







Ni^{el}do

CENTRO PARA LA ADOLESCENTE GESTANTE



Founded in 2016 in Armenia, Quindío Colombia, El Nido/The Nest is a non-governmental, social non-profit program of the ZonaJ Foundation. We promote the dignity and solidarity of all people, while focussing on the protection of the rights of teenage mothers and their children, who suffer from poverty, exclusion and inequality. Through interventions that allow for comprehensive support during pre and postpartum, we invest in the development of their physical, intellectual, emotional and spiritual capacities, as well as their parenting skills to equip them to face the challenges ahead.

Our Beneficiaries

-  Adolescent mothers between 10 and 19 years of age.
-  Children of adolescent mothers between 0 and 24 months.
-  Surrounding or available family members of the adolescent mothers.
-  Local entities willing to receive our support.



**MATERNAL AND
CHILD HEALTH**



EDUCATION



**COMMUNITY
ECONOMIC
DEVELOPMENT**



PROGRAM OBJECTIVE

Design and implement a comprehensive care model that enables adolescent mothers in vulnerable situations to develop their personal and productive potential in order to improve their quality of life and positively impact their environment.



PROGRAM DESCRIPTION

Our work with minors in conditions of vulnerability (women, girls, young people, migrants, pregnant women) made it possible to identify, through surveys, interviews and one on one meetings, multiple disparities, which limit their opportunities and well-being.

Based on these growing disparities, our program was designed to include 5 phases of care/comprehensive support that is provided to the mother and her baby with two transversal axes: **Health and Well-being**, and **Occupational and Productive capacities**; for the empowerment of mothers and development of skills for their life project with their children.

PROGRAM MODEL

HEALTH & WELLNESS

Reestablish Rights
Medical and
Psychological
Condition

Doctor's
appointments
during Pregnancy
Childbirth
Preparation/
Nutrition

Neonatal
growth and
development
Lactation
Psychology

Growth and
Mother-Child
Development
Psycho-social
Nutrition
(PART I)

Growth and
Mother-Child
Development
Psycho-social
Nutrition
(PART II)

PHASE I
Welcome,
ID and diagnosis

PHASE II
Selfcare and
Motherhood

PHASE III
Mother and child

PHASE IV
Life Project and
capabilities

PHASE V
Job training /
Learning to
produce

PRINCIPLES AND VALUES – FAMILY

Education
Skills
Abilities
Talents

Life Project I

Life Project II /
Attitude

Capabilities
Training
Competencies
Aptitudes

Labor and/
or Productive Project

BUSINESS PLAN

OCCUPATIONAL AND PRODUCTIVE CAPACITIES

EMPOWERMENT OF WOMEN/GIRLS

SUSTAINABILITY

- **An Implemented Program Model:**
Organized and with the possibility of execution in other environments.
- **Building Ownership:**
As owners we do not have to worry about rising rent costs.
- **5 Years of Experience:**
We have worked with and attended close to 150 mothers and babies to date.



SUSTAINABILITY

- **Network of Donors:**
A loyal group that contributes financially to the management of the project.
- **Volunteer Formation:**
Training of strategic agents that support the program.
- **Strategic Alliances:**
Making bonds with other businesses/organizations in order to lower future costs.





QUESTIONS?