

The NGO **Mulheres em Tribo** supports women and individuals who identify with that gender and who find themselves in vulnerable social and emotional situations.

The project **Mulheres em Tribo** is a Non-Governmental Organization (NGO), affiliated with Meu Ser Institute, that offers therapeutic, hospitable, and legal support, as well as generation of income to women and individuals who identify with that gender who are in vulnerable social and emotional situations.

It offers a path for meaningful self-discovery, with the objective of contributing to a healthier and stable self-image and self-esteem, and development of autonomy while in this essential path of self-development.

Our network of interdisciplinary support consists of volunteers from across the country and has served hundreds of women of all ages since 2018 through reflexive groups (“Programa Sagrada Essencia”), therapeutic circles (“Elas na Ciranda”), workshops on self-discovery and entrepreneurship, lectures on rights and citizenship, and the Collaboration for Self-Esteem.

Women and individuals who identify with that gender, in situations of violence, cancer patients, or who are homeless, are among those served by Mulheres em Tribo. Founder, president, and coordinator of projects of the Institute Mulheres em Tribo, a psychotherapist and master in Social Projects Patricia Gonzalez, points out that the essential purpose of the organization’s work is to illuminate the path so that those women being served may feel empowered in the process of redefining their pains, by boosting and stabilizing their self-esteem in order to attain autonomy and promote changes as needed. “And this only happens through in-depth self-discovery and self-acceptance, allowing one to understand one’s strengths and vulnerabilities, activating internal resources that we also call power center”, notes Patricia, who also leads projects aimed at the prevention of violence against women and girls in the school system.

OUR PURPOSE

To help women in emotionally vulnerable situations so that they may reconnect with the strength of their own identities.

OUR MISSION

To offer therapeutic, social, and hospitality support to women who find themselves in vulnerable social and emotional situations.

OUR VALUES

TO WELCOME, without judgment.

TO NOURISH with affection, active listening, and therapeutic interventions, those women who might need help to reconnect with their essence, through a journey of strengthening and stabilizing their self-image and self-esteem.

TO ALWAYS BELIEVE in the transformational energy that we, women, carry within us. This is the energy that moves us toward freedom from all that holds us back from living in a manner consistent with our **ESSENCE**.

THE "Meu Ser" INSTITUTE

The "Meu Ser" Institute has as its purpose to guide and open paths, through dialogue and creativity, to help women through this important journey to better integrate their individual strengths with their total BEING. Or, if they prefer, with their ESSENCE.

A path toward self-development is our invitation to women, through our work in individual psychotherapy, reflexive groups and therapeutic circles, labs for self-discovery, courses, workshops, and lectures, via in person and online.

This journey of self-discovery leads us through a deep process of learning who we really are in this existence, welcoming the HERE and NOW, valuing our emotions, with love and generosity.

When we truly open ourselves up to the process of self-discovery, we are capable of accepting our pains, in order to find, within ourselves, the psychological tools to redefine them and to move on.

CONTRIBUTIONS AND DONATIONS

The NGO Mulheres em Tribo works through its own projects and partnerships with other institutions. Your contribution is very important. We accept donations like clothing (for adults and children), shoes, toys, and personal hygiene items. We also welcome, with much love in our hearts, volunteers who wish to join us, and who can contribute their experience to our workshops for self-discovery and entrepreneurship.

For additional information:

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