



CEPiA
asociación

Annual report
sixteenth year
January - December

2021

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sixteenth year
January – December 2021**

**Editors:
María José Cappa
Laetitia Deweer**

**Cover image: Natasha Guerrero
Book layout: Sebastian Gonzalez**

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Words from our directors

“Taking part in the history of CEPIA is something truly fulfilling for me because it is a living program focused on the community and on building community. We all built CEPIA and it is nourished by the love of many selfless people who donate their time and energy, as well as the people who collaborate day after day as staff and members of the Board of directors.

I think that all of us who pass through CEPIA feel that our life is not the same after having passed through here.”

María José Cappa, executive director

“Despite schools closing and many economic sectors slowing down, CEPIA’s work became even more important, especially fighting for the rights of children and adults living in situations of vulnerability. The volunteers, donors and staff remained firm in their commitment to provide safe spaces and spaces for education, health and participation every day for children and adults in the 24 communities that benefit from CEPIA’s programs.

We work hard in each program to measure the impact it has on the participating groups and individuals. This information is available upon request and continues to be improved to demonstrate the long-term impact. This impact is the change and social transformation that children and adults want to see and experience in their communities and in the country. Our work resides in their voice, in the listening and exchange spaces, in which we create and develop projects together that positively impact everyone’s quality of life.”

Laetitia Deweer, founder and director of development

April 2022

Gratitude

Gratitude is something that expands us and unifies our vibrations with positive things. Throughout our lives we come across many types of people and, without a doubt, some are worth remembering.

It's those people who have earned a special place in the history of CEPIA, who have been building it all these 16 years of dedication and commitment to our lives, giving us help when we needed it, and always being there in difficult times or simply because they grew with us, giving us their unconditional love.

CEPIA belongs to all these people who build it day after day: donors, participants, volunteers, tireless and committed collaborators. None of the experiences in the lives of the people with whom we work would be possible without their support and collaboration. Thank you so much!



#somoscepiacr



Introduction

This report gathers the main actions and impact achieved by the nonprofit organization CEPIA during the year 2021.

CEPIA is a living organization that continues to grow and progresses together with the community. During this year, new initiatives emerged, echoing the needs we felt and for the benefit of the population we serve.

None of this would be possible without the support of our donors and volunteers, as well as the commitment of our Board of directors and staff.

For the year 2021, one of the programs that was developed the most was the Professional Training Program, a product of important alliances with INA (Instituto Nacional de Aprendizaje - National Institute of Training) and the Ministry of Labor of Costa Rica, which increased its impact significantly.

Another new initiative was the "I am the Answer" project, in collaboration with the Gaia Foundation, with which we developed a pilot project that allows us to bring it to more than 200 boys and girls in O22.

Another thing worth mentioning is the effort we made to build the Music School, with which we intend to impact even more minors and identify talents that have not had the opportunity to progress due to their situation of vulnerability or socio-economic and cultural conditioning.

We are extremely happy to be able to generate new opportunities while managing to keep the programs that we have already been developing for several years, that grow and develop successfully.

Below are the **24 communities** that we impact with our work: Playa Grande, Cartagena, Tempate, Bejuco, Lorena, Portegolpe, El Llano, Huacas, La Garita Nueva, La Garita Vieja, Matapalo, Potrero, Brasilito, El Llanito, Santa Rosa, Linderos, Villarreal, Hernández, San Jose de Pinilla, San Francisco, Trapiche, Los Ranchos, 27 de Abril and Hatillo.

Our team in 2021

In September 2021 we renewed our Board of directors, as follows:

Simona Daniele (Italia-CR), presidente
Martin Salerno (Argentina-CR) vicepresidente
Annginette Arroyo (CR), Secretary
Ana Catalina Baltodano (CR), Legal officer
Vincent Barabe (Francia-CR), Treasurer
Wenceslao Mendioroz Nogaro (Argentina-CR), Member (Vocal 1)
Ana Margarita Elizondo (CR), Member (Vocal 2)
Roberto Cespedes (CR), Member (Vocal 3)

CEPIA had the following people as collaborators and staff:

Mtr. Maria Jose Cappa Martínez, Executive Director
Licda. Laetitia Deweer, Director of Development
Licdo. Cesar Abarca, Financial Coordinator
Yulieth Rodriguez, Financial Assistant
Mtr. Claudia Angulo, Clinical Psychologist and Coordinator of the Health Program
Licda. Eleana Alcocer, Psychologist for CIDAI
Licda Priscilla Arias, Social Services and Coordinator of the After-School Program
Licda. Karla Marín, Youth Program
Licda. Ana Laura Zelaya, Educator and Coordinator of the Comprehensive Day Care Program
Graciela Gomez, Heilyng Larios, Natasha Guerrero, Karen Ruiz y Julieth Ortiz, Teachers for the CIDAI Program
Juan Molina y Mauricio Juárez, Transportation

Sebastian Gonzalez, Communication and Design

Licda Patricia León and Lcdo Mauricio Rodriguez, Adult Psychological Care

Lcdo. Juan Fonseca, Coordinator of the Vocational Training and Employability Program

Prof. Rodrigo Fonseca, Music Teacher for the CIDAI Program

Prof. Dimitrios Kyriakoulis, English Teacher

Belquis Rosales, sport teacher

Fernando Villalobos, Accountant

Geneva Garcia, Coordinator Proyecto vida mujer

Also, the Center collaborated with Massiel Viales, Pre-school Teacher from the Ministry of Education

Our volunteers in 2021

We had the continuous participation of the following locals and CR residents:

Abad Arrieta Zuñiga, Adriana Aracelly, Abraham Valenzuela, Madrigal Olivares, Alejandra Parody, Alexander Tellez, Alexandra Hill, Andra Olinic, Andrea Diaz, Andrea Mena Castro, Andrey Juarez Molina, Camille Ebrard, Cathy Deweer, Chelsea Ortega Monge, Darla Murillo Henson, Diana Fuentes, Donna Leung, Elizabeth Daly, Esperanza Landero, Federico Valenzuela, Franchesca Bonilla Serrano, Gaby Abarca, Georgina Quesada, Geovanny Espinoza, Gitanjali Dasy, Grettel Chacon, Hellen Ramirez Guzman, Hero Academy, Iarela Viales Marchena, Ivonne Lizeth Valderrama, Jairo Morua Chinchilla, Javier Castañeda, Javier Lopez, Javier Ruin, Jerome Daniel Flament, Jessica Celeste Agahi, Jodi Gallant y Stuart Sheldon, Johanna Vargas Leiton, Jorge Castillo, Julio Ferreyra, Karen Alvarado, Karen Ortiz Aparicio, Kelle Rich, Krystal Gutierrez Zuñiga, Leo Almanza Fallas, Ligda Rodriguez, Lili Boss, Luciano Leao, Mackensie Matarrita, Yamileth Bermúdez Chaves, Marcela Porras, Mariela Fletes, Margoth Marin Cascante, Maria José Abugattas, Hodali, Maria Perez, Marian Paniagua, Melisa Galo Garcia, Michelle Rodriguez, Nicolas Chtepenco, Nova Everson, Olivier Van Houte, Pilar Barba, Querelyn Araya Morales, Rafa Sandoval, Richard Ramirez, Richie Ramone, Rodrigo Altmann, Stephanie Lippens, Alex Weiner, Susanne Deneffors, Tania Munjica, Vanessa Keen, Wendy Abarca, Wesley Valerin Barrantes, Courtney Borquet, Greg Fay, Isabel Clare, Arianna Viquez, Dr. Luis Villegas, Dra. Jennifer Jimenez, Dr. Walbin Sanchez, Karen Ortiz, Ellen Nott, Dr Jimenez, Velma Jimenez, Pilar Cardozo, Vesna Todorovic, Petra Shoep, Karen Grencik, Laura Quesada, Cristian Jesus Gómez Alvarez, Alexander Guevara Gonzales, Kristin Coffey, Katherine Vasquez Leal, Luisa Noemy Reyes Rosales, Rebeca Alvarado, Jerry Gomez, Dra Mayito, Yendry Lopez, Viry Delgado, Maria Edith Arrieta, Irenia Barrantes, Maria Graciela Beitta

During this year, we also had the following people as temporary and student volunteers:

Jade Brault, Yuna Clearc'h, Colomina Capucine, Kendall Villarreal, Irene Gomez, Carlota Jaus, Ana Artega, Svenja Banninger, Alba Menzat, Flore Guigne, Paula Rieger, Sarah Grimm, Rosa Ivaschuk, Marion Guillet, Paulino Castañeda, Jeremy Chamorro, Alexander Guevara

Our activities and results in the different programs

1. Children's Comprehensive Day Care Center (CIDAI)



The children's day-care center aims to offer comprehensive care, a safe place where children are looked after, stimulation and education to promote the development of cognitive, physical and emotional abilities of minors between the **ages of 2 and 17**.

