


# O Círculo

Adolescence brings many challenges, not only for our children, but also for us as we try to support them. Emotional challenges such as unhealed patterns, stress, fear, and disconnection often come to the surface during this stage.

O Círculo  is a space for learning and support, helping mothers strengthen the relationship, build confidence, and walk this journey close to their adolescents in today's world.

It is the first off-social-media community in Portugal created exclusively for mothers of adolescents. A private and safe space, outside social media, where mothers come together to learn, reflect, and feel supported .



## Hello, Im Ana!

A conscious parenting facilitator, integrative health coach and socio-emotional skills trainer.

I'm also a very happy mother of a young adult and a teenager.

Feel free to reach out if you have any questions or need more information.

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[O Círculo](#) - more information here

## Inside the community you will find:

- Emotional support and shared experiences
- Learning and practical guidance for motherhood during adolescence
- Monthly live sessions with Ana
- Guest expert sessions on key topics such as:
  - Emotional intelligence
  - Safe internet and digital boundaries
  - Sexuality during adolescence
  - Menopause and women's life transitions

This is a path of supported growth and learning. ❤️

*The community, its gatherings, and all shared content are offered in Portuguese.*