

# Voices OF HOPE

## Mozambique

Amina Bente and Janiero Alberto live in Tropene Village, Mozambique with their four children. During her first pregnancy, Alberto did not want Bente to go to the health centre. Instead, she went to the traditional healer. For the next two pregnancies, Bente went to the health centre alone. But by the fourth pregnancy, Bente and Alberto were participating in PWRDF's All Mothers and Children Count program, run by community health organization EHALE from 2016 to 2020.

Through AMCC, the children became healthier. Together Bente and Alberto started to take their children to the health centre when they were sick. Bente became more confident as a mother because of skills she learned from AMCC and Alberto became more present in the family. As a couple, they also talk a lot more and make decisions together. In the past, Alberto fed his family cassava and beans. Now they eat more diverse foods and are concerned with the nutrition of the entire family. He cooks food for his family and when Bente is away from their home, he does the housework. By supporting their partners while they receive basic health care, men now ensure better health care for the whole family. Bente and Alberto are living examples of how PWRDF can make a world of difference.




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