During this year, we provided comprehensive care to **a total of 112 minors** living in **vulnerable conditions** from Monday to Friday between 7:00 a.m. to 3:00 p.m.

The processes of the children's day care center are as follows:

Care and promotion of autonomy:

- 112 minors were involved in group care through daily routines that include: mindfulness exercises, conversations, free and guided games, hygiene activities
- 77 boys and girls expressed that they feel safe and protected at CEPIA and are satisfied with the care they receive
- 676 food packages were distributed to families when their children could not come to the Center due to the pandemic

Professional care: the center has professionals on a contract base and also volunteers in special education, psychology, medicine, social services, nutrition and odontology.

- 112 minors had access to professional, individual and family psychological care and took part in 30 workshops on topics such as expression of emotions, comprehensive sexuality, prevention of sexual abuse, self-control strategies, prevention of the use of addictive substances, techniques and training in mindfulness and relaxation, habits for a healthy life and anxiety control
- 50 fathers and mothers received information on children's rights, habits for a healthy life, prevention of different types of violence and positive discipline with strategies for emotional connection

- 11 fathers and mothers received personalized follow-up plans
- 8 families were addressed with an interdisciplinary approach by the team of the program to develop protective solutions

Health: all children received attention in the areas of nutrition, psychology, odontology and general healthcare.

- 4 children received attention with the nutritionist for obesity
- 4 children received specialized psychological follow-up for depression or personality disorders
- 92 children were screened for weight and height
- 4 children had a follow-up consult with the ophthalmology specialist
- 8 children were referred to Beach Side Clinic for general medical care
- 100 children had oral check-ups through the Smiles Clinic and 3 children benefited from specialized oral treatment
- 15 children were monitored for lice infection control
- 90 children were reviewed in otorhinolaryngology (ENT - ear nose throat)
- 95 children were examined ophthalmologically in ASEMBIS Liberia
- Protection: 7 complaints were made to PANI (Patronato Nacional de la Infancia - national institution for child welfare in CR) for children of the CIDAI program, due to imminent risk, parental neglect and physical aggression, in order to safeguard the physical and emotional integrity of the minors and to ensure their rights

Education: we provided extracurricular support to boys and girls for them to keep attending the formal education system successfully and individual tutoring classes were carried out in cases that required it. We also had a teacher from the Ministry of Public Education at the Community Center to enhance the learning of children in maternal and preschool levels.

We organized the following activities:

- 34 children with special needs were given individual tutoring classes to keep attending the formal education system successfully
- 20 children from the youth group received 15 workshops on life skills
- 4 children received remedial education plans with an interdisciplinary approach due to their level of risk
- we organized 240 sessions in reading circles and 2 group activities to promote reading
- we organized 480 music classes
- we organized 7 group activities for the exchange of experiences related to the Annexation of Guanacaste Day, Meeting of Cultures Day, Stop the Violence against Women Day, Psychology Day, Abolition of the Army Day, Children's Day, Children's Rights Day

The outcome of the program was that 100% of the boys and girls who are supposed to be included in the formal education system by age (56 children) were able to graduate and pass their school year. Out of these, 12 children graduated from sixth grade and enrolled in high school.

Sports, Arts and Leisure: the boys and girls also have access to physical education, art and music classes every week. During 2021, we held the following work sessions:

- 176 swimming classes for 92 children
- 40 gymnastics classes for 54 children
- 350 outdoor activities to contribute to children's mental health and counteract the effects of the overcrowded homes they live in
- 74 children went on a tour to an amusement park in San Jose and 38 children went on a trip to La Ponderosa Adventure Park in Liberia
- 26 minors participated in workshops on recycling

Network connection with the community: it is very important to maintain a strong relationship with the community and the parents of the children:

- 60 children volunteered to clean beaches and green areas
- 35 fathers and mothers participated in workshops on positive parenting

The CIDAI program also works with **a group of teenagers** between the ages of 13 and 17 who are not attending the formal education system. The objective for them is to develop life skills, so that they can join either the formal education system or some form of technical training, if they want. The following activities have been organized to aid in this process:

- we organized **48 workshops** to enhance their life skills on the following topics: general culture, emotion management, life skills, preventing the use of addictive substance, comprehensive sexuality, financial education, healthy habits, migration and society, skills for employability
- we also had **a teenage mom** and her son join the group. Although their support network was fragile, including them in the program allowed the mom to develop tools for the care and protection of child she needs to take care of. The child care center also built strategies for this child's care.

Program outcome: out of 28 minors, 20 continued attending or were integrated in the formal education system.

- out of these 20, 17 youngsters were supported with tutoring classes and were able to graduate 100%, 1 graduated middle school, 2 joined an open modality of formal education to finish primary school, 1 managed to finish sixth grade and 1 other person continues in the elementary graduation program. All the others graduated the school year
- out of the remaining 8, 5 will continue in the program during 2022 and 3 minors quit the program due to change of residence or absenteeism.
-

2. Psychology and holistic health

In the clinical psychology department, there are 2 psychologists for children and 2 psychologists (a man and a woman) for adults.

1.1. Clinical psychology for children

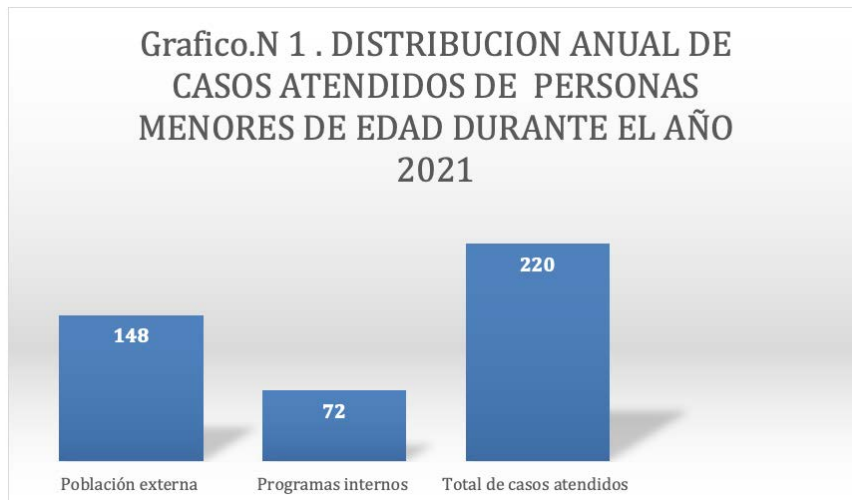


The activities we organized within this program were the following:

- 15 professional trainings for the psychologists
- 1 training on self-care for the staff of the CEPIA Care Center
- 30 psychoeducational workshops for the children in the Day-care Center
- **220 minors** received specialized psychological attention, out of which 72 are from the CIDAI Program and 148 are external cases referred to us by public institutions and active forces of the community, as shown in the graph below.

