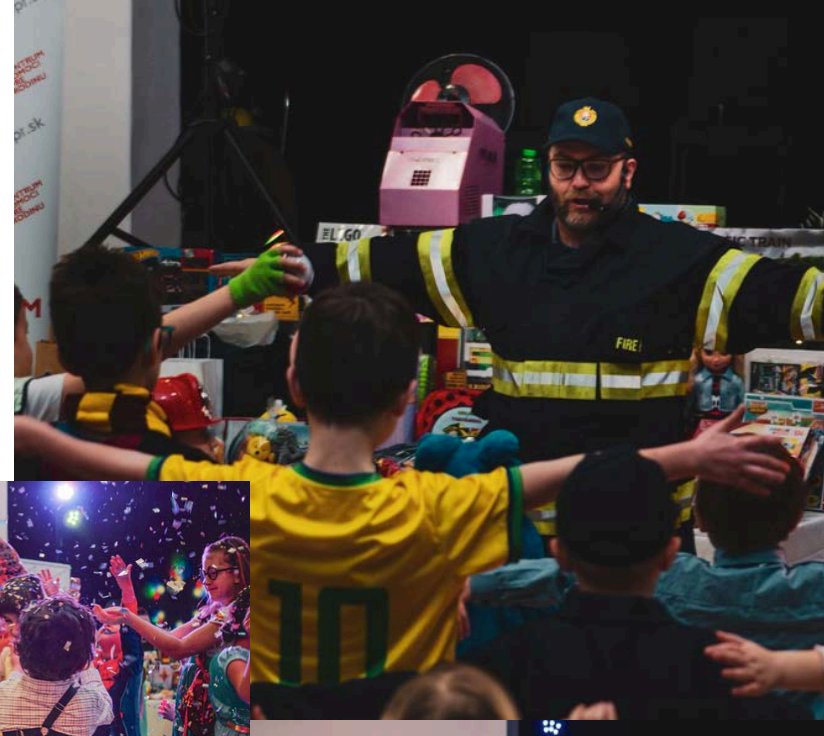
**The Family Help Center** carries out measures for the social and legal protection of children and social guardianship aimed at preventing the emergence of crisis situations in families, as well as limiting and eliminating negative influences, in accordance with Act No. 305/2005 on Social and Legal Protection of Children and Social Guardianship.

We also implement preventive programs, training sessions, and awareness-raising activities to support the proper functioning of families and the development of parenting skills.

In addition, we organize programs and activities focused on preventing socio-pathological phenomena, including cultural, leisure, and other events aimed at promoting the meaningful use of children's free time.

# events





## Uniform Carnival

On February 8, 2025, both children and adults let their imaginations run wild, and the hall filled with little police officers, brave firefighters, sturdy sailors, and skillful doctors. The atmosphere was full of energy, laughter, and dancing from the very beginning.

# Women's Conference ONA



The Family Help Centre organized the first edition of the Women's Conference ONA – Open, New, Active. The conference took place on April 5, 2025, with more than 120 participants.

# Award Ceremony for the Longest-Lasting Marriages in Trnava

We honored long-term marriages together with a representative of the City of Trnava on February 9 in the Ceremonial Hall of the Trnava Town Hall. The event was held for the sixth time.



**Mária Holická and Matej Holický 61 years of marriage**  
**Valéria Púchla and Emil Púchly 62 years of marriage**  
**Rozália Bučková and Alojz Bučko 65 years of marriage**





**From the left Bučkovi, Holický and Púchli - Trnava**



**Fram the left Lukačovi, Prišticovi and Plichtovi - Piešťany**

# Award Ceremony for the Longest-Lasting Marriages in Piešťany

The recognition of couples who have lived together for many decades took place in the Municipal Library on February 12, 2025, in the presence of the Mayor. In Piešťany, this event was held for the fifth time.

