



# Supera-te: The Summer Camp that makes you mentally stronger!



This psychotherapeutic summer camp, exclusive to APDJ, seeks to respond to the urgent need to promote in children and young people the personal, social and emotional skills that are fundamental to ...



Campaign active from  
**29/09/2023 to 27/11/2023 - 18:00**

<https://ppl.pt/en/causas/apdj>



## Support now.

It's fast and easy. Follow these three simple steps.



### STEP 1

Specify the contribution value and click Contribute or click on the desired reward.  
You can specify any integer amount from 1€.



### STEP 2

Fill in your identification (name and email) and click Next.  
You can leave a public and private message, and make your contribution anonymous.



### STEP 3

Review your pledge, select the payment method and click Submit. For international payments we recommend PayPal. Thank you!