Chart 1

Consultations provided by the clinical psychology and comprehensive healthcare department in 2021



148 - external population

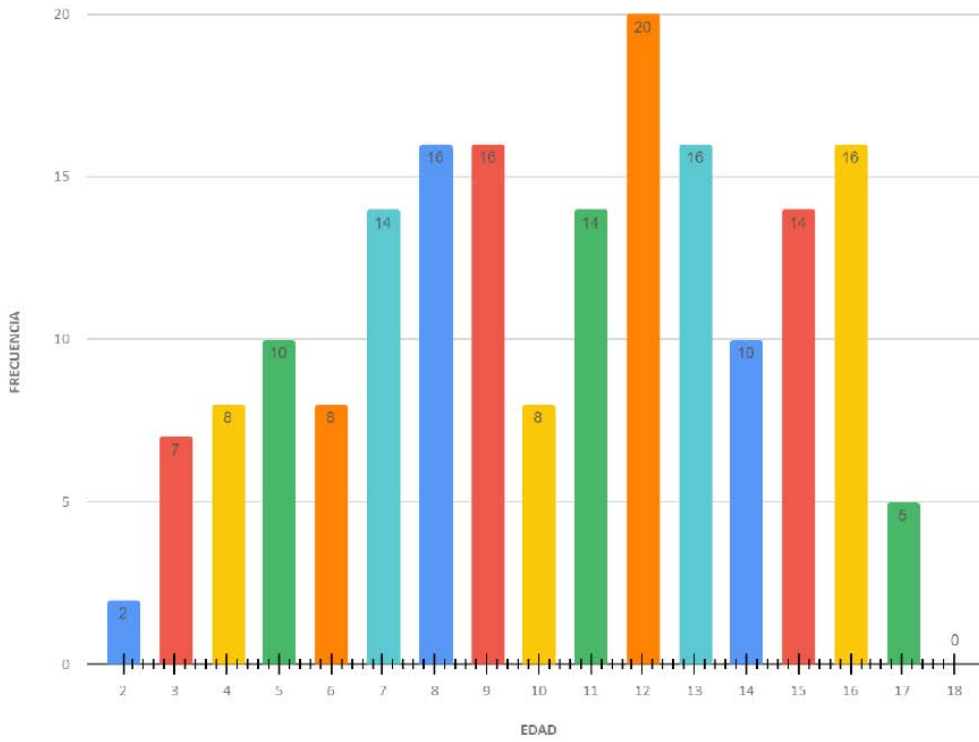
72 - internal participants

220 - total cases attended

Chart 2

Age distribution for children attended in the Psychology Department during 2021

Distribución de edades PME atendidas en el servicio de Psicología durante el periodo 2021



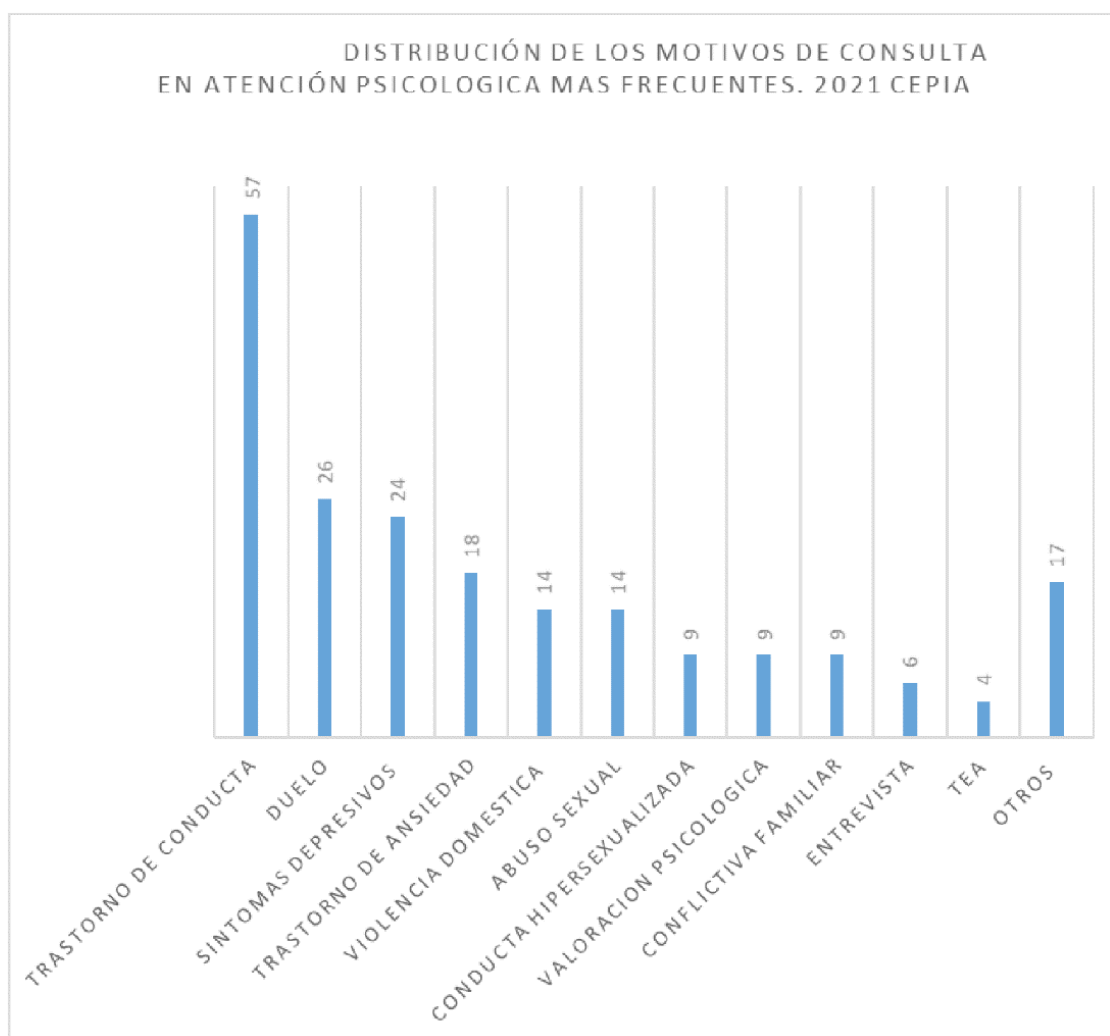
The most frequent age average in psychological care ranges from 7 to 16 years, a population emotionally affected (symptoms of anxiety and depression, as well as behavioral disorders) due to:

- the pandemic;
- the partial ceasing of in-person classes that were replaced by virtual classes;
- causing home overcrowding and limiting access to outdoor space;
- lack of socializing and a sedentary lifestyle glued to screens (tablets, TV, cell phones and the frequent or unsupervised use of this technology);

This is reflected in the statistic of the most frequent reasons for consultation in the following chart.

Chart 3

Distribution of the most frequent reasons for psychological consultation in 2021 in CEPIA



- 26 - grieving (duel)
- 24 - depression symptoms
- 18 - anxiety disorder
- 14 - domestic violence
- 14 - sexual abuse
- 9 - hypersexual behavior
- 9 - psychological assessment
- 9 - family conflict
- 6 - interview
- 4 - autism spectrum disorders
- 17 - others

Chart 3 shows that the main reasons for consultation in the department of clinical psychology in 2021 were: first place **behavioral disorders with 57 cases**, second place **grieving situations with 26 cases**, third place **depression symptoms with 24 cases** (including suicidal ideas, behavior and self-mutilation), fourth place **anxiety with 18 cases** and fifth place **domestic violence and child sexual abuse with 14 cases**.

Chart 4

Distribution of children attended within the Psychology Department according to location in 2021, CEPIA