**TERÉZIA PRIŠTICOVÁ AND JOZEF PRIŠTIC**  
**LÍDIA LUKÁČOVÁ AND EMIL LUKÁČ**  
**ELENA PLICHTOVÁ AND IVAN PLICHTA**

**ALL COUPLES HAVE BEEN MARRIED FOR 62 YEARS.**



Testimonies of married couples can be found on the YouTube channel: Family Help Center



## Family Day Trnava

May 25, 2025, in our city, was dedicated to the celebration of the most precious values. The jubilee 15th edition of Family Day transformed the grounds of the Marian Hall into a place full of laughter, games, and heartfelt encounters. Under the motto “(Step) of Hope,” we showed together that family is the foundation on which our community stands.

This year’s program was truly diverse, offering something for everyone:

Performers included host Lukáš Pinček, the clown Šašo ČO, the musical group Podzámok, and talented dancers from Alegria, Drienky, and others.

Children watched the experiments of “Magic Physics” with amazement, while outside they admired the equipment of firefighters and the municipal police.

There were also popular mascots from Paw Patrol, inflatable castles, and creative activity stations.





We would like to thank the following for their support:

The City of Trnava, the Trnava Self-Governing Region, the Trnava Archdiocese, Marian Hall, JEZUITI.sk, and MH – REPRO

We would like to thank the following for their promotion:

Trnava Radio, Trnavský Hlas, trnava-live.sk, eREPORT Trnava, and Zaži in Trnava.



# Friendly Picnic to Celebrate the Independence Day of Ukraine in Trnava



On August 22, 2025, we gathered in the courtyard near the Marian Hall in Trnava for a friendly picnic celebrating the Independence Day of Ukraine.

This year, the event was also attended by the Ukrainian Ambassador, Myroslav Kastran.



# Missionary Bazaar in Trnava

The first weekend of December traditionally dedicated to the Missionary Bazaar, which focused on supporting mission work in India and Slovakia. This year, €1,651.30 was collected. Thank you!



# education

Slovak language courses at the FHC are not just about grammar. They are a key to new opportunities. Our clients gain the necessary confidence in communication, which opens doors to better employment opportunities and makes everyday life in Slovakia easier.



# workshop

We would like to thank all participants who attended the professional workshops on September 17 and 29, focused on supporting displaced persons from Ukraine in finding employment. The discussions were very active and brought many valuable insights.



Social Innovation Initiative



Spolufinancovaný Európskou úniou





## Marriage evenings

In 2025, we successfully completed two cycles of the Marriage Enrichment course led by the Pikna couple. A total of 13 married couples took part in the program, investing in the strengthening of their relationships.





**Volunteers are a gift that cannot be bought, but can be earned.**

# project



The Helping Children project provides volunteer tutoring for children from disadvantaged backgrounds. The project coordinator is Sr. Magdaléna, OSU – Mgr. Barbora Ciuttiová, who is also responsible for the recruitment, motivation, organization, and training of volunteers, as well as communication with parents.

In 2025, 59 volunteers – mainly students from secondary schools, but also from universities in Trnava—joined the project. They tutored 66 Ukrainian children. At the same time, they actively participated in organizing various events at the FHC.

As part of their formation, volunteers completed four training sessions, as well as individual mentoring.

**59 volunteers / 1385 hours**





## Evaluation of the project "One Proposal"

An independent consultant from the JRS organization conducted both individual and group interviews with project participants to better understand how the project truly impacts the integration of Ukrainians in their new country.

**As part of the One Proposal project, we offer:**

- Slovak language courses for adults
- Tutoring for children from Ukraine
- Social and legal counselling
- Eco-wardrobe – a space for exchanging clothes and other items for people in need

# Recruitment of volunteers

In September, as is traditional, we held a volunteer recruitment campaign for people who are an integral part of the various activities of the Family Help Centre in Trnava. For us as an organization, volunteer work is an irreplaceable form of support and at the same time a way to bring our services and assistance closer to the public. Volunteers help us with families, at events, in counselling, social work, prevention, and education.



# Volunteer Education

Students from schools in Trnava took part in specialized training "Tutoring for Children from Disadvantaged Backgrounds".



