

2023 Annual Report

Association for Culture, Education, and Psychology of Infants and Adolescents - CEPIA



CEPIA

cepiacostarica.org

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Angulo, Claudia. Alcocer, Eleana. Arias, Priscilla. Bourquet, Courtney. Cappa, María. Castro, Lucía. Deweer, Laetitia. García, Geneva. Guido, Ariana. López, Joselyn. Malavassi, Gina. Marín, Karla. Valverde, Wendy. Zelaya, Ana L.

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A few words from our directors

In 2023, CEPIA continued to promote human rights, social equality, participation and social inclusion, compassion, and social-ecological awareness. We work with both minors and adults, focusing on their inner strength, resilience, and internal and external strengths.

CEPIA's staff and volunteers aspire to co-create resilient, creative, healthy, productive, and safe communities where people can live with quality of life.

We are very happy and satisfied with these 19 years, during which we have witnessed growth and overcome adversities, moving forward by believing in people and community organization. We have become vehicles of hope as we feel called to serve others, transforming us.

CEPIA is a living organization! It is built not only by our collaborators but also by many volunteers who travel thousands of kilometers to share with the participants of our programs and contribute to what we create here. This enriches the construction of CEPIA.

We continue to work from the heart, with joy, hope, trust, and human connection, uniting our strengths and our desire to live in peace. CEPIA's programs and projects are built from the participants' experiences and the communities' needs through the learning and contributions of participants, volunteers, and staff.

CEPIA is a safe place for women and minors. We care about the present of the young people in our communities. We pay attention to what the context tells us about employability and the training demands required by the area.

Amid a world full of confusion, we suggest you keep moving forward. As a popular Costa Rican song says, "I know sometimes I look back, but it's to know where I come from."



Laetitia Deweer
Founder & Development Director



María José Cappa
Executive Director

The Reach of CEPIA's 10 Programs



1. Extracurricular Classes

This program promotes recreational activities and safe spaces where minors can develop self-confidence, enhance their social and athletic skills, cultivate their interests, and be inspired to live new experiences.

It is carried out through the voluntary work of individuals, organizations, or companies residing in the canton of Santa Cruz, Guanacaste, who offer weekly classes in multiple disciplines. The activities provided in the communities are selected based on their needs.

Table 1.1 shows the activities, most of which are sports, conducted during 2023 and the number of minors enrolled in each extracurricular activity compared to those who remained active throughout the year.

Extracurricular Classes Table 1.1
Enrolled Minors 2023

Extracurricular Activity	Minors enrolled annually	Number of active minors
JiuJitsu (Hero Academy)	60	35
Skateboarding (Happy Feet)	26	14
Soccer	217	185
I am the Answer (healthy, conscious and natural living) with Gaia	196	196
Surf Beginners	20	8
Dance	30	10
Art	16	9
Surf 4 Youth (advanced)	14	11
Swimming	142	87
Successful Girls Circle	255	174
TOTAL	976	729

In addition to the regular classes, this program also develops additional activities such as camps during vacation periods.

In 2023, **90 boys and girls** enjoyed two days filled with joy, games, and lots of fun in the community of Paraíso. They played soccer, participated in traditional games, and engaged in various art activities. This **camp** was made possible thanks to the enthusiastic participation of community volunteers, the involvement of CEPIA youth groups, and the support of nursing students from Universidad Latina.



Extracurricular Classes Image 1.1.
Camp in the community of Paraíso

Additionally, thanks to the partnership with *Hyde Park School* and the visit of its students, the community of 27 de Abril benefited from a second camp. **120 boys and girls** enjoyed this four-day camp. It featured fun-filled activities, songs, dances, and entertainment and was attended by

Finally, with the support of *Elevate Movement Studio* and *Celebrate The Beat Foundation*, **20 boys and girls** participated in an exclusive dance camp for an entire week, promoting active movement among minors through dance.

1.1 Successful Girls Circle

This program focuses on preventing gender-based violence and empowering girls.