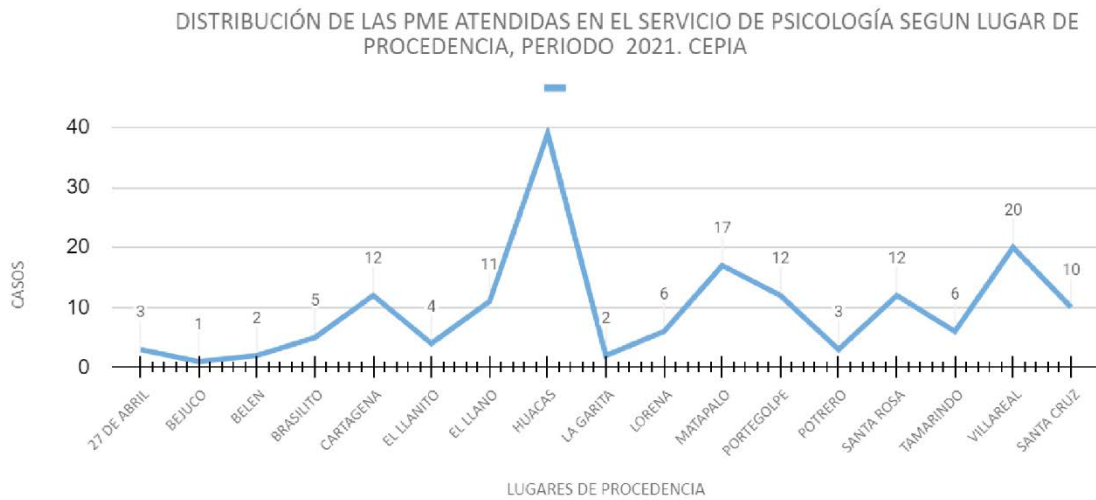
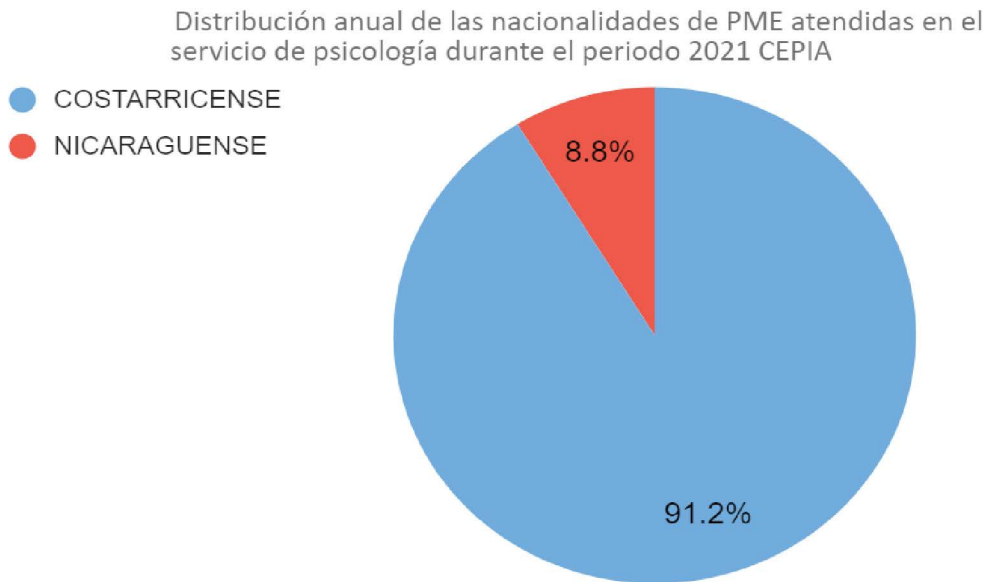


Chart 4 shows that most of the people attended come from three coastal towns in the County of Santa Cruz: first place, the community of Huacas with 40 children, second place the community of Villarreal with 20 children and third place the community of Matapalo with 17 children.

Chart 5

Annual distribution of children attended by the Psychology Department according to nationality in 2021, CEPIA



91.2% - Costarrican

8.8% - Nicaraguan

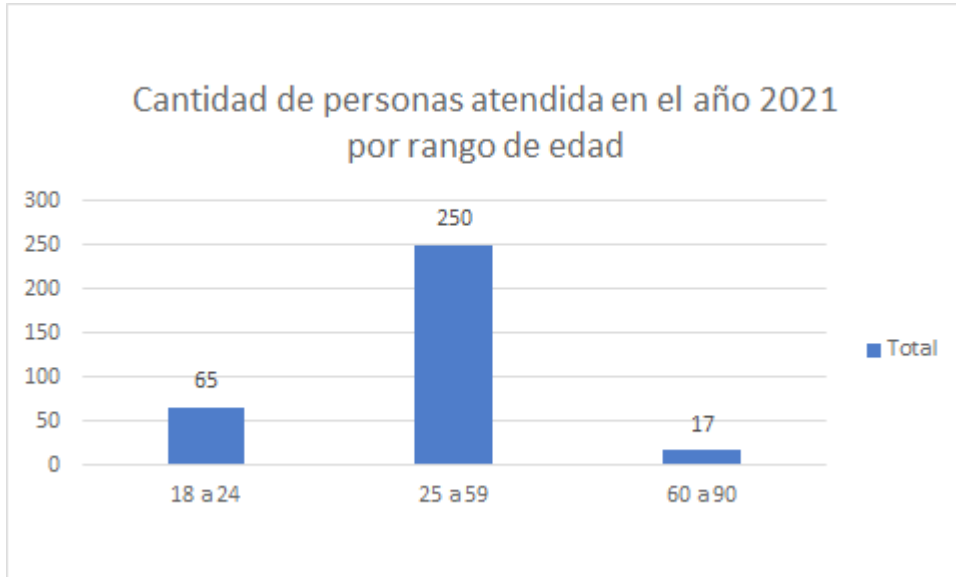
Chart 5 shows that the majority of children attended within the Psychology Department were Costarrican 91.2% (176 minors) and 8.8% (17 minors) were of Nicaraguan origin.

1.2. Clinical psychology for adults

In the Department of Clinical Psychology for adults, we attended **332 adults**, as follows:

Chart 6

Number of people attended by age in 2021



65 people - 18 to 24 years old

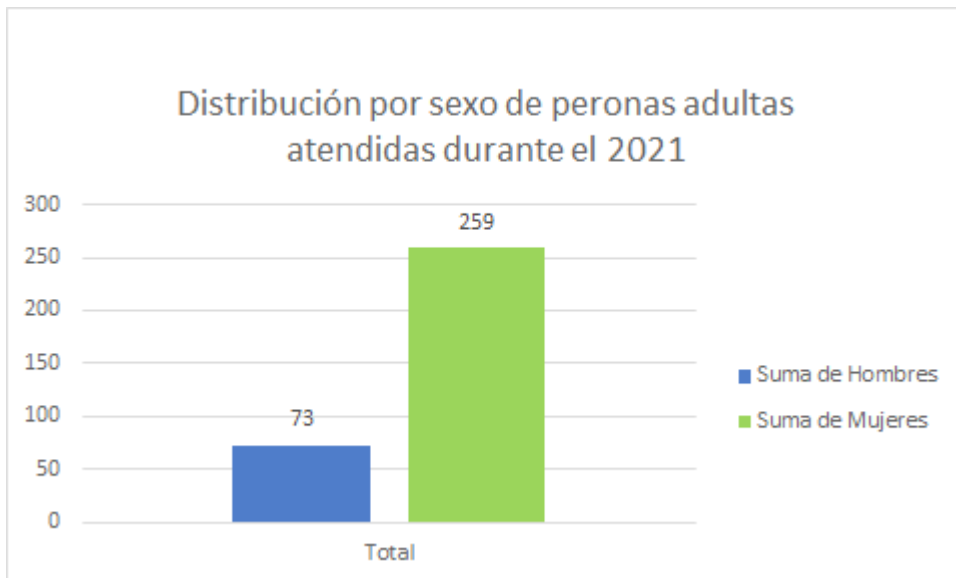
250 people - 25 to 59 years old

17 people - 60 to 90 years old

Chart 6 shows the age ranges of the adults attended.

Chart 7

Distribution of adults attended according to sex in 2021



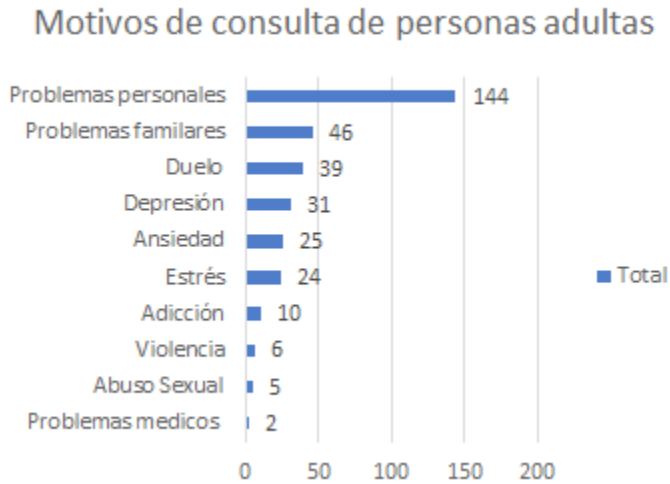
73 men

18 259 women

Chart 7 shows the distribution of the adults attended according to sex.

