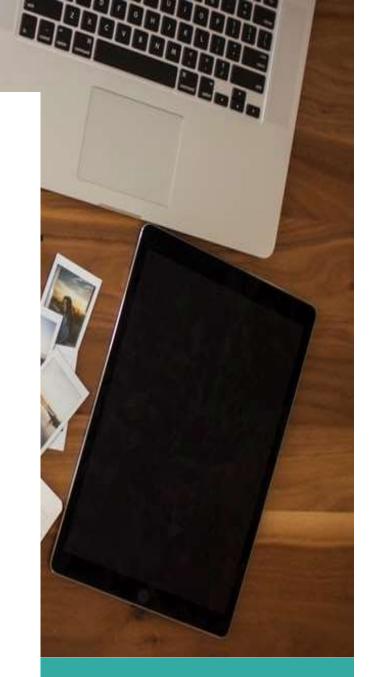
## Annual Report 2020





## **December 14th**

**Asociación Árbol de Esperanza Legal Certificate:** 3-002-741637

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Executive, Director.

## **Annual Report 2020**

Árbol de Esperanza, San Ramón, Alajuela, Costa Rica.

The year 2020 in a pandemic context was a great challenge for our organization, adapting to the new realities of teleworking, teaching from home, adapting established programs and with a population that has suffered temporary unemployment, lack of physical contact with family members and friends, confinement with their aggressors and in addition to their previous mental health situations, in this particular year we find a population with fear of contracting the Covid-19 virus.

Fortunately, with great effort from the staff of Árbol de Esperanza and partner organizations like Ready to Empower, we were able to continue our work and help many people who need our support and services. For this reason we decided to publicize our great work carried out this year, detailed below.

El año 2020 en un contexto pandémico, fué un gran reto para nuestra organización, adaptandonos a las nuevas realidades de teletrabajo, enseñanza desde casa, adaptación de programas establecidos y con una población que ha sufrido el desempleo temporal, falta de contacto físico con familiares y amigos, confinamiento con sus agresores y además de sus situaciones de Salud Mental previas, en este año en particular nos encontramos con población con temor a contraer el virus Covid-19.

Afortunadamente con gran esfuerzo del personal de Árbol de Esperanza y de organizaciones aliadas como Ready to Empower pudimos continuar con nuestro trabajo y ayudar a muchas personas que necesitan de nuestro apoyo y servicios. Por esto decidimos dar a conocer nuestra gran labor desempeñada este año, detallada a continuación.

"Be kind whenever possible. It is always possible." - Dalai Lama

EMPOWERMENT PROGRAM			
Service	Total	Total	Outcomes
	Individual	Attendance	
Orientation	15	15	Social Media:
			7
			Word of
			Mouth: 7
			INAMU: 1
1st Stage	17	152	We evidenced
			improvement
			in the Mental
			Health of our
2 and 2rd Ctage	20	F02	participants.
2 and 3rd Stage	28	503	Thanks to this
			stage we train
			participants to
			participants to
			job interviews
			and to carry
			out business
			plans with the
			undertakings
			or business
			ideas they
			have.
TOTAL AT	44	655	
PROGRAM (With			
out orientation)			
OTHERS SERVICES			
Service	Total	Total	Outcomes
	Individual	Attendance	

Individual and Group Therapy (Not program)	41	271	
Electives			
Service	Total Individual	Total Attendance	Outcomes
Total	117	979	
Mindfullnes	14	17	
Goal Planning	10	47	
CV and Job Interview	18	49	
Excel and budgets	18	97	
Crafts	9	32	
Entrepreneurship mentoring	16	56	
Physiotherapy and chronic diseases workshop	24	70	
Ciberbullyng	6	6	
Computer skills	22	81	
Urban Gardens Workshop	22	108	
Safe use of social networks workshop	29	106	
Yoga	6	6	
Health and Wellness Nutrition	12	38	

Hair Styling	18	36	
Sewing	24	75	
Sing lenguaje	8	56	
Manicure class	16	38	
Cooking class	5	5	
English	20	56	
Crisis Care			
Service	Total	Total	Outcomes
3617166	Individual	Attendance	
	109	137	
Legal Advice	47	48	
In need of food	38	46	
Coupon of \$92	14	28	
from CAA			
Baby Diapers and	1	1	
Milk			
In need of	2	3	
clothing			
Natural disaster	1	1	1 family with
			food, cloth,
			kitchen items,
			kitchen,
			microwave,
			etc.
Death of a loved	3	3	We lost a
one			participant to
			cancer.
Suicidal Support	3	7	
Incentives			

<ul> <li>Health and wellness package</li> </ul>	44	• Condoms	44
• Pads	44	Certificate	44
• Refreshment	44		

Other achievements		
Volunteers Total: 58	Universities	
<ul> <li>Volunteering: 6</li> <li>Professional practices: 4</li> <li>University Community Work: 48</li> </ul>	<ul> <li>Universidad Castro Carazo</li> <li>UCR</li> <li>Universidad San Jose</li> <li>Universidad Latina</li> </ul>	
Other organizations that supported	Outcomes	
• CAA • CIPAC	<ul><li>Food and Exchangeable food coupons.</li><li>Condoms</li></ul>	
Staff	Achivement	
Karen Jara	<ul> <li>Technical qualification completed in Business Administration.</li> <li>Studying Pharmacy</li> <li>Studying Human Resources</li> </ul>	
Mariam Vargas	<ul> <li>In process of psychology thesis for the Second degree.</li> <li>Creation of the book: Mujeres que transforman espacios.</li> </ul>	
Ana Cruz	<ul> <li>She obtained the Honorary First         Dregree in Psychology from the             University of Costa Rica         </li> <li>In process of psychology thesis for             Second degree.</li> <li>Representative of the network against             violence</li> </ul>	