Extracurricular Classes Image 1.2.
Successful Girls Circle

The program's objectives include:

- Identifying different forms of violence.
- Building healthy relationships among girls.
- Creating an environment where girls feel empowered to break the silence and speak up when they or their peers face situations of violence.
- Enhancing personal safety strategies for girls.
- Promoting a positive self-image in girls.
- Increasing knowledge about human rights among girls.

Extracurricular Classes Table 1.2.
Successful Girls Circle 2023

Community	Girls Participating in Workshops Throughout the Year
Hernández	15
El Llano	15
Portegolpe	24
Hatillo	14
Lorena	12
Guapote	14
Cartagena	14
Paraíso	13
El Llanito	10
Río Seco	16
Las Delicias	15
Brasilito	13
27 de Abril	15
Pinilla	18
Playa Grande	8
Matapalo	14
Paso Hondo	15
Total	245

1.2 I am the Answer

The "I am the Answer" program strives to educate boys and girls about conscious, healthy, and sustainable lifestyles. This is achieved through the following objectives:

- Facilitate children's understanding and adoption of actions that promote conscious lifestyles.
- Develop a strong understanding in children about healthy lifestyle habits.
- Provide children with detailed insight into the actions necessary for leading a sustainable life.
- Implement an effective process for identifying children in social risk and vulnerability situations and referring them appropriately to CEPIA's interdisciplinary team for comprehensive intervention and follow-up.

Last year, the program started on March 1st and concluded on November 30th, extending for nine and a half months.

The classes, taught by two instructors trained by the Gaia Foundation, cover one topic each week and typically last between 50 and 80 minutes.

"I am the Answer" consists of 30 classes, divided into three modules of 10 classes each. In Module 3, every group embarks on a field trip to carefully selected destinations with established collaborative alliances.

It is an educational program for peace, sustainability, well-being, and human rights. It aims to influence future generations (children and young people) within the formal education system in the commitment to care for planet Earth based on the Peace and Well-being Mother Earth Agreement.





Extracurricular Classes Image 1.3.
"I am the Answer" Graduation

In 2023, the program reached 196 students aged 7 to 9 from eight public schools in the Santa Cruz area. These second graders are from the communities of **Linderos, El Llanito, Cartagena, Brasilito, La Garita, Matapalo, and Playa Grande.**

Collaborative initiatives were also implemented. These included an educational tour to the *Tierra Mágica Garden* in Tempate with *Costa Rica Regenerativa*, an outing to *La Senda*, a visit to *Monkey Park*, and a beach clean-up in partnership with *The Clean Wave*.

1.3 SURF 4 YOUTH (S4Y)

The Surf 4 Youth project had an impressive track record in recent tournaments, including the Pacific Circuit. The team has demonstrated remarkable dedication and skill, resulting in excellent performances and outstanding results.

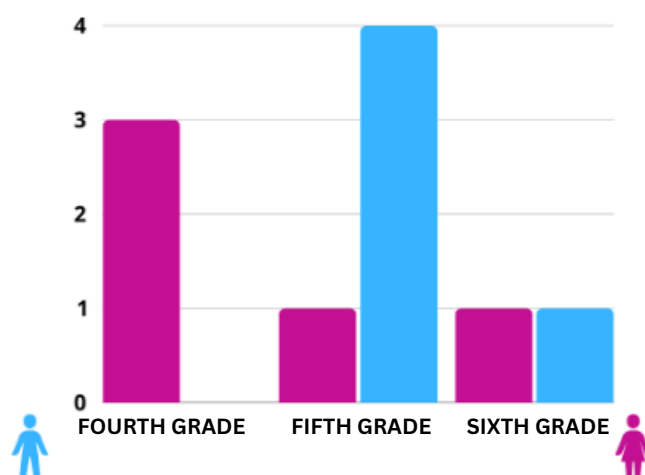
In 2023, the project benefited from the expertise of surf coach Juan Carlos Naranjo. Additionally, the founder, Andrea Díaz, returned to lead the team, bringing her extensive experience and passion for surfing.

With these two pillars, S4Y has dedicated itself to fostering a positive and inspiring environment for young surfers.