Chart 8

Reasons for consult of adults



Personal issues - 144

Family issues - 46

Grieving - 39

Depression - 31

Anxiety - 25

Stress - 24

Addiction - 10

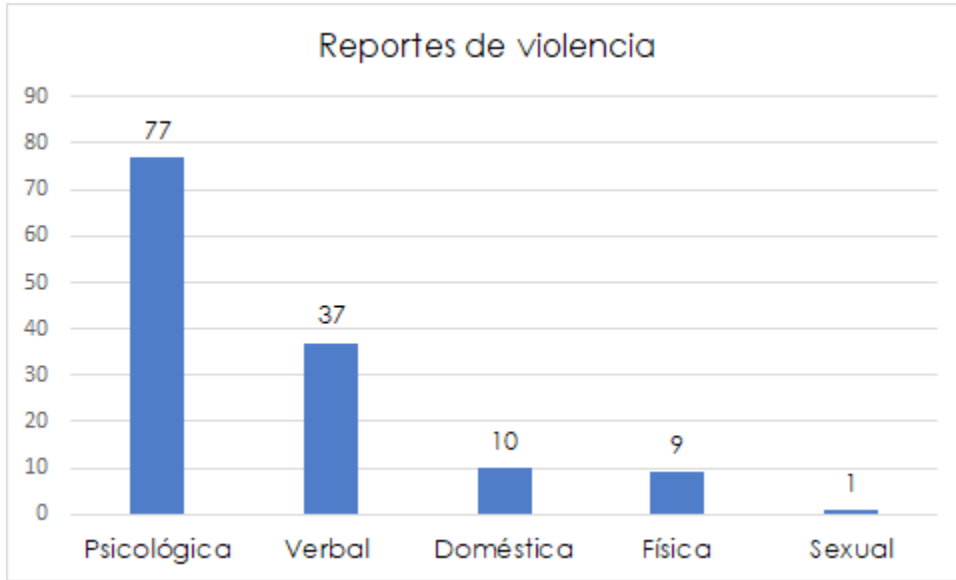
Violence - 6

Sexual abuse - 5

Medical issues - 2

Chart 8 shows the main reasons for consult of adults.

Chart 9
Violence reports



Psychological - 77

Verbal - 37

Domestic - 10

Physical - 9

Sexual - 1

Chart 9 shows the cases we attended according to the different types of violence.

Table 1
Applicants by country of origin

Nacionalidad/Nationality	Cantidad de personas/Number of persons
Costa Rica/Costa Rica	259
Nicaragua/Nicaragua	81
Argentina/Argentina	2
Italia/Italy	2
Colombia/Colombia	1
E.E.U.U/USA	1
Francia/France	1
Jamaica/Jamaica	1



Testimonials of the adults we attended

1. Man, 33: "I suffer from anxiety and insomnia, I am very frightened as I am involved in a court case for sexual abuse."
2. Woman, 45: "I was very scared, he attacked me, he put a hammer in my face and said he was going to kill me."
3. Man, 41: "I am addicted to alcohol, cocaine and crack... I don't want to be homeless."
4. Woman, 23: "I have no one to leave my son with, he stays with me during my 12 working hours, I work in a soda (local small restaurant)."
5. Man, 40: "I am mourning my son who drowned in the sea, the body has not appeared yet, I am worried for my wife who is very depressed."
6. Woman, 42: "two assassins came to my house and killed my two children in front of me, I'm thirsty for revenge and I can't get over it."
7. Man, 39: "Since I was a child I have been bullied for being Nicaraguan, I grew up with a lot of resentment, it is difficult for me to express care and affection."

8. Woman, 43: “I am going through a very difficult time in my life, I have breast cancer with lung metastases, I also had a very hard childhood marked by physical violence and sexual abuse.”

1.3. Holistic health

Yoga is an integral part of CEPIA’s transformational approach. Yoga refers to the union between body and mind, as a way to promote full consciousness, spiritual development, self-care and better ways of relating to others and the environment. For this reason, the international day of yoga was celebrated with a day of free classes at the Community Center, held by 5 yoga teachers. Weekly yoga classes are offered for the adult population.



3. Smiles Clinic

Another one of the initiatives that we had and started putting together in 2021 was the Smiles Clinic. We had the contribution of PANI (national institution for child welfare) for purchasing a portable chair and installing a mobile dental care clinic, which we were able to organize with the help of our volunteer dentist Marcela Porras.

We set up a space and we offered dental consultations and follow-up for 100 children and specialized treatments for 3 children.

4. Sunflower group (minors with special needs)

During 2021 we had the opportunity to contribute to improving the quality of life of 8 children and teenagers with special needs. This project not only impacted the lives of each of these children, but also the lives of their family members, especially their mothers, who bring them to the activities we organize and this way, they also have the opportunity to enjoy these spaces of leisure, relaxation and recreation.

We organized the following activities:

- 3 sessions of hydrotherapy and recreation in the swimming pool
- 3 art workshops to improve and enhance their expression
- 6 music sessions
- 5 individual sessions led by an autism specialist
- 1 recreational event organized in coordination with the Council of the Youngster from Santa Cruz

- 1 Christmas event where each child received a present

5. Extracurricular classes

The community program “Extracurricular Classes” is a program for children and teenagers taught weekly by volunteers. After-school classes have an impact in 24 coastal communities.

The general objective of this program is: to promote the empowerment of minors, helping them exercise their rights, especially the right to participation, the right to active citizenship, free association and their protection, environmental protection, health, sports and life skills of minors who find themselves in vulnerability and/or social risk.

5.1. English, sports and arts classes

The objective of the English classes is to teach children a second language, in a playful and engaging manner. The specific objectives of the sports classes are: promoting physical activity as a strategy to encourage a healthy lifestyle and the prevention of risk factors and illnesses. The purpose of the arts classes is to stimulate the creativity of boys and girls. During 2021, we carried out the following after-school classes, impacting a **total of 354 children** in the communities detailed below:

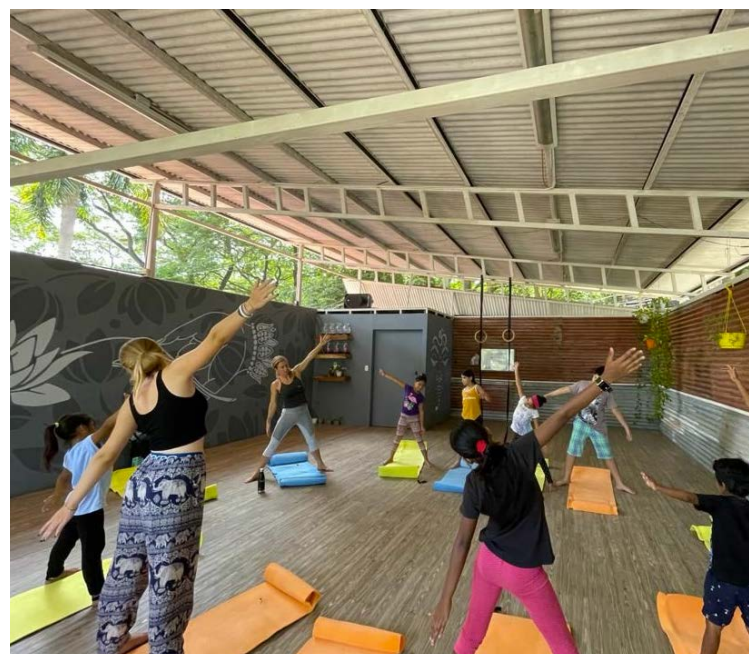


Table 2

Classes	Total of children
Jiujitsu Hero Academy (El Llano)	20
Skateboarding Happy Feet (Villarreal)	15
Football (Trapiche)	30
Swimming (Pura Vibra Potrero)	15
Swimming "Dragonflies"/Libelulas (Potrero)	15
Yoga (Huacas)	15
Dreaming of Art/Soñando Arte (Villarreal)	15
Art and recycling (Potrero)	15
Swimming (Huacas)	15
Yoga (Sailing Center Potrero)	15
Intermediate Surf Selina (Villarreal)	30
Karate (La Garita)	10
English (Huacas)	12
Parkour Hero academy (Santa Rosa, Villarreal, Llano)	15
Gymnastics (Huacas)	5
Yoga (El Llanito)	15
Football (Huacas)	35
Surfing (El Llanito)	15
Swimming (Cartagena)	30
Crafts (Cartagena)	6
Surf for youth (Brasilito, Huacas, Santa Rosa y Villarreal)	11
Total	354

Table 2 shows the total number of minors in each after-school activity.