## Volunteering in Project TEREZA

In the past year, within the Project Tereza, we placed strong emphasis on developing volunteering and making our seniors' free time more enjoyable. The initiative of our volunteers brought new activities that quickly became some of the most popular.

Literary afternoons: Thanks to the initiative of one of our volunteers, we introduced regular group book-reading sessions.

Cultural enrichment: Performances by the talented Stelka became a special highlight of the program.



# Volunteering – YOUTH LEADERS

No. of children: 59

No. of volunteers – youth leaders: 22

No. of sessions: 55 Trnava , 8 Piešťany

The meetings took place in a pleasant and friendly atmosphere. The children engaged in games, storytelling, and creative workshops, where they worked under the guidance of young animators. These activities helped prevent negative situations in families while also purposefully strengthening interpersonal relationships and the mental well-being of the children.



## CHILDREN'S GATHERINGS

# Volunteering in numbers:

Tutoring children: 61 volunteers / 1,130 hours

Youth Leaders: 20 volunteers / 925 hours

Project TEREZA: 10 volunteers / 936 hours

Event organization: 65 volunteers / 260 hours

Administrative support: 5 volunteers

Teaching and professional support: 3 volunteers / 68 hours

Eco-wardrobe: 8 volunteers / 380 hours

**3 627** volunteer hours



# Eco-wardrobe



Our project focuses on sustainability and ecological awareness. We give clothing a second chance, thereby reducing textile waste, which is one of today's environmental challenges. Thanks to our donors and volunteers, we are able to provide help where it is most needed. We collaborate with various organizations, which allows us to distribute aid effectively.

The Eco-wardrobe is not just a place where people can come for clothing. It is also a space of solidarity, support, shared meetings, and conversations. A place where people can share their stories, find encouragement, and experience a sense of belonging.

This year, the Eco-wardrobe welcomed **2,419** visitors — **995** from Ukraine and **1,424** from Slovakia — including eco-enthusiasts, Ukrainian refugees, and people from socially disadvantaged or marginalized communities.



Cooperation

# preventive programs



Montessori workshops are regular meetings for parents and children aged 2 to 6, held twice a week under the guidance of a teacher. Through play, children have the opportunity to explore, discover, and develop their unique potential in a creative environment. They primarily develop fine motor skills, psychomotor abilities, and sensory processes appropriate to their developmental stage. Play, which includes rhythmic songs and movement, is also an effective tool for facilitating socialization at an early age.



# Preventive lectures

## Lucia Drábiková



- When Our Parents Grow Older – March 20, 2025
- How to Shine – May 15, 2025
- Technologies That Our Children Master – June 14, 2025



## The Bible Through Children's Eyes in Trnava Along the Path of Biblical Stories in Piešťany

The target group for these meetings also included parents with children aged 2 to 6. The sessions focused on themes from various biblical stories from both the Old and New Testaments. Each meeting began with a song-based prayer. The sessions were conducted in an experiential format, fully engaging the children in the story, which was dramatized so that they became active participants. These activities aimed to develop children's imagination, positive moral growth, and prosocial behavior. Each story concluded with a creative activity based on the plot of the dramatized story, designed to develop both fine and gross motor skills, sensory perception, and creativity.

**No. of children: 23 Trnava, 12 Piešťany**  
**No. of sessions: 9 Trnava , 8 Piešťany**

## Summer camp

This year's camp was themed around Native Americans, and throughout the camp, the children explored various virtues. A total of 36 children participated, guided by 12 youth leaders. Two excursions were organized during the camp.



# Summer camp

The second camp was themed around "The Neverending Story". We thank all the youth leaders for their dedication and time.



## CHEERFUL ARTISTS

We celebrated an unforgettable opening of an exhibition featuring two remarkable talents and educators – Oksana Lukomska and Mykola Bilart. Their works brought new energy, joy, and a piece of genuine artistic heart into our space. The atmosphere of the opening was enhanced by a beautiful musical performance from the Ukrainian folk choir Nadiya, which made the event truly memorable.



## PICTURESQUE BREATH

An exhibition of drawings and paintings by adults from the courses of Oksana Lukomska and Mykola Bilart. The works were created in various styles and techniques. The opening of the exhibition was accompanied by live music performed by Ildikó Kali.



