

Annual Report 2020



ÁRBOL DE
ESPERANZA

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Asociación Árbol de Esperanza

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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			
<i>Service</i>	<i>Total Individual</i>	<i>Total Attendance</i>	<i>Outcomes</i>
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 participants.
2 and 3rd Stage	28	503	Thanks to this stage we train our participants to participate in job interviews and to carry out business plans with the undertakings or business ideas they have.
TOTAL AT PROGRAM (With out orientation)	44	655	
OTHERS SERVICES			
<i>Service</i>	<i>Total Individual</i>	<i>Total Attendance</i>	<i>Outcomes</i>

Individual and Group Therapy (Not program)	41	271	
Electives			
<i>Service</i>	<i>Total Individual</i>	<i>Total Attendance</i>	<i>Outcomes</i>
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			
<i>Service</i>	<i>Total Individual</i>	<i>Total Attendance</i>	<i>Outcomes</i>
	109	137	
Legal Advice	47	48	
In need of food	38	46	
Coupon of \$92 from CAA	14	28	
Baby Diapers and Milk	1	1	
In need of clothing	2	3	
Natural disaster	1	1	1 family with food, cloth, kitchen items, kitchen, microwave, etc.
Death of a loved one	3	3	We lost a participant to cancer.
Suicidal Support	3	7	
Incentives			

• Health and wellness package	44	• Condoms	44
• Pads	44	• Certificate	44
• Refreshment	44		

Other achievements	
Volunteers Total: 58	Universities
<ul style="list-style-type: none"> • Volunteering: 6 • Professional practices: 4 • University Community Work: 48 	<ul style="list-style-type: none"> • Universidad Castro Carazo • UCR • Universidad San Jose • Universidad Latina
Other organizations that supported	Outcomes
<ul style="list-style-type: none"> • CAA • CIPAC 	<ul style="list-style-type: none"> • Food and Exchangeable food coupons. • Condoms
Staff	Achivement
Karen Jara	<ul style="list-style-type: none"> • Technical qualification completed in Business Administration. • Studying Pharmacy • Studying Human Resources
Mariam Vargas	<ul style="list-style-type: none"> • In process of psychology thesis for the Second degree. • Creation of the book: Mujeres que transforman espacios.
Ana Cruz	<ul style="list-style-type: none"> • She obtained the Honorary First Degree in Psychology from the University of Costa Rica • In process of psychology thesis for Second degree. • Representative of the network against violence