5.2. The Girls' clubs

The objective of the girls' club is to promote and organize the creation of safe spaces for girls and teenagers in the community where they can meet weekly and have sessions guided by a professional mentor. **240 girls** took part in this program in 2021.

The specific objectives of this program are to encourage participants to find themselves in safe spaces, learn how a healthy lifestyle can impact a woman's quality of life, learn about human rights and gender violence, learn to value and protect their self-esteem, learn about body development, the importance of education and managing their finances.

During 2021, we identified **9 girls** that needed attention in the CEPIA Psychology Department, out of which 2 were referred to PANI (national institution for the welfare of children) for further care due to the seriousness of their cases. The reasons for the referrals were grief, anxiety, depression symptoms and 2 of them for sexual abuse.

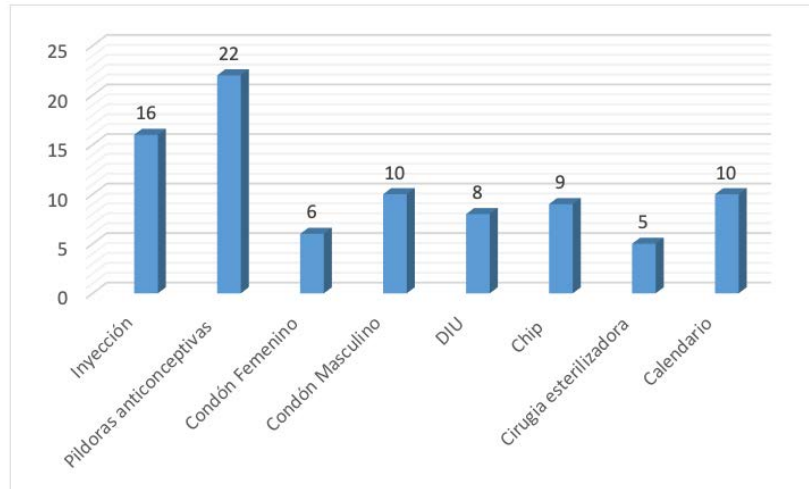
Out of the 174 girls that took part in this program, we carried out an evaluation for 86 of them who participated in 7 different clubs, where we had some of the following results:

95% of the girls enhanced their knowledge about their sexual and reproductive rights, and showed that they knew at least 1 birth control method to avoid an unwanted pregnancy. Girls know now, without a shadow of a doubt, that it's them who get to decide if and how many children they want, as well as if, when and with whom they will get married and that no one can make them do anything that they don't want to.



Chart 10

Information regarding birth control methods



16 - injection

22 - birth control pills

6 - diaphragm

10 - condom

8 - IUD

9 - contraceptive chip implant

5 - sterilization surgery

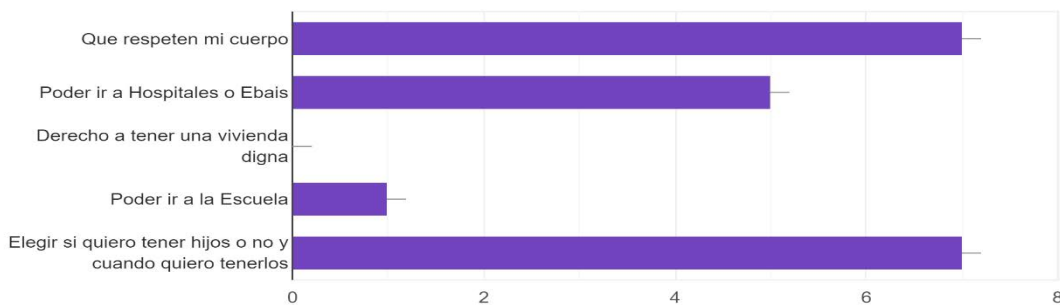
10 - calendar method

95% of girls were able to clearly identify situations of violence and recognize patterns and situations of violence in relationships, as well as the attitude and behavior they need to have to guarantee their rights and decision-making.

Chart 11

Attitude and behavior to guarantee their rights and prevent situations of violence

22-Marca con una (X) cuales de estas afirmaciones son derechos sexuales y reproductivos?
9 respuestas



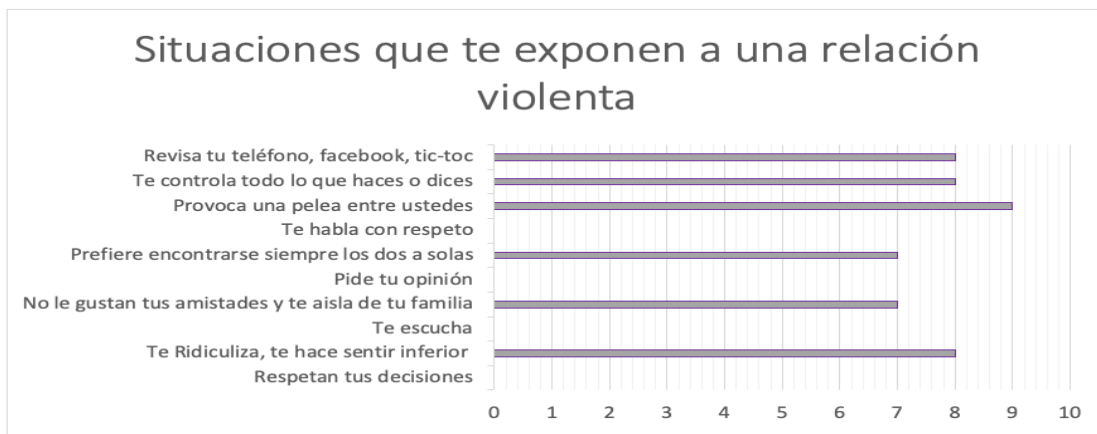
1. They have to respect my body

2. Able to go to the hospital or Ebais
3. Right to a decent home
4. Able to go to school
5. Choice about if and when I want to have children

98% of girls managed to identify actions and indicators of sexual abuse, which shows that they enhanced their ability to detect situations that put them at risk or make them vulnerable to such events, the fact that they are able to see these indicators promotes prevention.

Chart 12

Identifying sexual abuse indicators



1. Them respecting you decisions
2. They make fun of you, making you feel inferior
3. They listen to you
4. They don't like your friends
5. They ask for your opinion
6. They always prefer the same
7. They speak to you respectfully
8. They provoke arguments
9. They control everything you do
10. They check your phone, Facebook...

The following chart shows the communities where the girls we worked with came from in 2021. **A total of 174 girls** graduated from the program.

Chart 13

Communities that benefited from the girls' club and number of participants

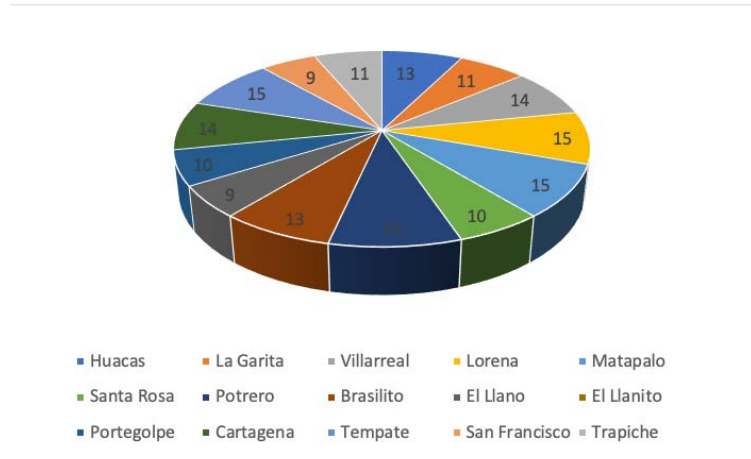


Chart 13 shows the number of participants in each club and the communities where the clubs were organized.



Testimonials of the girls

“Being a part of the Girls’ Club was a very nice experience since they talked to me about violence. I learned a lot, I learned to be patient, to love myself and to have peace of mind.”