# Integration Center OPORA





INTEGRAČNÉ  
CENTRUM  
Opora

The aim of the Integration Center is to provide people from various community groups and cultures with support in their life situations. IC Opora strives to create an inclusive environment where people can feel supported and accepted.

**The Integration Center has an annual capacity of 45 clients and provided services to 199 clients during the year.**



# ergotherapy

## **HEALING THE SOUL THROUGH HANDCRAFT**

In 2025, occupational therapy sessions continued at the Integration Center OPORA, remaining an integral part of life in our organization. Together with our clients, we explored the world of scents and natural materials, developing not only their skills but also their inner well-being.

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Ergotherapy for us was not just about the final product, but also about creating a safe and supportive environment. In this space, clients found an opportunity to share their life stories, express their current feelings, and foster mutual understanding.



This year, our workshop focused on ecological and natural creations. Under the hands of our clients, the following were produced:

**Natural cosmetics:** Fragrant lip balms and delicate perfumes.

**Sustainable accessories:** Practical beeswax wraps, an eco-friendly alternative for packing snacks.

**Home lighting:** Hand-poured candles made from natural wax.

**Textile upcycling:** Using fabric scraps, we sewed stylish table runners and tablecloths directly in the center, with designs reflecting the current season and adding coziness to our space.

Our products didn't just stay on the shelves; they found new homes at Christmas markets, delighted their creators, and became thoughtful gifts for the staff of our partner organizations.





## Education is an important part of our organization.

This time, we focused on helping our staff develop skills in self-defense and assertiveness techniques.



Thank you for your donations and 2% tax contributions!

You also supported these events:

- Family Day in Trnava and Piešťany
- Carnival
- Children's gatherings
- Children's camps
- Courses and lectures
- Women's Conference ONA
- Honoring the Longest-Married Couples
- Family Teambuilding Meeting

Thank you for your support and cooperation



Mesto  
Piešťany



Trnavská  
arcidiecéza



# economy

<b>Services – contributions</b>	18 426,78 €
<b>Government budget subsidies</b>	35 974,40 €
<b>Grants - ESF, JRS</b>	112 400,00 €
<b>Contributions from individuals, sponsorships</b>	22 217,00 €
<b>Member contributions</b>	40,00 €
<b>Income from the 2%/3% share of paid tax."</b>	586,85 €
<b>Grants – Trnava Self-Governing Region, City of Trnava, and Piešťany</b>	113 388,00 €

**+303 033,03 €**



<b>Material consumption</b>	27 266,64 €
<b>Repairs and maintenance</b>	1 150,00 €
<b>Travel expenses</b>	66,35 €
<b>Representation expenses</b>	64,50 €
<b>Other services</b>	72 431,66 €
<b>Labour costs</b>	134 540,23 €
<b>Statutory social and health insurance</b>	47 947,28 €
<b>Mandatory social expenses</b>	8 530,94 €
<b>Other taxes and fees</b>	350,00 €
<b>Exceptional costs</b>	2 279,98 €
<b>Other expenses</b>	6,50 €
<b>Odpisy</b>	2 360,37 €

**-296 994,45 €**

Transfer of funds to 2026 6 038,58 €

 **TRNAVA**

Family Help Center  
Štefánikova 136/46  
917 01 TRNAVA

 +421 948 262 912  
+421 948 020 412 - EKO šatník  
 [cppr@cppr.sk](mailto:cppr@cppr.sk) / [oporacppr@gmail.com](mailto:oporacppr@gmail.com)

IČO: 42160588

DIČ: 2023204777

 FIO

IBAN: SK83 8330 0000 0029 0085 2275





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 **PIEŠŤANY**

Family Help Center  
pobočka PIEŠŤANY  
Poštová 1  
921 01 PIEŠŤANY

 +421 0944 376 741  
 [cppr.piestany@gmail.com](mailto:cppr.piestany@gmail.com)

 FIO

IBAN: SK17 8330 0000 0026 0156 7917



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