

# Monthly Newsletter



## We provide tools to strengthen autonomy in women

### Learn about the progress in our Empowerment Program

34 participants completed Phase 1 of our Three Phases Empowerment Program.

They received psychological therapy, social services counseling, legal advice and nutrition education.

They also participated in different workshops on self-esteem, self-love, self-care, caregiving, maternity and paternity, and stress management.



### We strengthen the educational development of women

Our courses provided 100 women, the opportunity to continue their studies during 2023 through our courses. The courses give them skills to improve their economical situation, and develop their own businesses. This year, 30 women graduated of courses.

## About Árbol de Esperanza

Arbol de Esperanza is an NGO established in 2013, in collaboration with the American foundation Ready to Empower.

We are dedicated to supporting at risk women in the western region of Costa Rica through a comprehensive program of individualized attention and group workshops that specifically foster mental health, education, and work skills development.

We encourage women to become economically independent, empowered, self-assured, academically prepared, and free from violence.

## April results:



We served 130 women



30 women graduated of courses



We provided 4 food assistance to 4 women with CAA support



35 finished the Phase I of our Empowerment Program



We establish 10 new alliances with organizations



Mentored 15 women for successful employment



We delivered 10 courses and 8 scholarships



## Learn about our next activities

Enroll in these courses:

### Courses



#### Sewing

Wednesday 09:00am a 12:00md  
26.000 per month and 5.000 enrollment



#### Manicure and pedicure

Saturdays 10:30am a 12:30md  
26.000 monthly and 5.000 enrollment



#### Lingerie

Saturdays 02:00pm a 05:00pm  
26.000 monthly and 5.000 enrollment



#### Blouse making

Thursdays 02:00pm a 05:00pm  
26.000 monthly and 5.000 enrollment



#### Bakery

Tuesdays 02:00pm a 05:00pm  
26.000 monthly and 5.000 enrollment



#### Glycerin soaps

Wednesday 09:30am a 12:30md  
10.800 includes certificate and materials.  
Only one class



#### Aromatic candles

Wednesday 09:30am a 12:30md  
13.000 includes certificate and materials.  
Only one class



#### Self makeup

Monday 09:30am a 12:30md  
10.000 includes certificate.  
Only one class



MAYO

2023

### CONTACTO

📞 2234-1878

📞 8788-7921

✉️ [desarrolloorganizacional@arboldeesperanza.org](mailto:desarrolloorganizacional@arboldeesperanza.org)

## Support our work!

You can contribute to the empowerment of many women in Costa Rica. Learn about the different ways to help us:

### Donate products

- Non-perishable food.
- Women's clothes in good condition S/M/L/XL, and Plus Size.
- Toiletries such as shampoo, pads, deodorant, body soap, lotions, toothpaste.
- Contraceptives such as condoms.
- Baking and cooking utensils and small appliances.
- Computers and printers.

### Give your time

- Teach practical skills: job interview skills, basic Excel/Word computer skills, speaking English, self-marketing/self-promotion, verbal communication skills in business, creative skills.
- Organize the office: internal equipment, donated clothing, files, supplies, building improvements.

### Pledge your support

Over the past 10 years we have helped over 5,000 women in our program. One example where YOU can help is to pledge c20,000 a month that will go directly to subsidize one participating woman in the program for one month in her quest for a better life.