“The girls’ club was one of the best things that has happened to me. I’ve learned a lot. And knowing that physical, verbal, or psychological violence towards your partner, friends, or whatever the relationship may be is not good.”

“And always talk to someone you trust. I really enjoyed being a part of CEPIA and the girls’ club.”

“CEPIA is an association that helps people with low resources and they also help us emotionally and they help us communicate with other people, and they make us part of that Association as volunteers. It is a great experience for us young people, helping us relate to others, and it is very nice because there are many activities and people who help us, like the psychologist, and they also help us with food and with mattresses.”

“Cepia is an organization that has helped us tremendously, and this is why we support it.”



5.3. I AM THE ANSWER

“I Am the Answer” is an educational program for peace, sustainability, well-being and human rights, created by Fundación GAIA, declared to be of educational interest by the Ministry of Public Education of Costa Rica, that is committed to determine future generations to commit to caring for planet Earth from the Agreement of Peace and Mother Earth Welfare.

“I Am the Answer” is directed towards boys and girls between the ages of 6 and 8 and teaches them how personal transformation can have a global impact that can help slow down and even reverse the effects of climate change. The four pillars of this proposal are: conscious living, healthy living, balanced living, sustainable living.

We carried out a pilot project this year with **25 boys and girls**, preparing this initiative to reach 200 boys and girls in 2022.





6. Environmental education

05 JUNIO

Día mundial del medio ambiente

Luchemos contra la destrucción masiva de la biodiversidad, sembrando arboles nativos!

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Horario de Atención: de 8 am a 4 pm
Centro Comunitario CEPIA
Tienda de Donaciones
Huacas, Guanacaste, Costa Rica.



The objective of this program is to incorporate environmental awareness, care for Mother Earth, stopping environmental pollution, care for all beings on the planet, as part of the experiences children have in all of the CEPIA programs.

45 children from the CIDAI program took part in **3 beach cleanups**: Flamingo, Langosta and Tamarindo, and were given an educational speech by the Salvemonos (“Save the Monkeys”) Tamarindo Association.

On June 5th, more than **100 volunteers** and children joined forces to clean the Huacas river, the town center and the Huacas intersection. The community members came to the CEPIA community center to collect and plant **100 trees** that are essential for the monkeys. We recorded an educational video to show the importance of the monkeys for the ecosystem, in collaboration with the Nandamojo Association and the Salvemonos Tamarindo Association, that was also published on social media and is now part of the academic content of the CIDAI program.



7. Support for vulnerable families

In-kind donations

Many families in extreme poverty come to the CEPIA facility requesting some kind of socioeconomic, psychological or legal help. A part of the support we provide are in-kind donations. These donations are either new or second-hand items that have been donated and are redistributed between families in poverty or extreme poverty, according to priorities.

210 families benefited in 2021 from these donations, including items such as mattresses, clothing, food, beds, appliances, sofas and armchairs, school supplies, kitchen items, menstrual cups, bedside tables among others.

Christmas campaign

Through the Christmas campaign we organized with the voluntary and solidary help of many people, we managed to deliver a total of **1200 gifts**, bringing joy and happiness to these families who often do not have the means to buy gifts for their children for the holidays.

School supplies

In February 2021, we made sure that the children living in poverty or extreme poverty had all the supplies they needed to start the school year in optimal conditions. A total of **720 children** received backpacks with school supplies.



8. Professional trainings and employability program

The purpose of this program is to strengthen the professional and labor skills of the people of the communities in the area, prioritizing those who are in conditions of vulnerability. According to national surveys, “the rate of open unemployment among people living in poverty or extreme poverty is 4.3 times higher than among people who do not live in poverty,” showing a clear connection between unemployment and poverty.

As a result of the services within this program, it is expected that unemployed people will have greater opportunities to access jobs, and those who are currently working can secure or improve their working conditions, as well as creating a positive impact towards the economic stability of self-employed people.

During the year of 2021, **13 technical courses** unfolded: **9** held by INA (national institute for learning) and **4** held with CEPIA’s own resources.

Chart 14

Student work situation

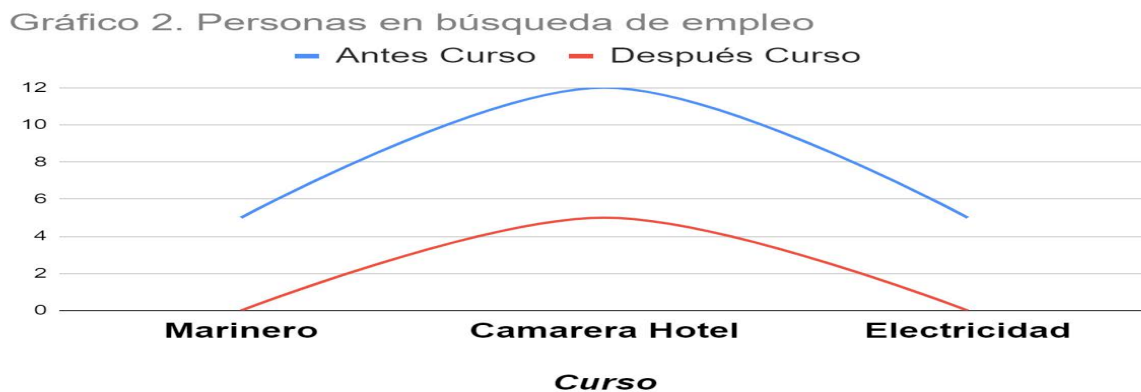


The average age of the students who started the courses was 31 years old, 80% of them are Costarican, 70% reside in the districts of Tempate, Tamarindo and Cartagena. On average, **75%** of the students were **unemployed** or **self-employed** when they started the course.

According to the surveys that more than 70% of the students completed, **75% confirmed that the course has had a high or a very high impact on their lives.**

Chart 15

People looking for jobs



Blue - before the course

Red - after the course

32 **Chart 15** shows the results of surveys that were completed by more than 70% of the students, 75% confirmed that the course has had a high or a very high impact on their lives. On the other hand, for 95% of the students of courses certified by the INA, CEPIA plays a relevant or essential role in the entire training process.

Table 3
Number of courses and students per course

Courses 2021				
Name of the course	Institutions	Registered	Finalized	In progress December 2021
Basic English	CEPIA	94	15	
Sailor	CEPIA & INA	15	9	
Hotel receptionist	CEPIA & INA	26		26
Basic English	CEPIA	12	5	
Intermediate English	CEPIA	12	4	
Electrical installations	CEPIA	16	14	
Basic onboard training	CEPIA & INA	6	6	
Sport fishing	CEPIA & INA	8		8
Hotel maid	CEPIA & INA	16	14	
Office productivity	CEPIA & INA	35		17
Basic onboard training	CEPIA & INA	14	13	
Kitchen assistant	CEPIA & INA	19		19
Emergency first aid	CEPIA & INA	8	6	
		281	86	70

Table 3 shows the number of courses held in 2021, how many people enrolled in each course and how many of them finished.

Employability area

- we held **22 employability workshops**, with an average of **8 students per session**.
- **32 people** were supported towards being employed, more than anything in writing their resumes, professional orientation and job keeping.
- out of the **28 people** looking for jobs, **50% (14 people)** have already **found a job**.
- **6 students got jobs** with the help of CEPIA who acted as mediator between the students and a company in the area.

9. Empowering women

Socializing the patriarchal culture has put women in social and economic disadvantage, through gender roles.

CEPIA has created this program aiming to build sorority spaces to promote empowerment, mental health and economic self-sufficiency among vulnerable women who live in the coastal areas of Santa Cruz, focusing on gender.

This program has the following expressions to help with implementation:



9.1. Women's Circle

- A total of 34 women took part in 20 workshops during the year of 2021 to work on life skills, empowerment, assertive communication, enhance their self-esteem, critical thinking and decision-making.
- We organized 10 training workshops on sound therapy, biodance, gender violence, healthy relationships, control of toxic thoughts, self-care for the body, art therapy and positive parenting.
- We also held 7 practical workshops on composting, cooking, soap and candle making
- And 1 recreational activity to promote mental health and recreation



Testimonials

Glenda: “I came to the women’s circle at CEPIA through an invitation I got from psychologist Claudia. I was going through a very difficult time as I was having problems with my husband and was being abused psychologically and verbally; I was in a very bad state emotionally, I did not know that I was being abused, I thought that the violence was only when you were beaten, I felt very alone, I did not know what to do, I was scared, afraid of what they would say, afraid of failure, as a daughter, as a mother. My experience in the Women’s Circle has been excellent, as with time I became more and more empowered, and little by little I felt stronger about making the decision to leave home, it has not been easy, but I did it with the help of the psychologists, women companions and volunteers who help us feel stronger and empowered. I want to thank them all and I hope that the Circle of Women continues to help us and support many more women.”