1.4 Playa Grande School Strengthening Project

This project was created in response to the educational needs identified through a comprehensive assessment of all the students at the school. The diagnosis revealed that the greatest need for reinforcement and support lied within **ten students** of the second cycle students (fourth, fifth, and sixth grades).

The project aims to enhance the academic performance of these second-cycle students by creating an educational environment that offers individualized support and tutoring. This approach is tailored to each student's learning style and unique needs to ensure they receive the assistance required to overcome specific challenges.



Extracurricular Classes Graph 1.1. *Playa Grande School Strengthening Project* - Second cycle students, per grade

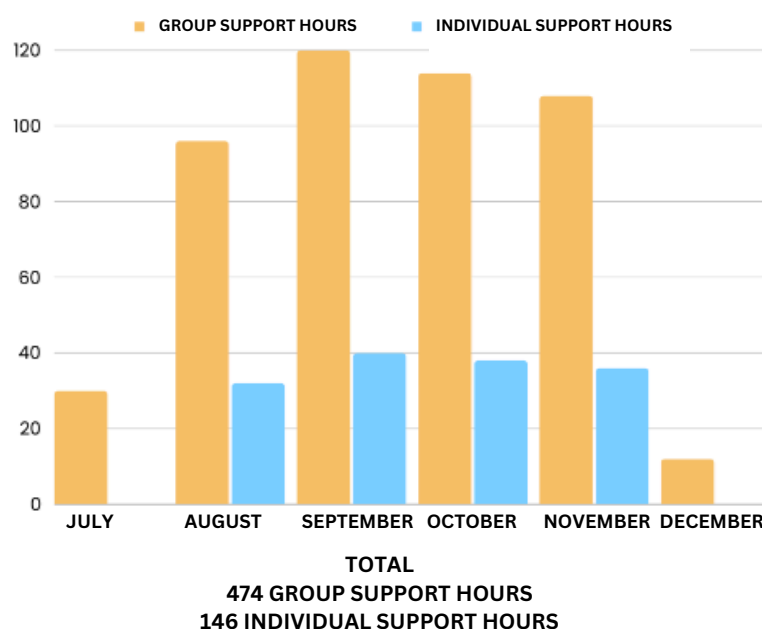
Graph 1.1 Highlights that from July to December, five girls and six boys, aged 10 to 12, at Playa Grande School received support from pedagogue Joselyn López.



Extracurricular Classes Image 1.4. *Playa Grande School Strengthening Project* Reinforcement classes for fourth-grade students

This project aims to foster reflection and action to improve the educational process for students. By offering individualized tutoring sessions, it seeks to improve academic performance in specific areas such as Spanish and math. These sessions focus on developing reading, writing, comprehension, fluency, mathematical reasoning, and problem-solving skills.

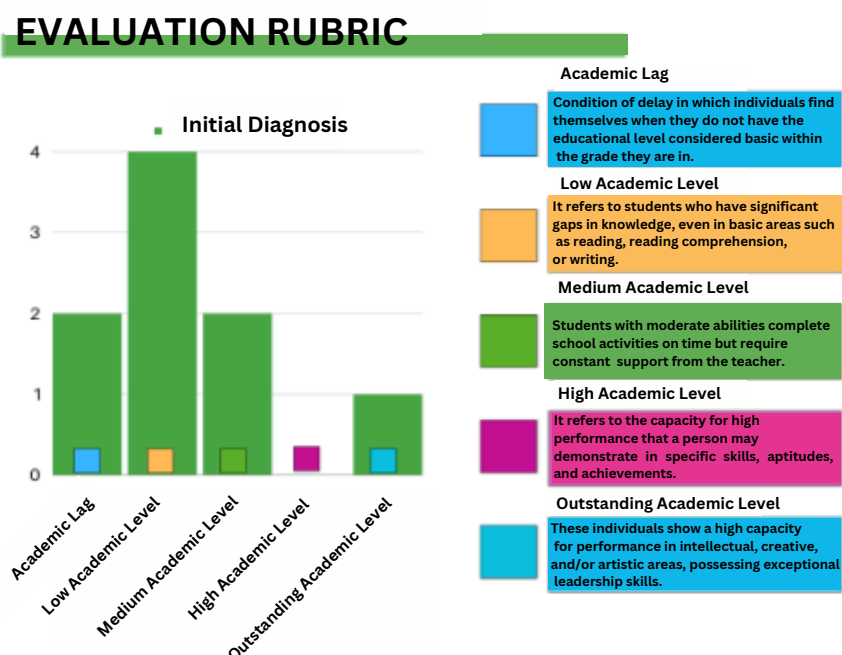
Comprehensive planning ensures that time is appropriately allocated to achieve these objectives, allowing each student to benefit effectively from educational support. The approximate number of hours dedicated to achieving the goals of this project is detailed below.



