

A photograph of two women sitting at a white desk in a computer lab. The woman on the left is wearing a white shirt and has her back to the camera, looking at a laptop. The woman on the right is wearing a bright green shirt and has long braids with red and pink highlights; she is holding a yellow folder and looking towards the first woman. There are several laptops on the desk, and a window is visible in the background.

SCHOOL OF MOTHERS

Ajuda de Mãe

RELEVANT SOCIAL IMPACT

The "School of Mothers" project responds to a growing social phenomenon: the increase in pregnant and adolescent mothers, including Asian immigrant women, in situations of social and economic vulnerability. This context was highlighted by Rádio Renascença (05/05/2024), which reported the significant increase in mothers of Nepalese and Indian origin turning to Ajuda de Mãe for basic support and family guidance. This is an urgent reality, which requires sustainable and structured responses, only possible through solid partnerships, namely donations.





AJUDA DE MÃE IS THE BRAND WITH THE BEST REPUTATION IN TEACHING AND CITIZENSHIP – CULTURE AND SOLIDARITY (2025) ACCORDING TO THE CONSULTANCY ONSTRATEGY.

<https://marketeer.sapo.pt/estas-sao-as-marcas-com-melhor-reputacao-em-ensino-e-cidadania/>

SCHOOLS & UNIVERSITIES	2025	SOLIDARITY & CITIZENSHIP	2025
UNIVERSIDADE NOVA DE LISBOA	77,0	AJUDA DE MÃE	77,3
INSTITUTO SUPERIOR TÉCNICO	76,2	COMUNIDADE VIDA E PAZ	77,1
FACULDADE ECONOMIA UNIV PORTO	75,9	OPERAÇÃO NARIZ VERMELHO	76,7
UNIV CATÓLICA PORTUGUESA	75,7	APAV	76,6
FACULDADE DIREITO UNIV LISBOA	75,4	BANCO ALIMENTAR	75,4
ISEG	75,1	ASSOCIAÇÃO SALVADOR	75,2
ISCTE	75,0	APPACDM	75,0
FACULDADE CIENCIAS UNIV LISBOA	74,8	UNICEF	75,0
UNIVERSIDADE DE COIMBRA	74,8	RE-FOOD	74,8
INSTITUTO SUPERIOR AGRONOMIA	74,3	CAFÉ JOYEUX	74,3

THE PROJECT



The Mothers' School is a project of the Associação Ajuda de Mãe – IPSS, aimed at pregnant and adolescent mothers referred by schools, health centers, CPCJ and other community entities.

These young women face significant challenges in experiencing motherhood, resulting from their age, lack of preparation for the parental role and the absence of a family support network.

The combination of these factors often leads to problems of social and family integration, high school dropout rates and situations of economic and emotional vulnerability.

The Mothers' School is, therefore, a concrete response to the need to prevent school dropout, strengthen parenting skills and promote inclusion and family autonomy.

O PROJETO



The Mothers' School project has a school component associated with the Distance Learning project and a free time component.

The school component is taught on a distance learning platform, managed by Escola Fonseca de Benevides, the main partner in this component of the project. Other partners are volunteers.

The distance learning modality, developed at Ajuda de Mãe's headquarters, allows these young women to have psychosocial monitoring, which enables the acquisition of rules of behavior, such as attendance and punctuality and also allows the close monitoring of the baby in the Ajuda de Mãe's Baby Room, favoring breastfeeding, the strengthening of parental ties and the vigilance of newborn care.

O PROJETO



During school holidays, the project includes the Free Time component. It is a time to reinforce health training, namely family planning, healthy lifestyle habits, valuing experiences and knowledge, sharing work experiences that develop a taste for a profession, initiative and entrepreneurship and promoting active citizenship.

In this sense, activities are created and promoted that contribute to the development of skills such as communication, adaptability, resilience, capacity and tolerance to frustration and problem solving.

It is also a time when these young women are sought to have some volunteering, cultural, sports and recreational experiences that they do not normally have access to, thus promoting their personal development. This component also includes a summer camp with the children and other adolescent mothers for the development of some skills and values.

MISSION AND VISION MOTHERS' SCHOOL

The project's mission is to empower adolescent mothers for conscious, responsible and autonomous motherhood, promoting the right to education, equal opportunities and social inclusion.

It seeks to become a national reference in inclusive and parental education, contributing to fairer, more cohesive and sustainable communities.



OBJECTIVES

General Objective

Promote the social, educational and professional inclusion of pregnant women and adolescent mothers, through an integrated model of education, training and psychosocial support.

Specific Objectives

Prevent early school leaving and facilitate the return to the education system.

Provide a training program and parental and social skills that favor autonomy and active citizenship.

Develop personal, social and professional skills that increase future employability.

Ensure continued psychological and social monitoring, promoting well-being and mental health.

Create an inclusive educational environment, with support for the baby and strengthening the mother-child bond.



TARGET AUDIENCE

Direct beneficiaries:

pregnant women/adolescent mothers (12–18 years).

Indirect beneficiaries:

children of adolescent mothers and their families.



PROJECT COMPONENTS

Distance learning in partnership with the Fonseca Benevides School.

Face-to-face and continuous psychosocial monitoring.

Baby room for child development care and supervision.

Extracurricular activities to reinforce citizenship, digital literacy and employability.

Holiday camp with mothers and children, promoting family and social ties.



SCHEDULE

Activity	1st Period	2nd Period	3rd Period
Academic Period	15/09/2025 16/12/2025	a 05/01/2026 a 27/03/2026	13/04/2026 a 30/06/2026
Non-Teaching Period	16/12/2025 a 04/01/2026 Hollidays Christmas	28/03/2026 a 12/04/2026 Easter Holidays	01/07/2026 a 31/07/2026 Summer Holidays
Acompanhamento Psicoossocial	Setembro de 2025 a Julho de 2026		
Disclosure (Summer free time)	Abril 2026		
Mid-term evaluations:	dezembro 2025	abril 2026	junho 206
Período não letivo	Agosto / setembro 2026		



EXPECTED RESULTS

Reduction of school dropout among pregnant adolescents.

Educational progression of at least 90% of the participants.

Improved self-esteem and parenting skills.

Prevention of situations of social risk or child neglect.

Promotion of community integration and future employability.



MOTHERS' SCHOOL - EDUCATION, INCLUSION AND AUTONOMY FOR YOUNG MOTHERS

BUDGET



Main Heading	Descriptiono	Annual Cost (€)
Technical Human Resources	Multidisciplinary team (social work, psychology, education and coordination).	22 241,52
Social Charges and Insurance	Mandatory contributions and insurance.	4 542,80
Food Support and Grants	Meals and support for beneficiaries.	1 155,00
Running Costs	Despesas de manutenção e comunicações.	660,00
Materiais Pedagógicos	Material escolar e equipamentos educativos.	3 300,00
Training Activities	Oficinas de competências e cidadania.	2 000,00
Infrastructures and Equipment	Melhorias e manutenção de espaços.	3 000,00
Management and Administration	Contabilidade e monitorização.	2 000,00
Communication and Partnerships	Divulgação e articulação com parceiros.	1 000,00
Contingency Reserve	Imprevistos e ajustes orçamentais.	1 000,00

SOCIAL NETWORKS

Site: <https://ajudademae.pt/>

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