Justina: “Being in the Women’s Circle has been a very important process in my life, because at the beginning I was in a very difficult state of depression, I had to take psychiatric medication, and when I became a part of the Women’s Circle I have felt my life changing for the better, I feel safer, I am free from negative thoughts, and the way I used to make decisions, I have learned to battle with my feelings of sadness, to control my anger and my feelings of rage. Going through this process in the Women’s Circle made me feel free, and the best thing is that people around me see how I’ve changed and can notice it from the way I act, now I can express myself with more joy, with more enthusiasm and security, and people tell me - oh, how you’ve changed! I have had an emotional development and growth that I did not expect, something very good for me, I have discovered through this process things that I did not know about myself, feeling strong, feeling that I can do it, feeling that I am capable. I have been building myself up through each speech and each workshop. I feel free, safe and capable of achieving my projects.”

9.2. Entrepreneur women



During 2021, we found new strategies to continue strengthening entrepreneur women.

At the end of 2021, we established a partnership with the Donorsee.com platform to support entrepreneurs, especially women. Thanks to this achievement, 7 women have their videos posted and 4 women have their projects financed: food businesses and sewing businesses with an investment of \$500 per entrepreneur.

Vera worked as an informal taxi driver and was selling bags of plantain chips: “Eight and a half months ago, while performing a taxi service from Belén to Huacas, I came across this place that God put on my path, CEPIA. My son was diagnosed with ADHD, I had been consuming alcohol for about a month, I was depressed, I did not see any good in life, I did not want to be at home, I did not have financial stability, the trips were fewer every day, the pandemic turned my life off every day, until the day came when psychologist Mauricio called me from CEPIA to set an appointment, and from that moment on, I found myself within this great family that is CEPIA, and little by little with the help of the psychologist I started to find myself and they welcomed me in the Women’s Circle, I was able to take some courses that helped me realize that there are women with problems just as difficult or even more difficult than mine; emotionally I feel more secure and determined in the pursuit of being a happy woman, every day I go to work I realize that I am the general manager of my house and that we are going for great things. As a result of all this, they helped me purchase a fryer for my little plantain chips business. Thank you CEPIA for supporting me when I needed it most.”

9.3. Vida Mujer project: women’s sexual and reproductive rights

Through this project, we want to guarantee the sexual and reproductive rights of women who find themselves in vulnerable conditions, providing safe, reliable and hormone-free birth control methods to prevent unwanted pregnancies.

This is outcome of this project, as follows:

Table 4
Number of women attended in 2021

Women who were given an IUD	165
Women who were given a Papanicolau test	46
Results of PAP tests reported to specialists	3
Clinical care	12
Women who had their IUD removed	23
Support through telemedicine	37
Referrals to psychologist	1
Volunteers	11
Volunteer doctors and nurses	8
Women on the waiting list	367
Number of IUD (copper T) donated in 2021	300
Interviews with women who received the copper T	90



9.4. Committee of volunteer women

During 2021, we had 8 volunteer women who supported the Community Center with volunteer tasks. The objective of this initiative was to provide material support and training processes to women who find themselves in extreme poverty and social risk. Many of them are vulnerable immigrants and they benefit through these processes that contribute to their empowerment, development of life skills, nutritional, social, legal, psychological support and advice for their employability.

As part of the approach of CEPIA, all women must participate in the workshops organized within the Circle and in order to solve their economic needs, they are offered the opportunity of volunteering in exchange for food and hygiene products and materials for their homes. The total donations received during 2021, as follows:

- 60 packages of groceries and cleaning products
- 167 boxes of fruits and vegetables delivered weekly
- 52 donations of furniture, appliances, household supplies, clothing and footwear, among others

9.5. Prevention of violence against women

On November 25th, we celebrated The Day for the Elimination of Violence against Women, which is an ongoing and critical issue in Costa Rica, therefore we are highlighting the current events that took place. The lack of response to this situation has been accepted as the norm in our society and this makes us reflect and show the need for support and spreading of a clear message: No more violence against women, we need to react as a community from all sectors: tourism, institutional, NGOs, artists, business people, civil society. CEPIA continues to work on bringing awareness and reflection regarding this issue.

This was what prompted us to organize a meeting in the Oneida Park in Tamarindo, together with the ADIT, that brought together young people, adult residents and visitors. We played a video with interviews of young people and women, we organized a cultural show and a march, with the participation of approximately 80 people, asking for greater security on the streets and beaches of our country. This initiative was also accompanied by advice and observations posted on social media and distributed in flyers.

We also initiated a series of actions to support Tamarindo Women's Collective, as a result of events of sexual violence that have occurred in this area and in the country.



10. Legal advice

The office for victim assistance attends the public once a week and works specifically with women who are victims of violence. However, due to the lack of socioeconomical resources of the people in the area, we also attend other kinds of situations. During 2021, we attended **62 people**:

- 4 for alimony
- 9 for domestic violence
- 1 civil rights
- 3 sexual crimes
- 1 labor law
- 44 immigration issues

11. Support for communities

Artist Gabriela Valenzuela, together with “The Fixers” team, a BCII TV show, sponsors, neighbors, people from the community and CEPIA, carried out a project to renovate, redesign and paint the Community Center of **San José de Pinilla**, to turn it into a place for meetings, entrepreneurship and community development.

This project was not only meant to improve the infrastructure in the community, but also an opportunity to lift their entrepreneurial spirit and hope. Creating business and educational projects supports young people. We want the place to become a space for meetings and cultural expressions. We created the necessary infrastructure and our next goal is to start up the café-bistro, the handmade products store and the space for gatherings and courses.



12. Marketing and communication

CEPIA closed year 2021 with great presence and visibility on social media (RRSS) and in the national media.

Part of the actions taken by CEPIA to spread and strengthen its presence at a national and international level consists of the creation of new RRSS and the disinterested support of national media channels that talk about our strongest actions.

Alcance de la página de Facebook ⓘ

58,983 ↑ 32.5%

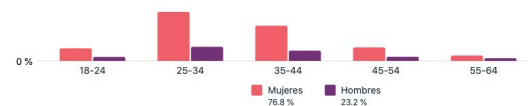


Audiencia ⓘ

Me gusta de la página de Facebook ⓘ

14,416

Edad y sexo ⓘ



During 2021, we started taking action and being present on social media channels such as **LinkedIn** in order to generate new alliances with the business and professional sectors. We also created a **TikTok** account for the CIDAI – Youth program, which brought us closer to the modern language and where they can, together with their teachers, work on different videos and modern audiovisual materials to express their ideas and creativity.

Through the month of November, we managed to reach an even greater public with the activity we were organizing for The International Day for the Elimination of Violence against Women through national media channels and FB and IG campaigns, reaching more than **22,000 people** on Facebook.

Fundraising

Due to the covid19 pandemic, we could not organize fundraising events. Despite this, many people and companies donated funds to support the most vulnerable population, especially in the catastrophic economic situation they experienced in 2021.

In 2021, we spent ₡455,414,079 or **\$705,794**. We had an income of 571,468,329 or **\$885,654** to carry out our programs and projects. The remaining funds will be going to projects that are still in progress and that will continue through 2022.

The fully detailed financial report is available on our website: <https://cepiacostarica.org/es/informes/>

43% of our funds came from government institutions (PANI, JPS and IMAS), while **57%** came from private donations and national and international foundations. We are deeply grateful for the support received from our donors and sponsors. Meet them on this page: <https://cepiacostarica.org/donors/>

Quality control and the measurement of the outcome and impact of each program and the corresponding financial transparency are very important to us. We make impact measurements for each program, and these reports are available on demand, upon request.



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2021

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