Extracurricular Classes Graph 1.2. *Playa Grande School Strengthening Project* - Hours of support provided to students

From July to December 2023, approximately **474 group hours** were dedicated to the second-cycle students based on their needs. These hours include didactic planning and the development of pedagogical mediation, enabling students to acquire meaningful learning, skills, and abilities to enhance their academic performance. Additionally, around **146 hours** have been dedicated to individual work with each student, providing personalized tutoring tailored to their needs. This individualized approach strengthens areas such as reading and writing skills, reading fluency, and mathematical reasoning.

A descriptive report highlights the strengths, areas for improvement, and progress made throughout the project's development from the beginning to the end of the second semester 2023. Also, the evaluation rubric used for the diagnostics applied to the student population is included below, along with the corresponding results from the initial assessment.

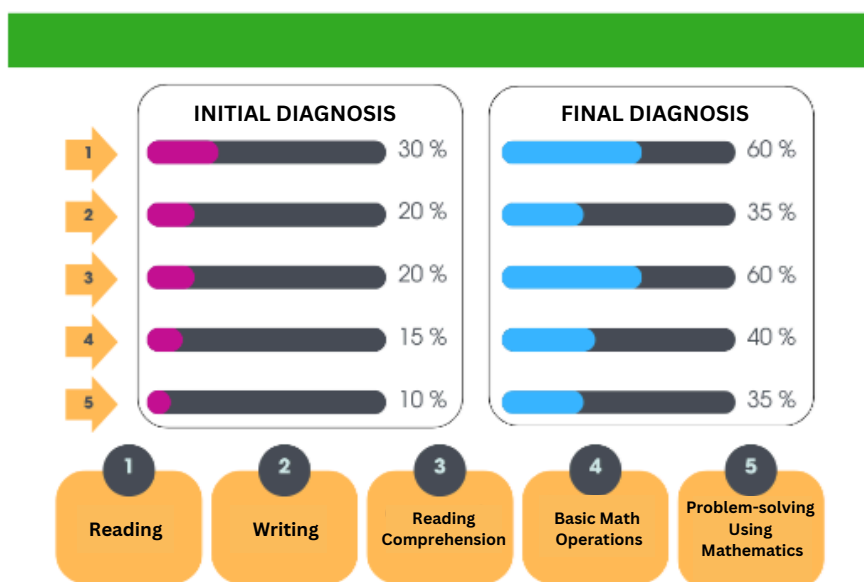


Extracurricular Classes Graph 1.3. Playa Grande School Strengthening Project - Evaluation Rubric

Graph 1.3 details the evaluation and scores assigned to each criterion each student meets. The initial diagnosis reveals that two students have educational delays, four students have a low educational level, two students have a medium educational level, and one student has an outstanding educational level. This information highlights the necessity for tailored academic support.

After the initial assessments to identify students' difficulties, clear and measurable objectives were set to guide the reinforcement process. Customized plans were then created for each student, featuring specific activities and resources to target their areas for improvement.

A diagnostic assessment was conducted during the second week of December 2023 to analyze the implementation of pedagogical proposals at Playa Grande School. This assessment verifies the progress and outcomes achieved by students and serves as an indicator of their learning development.



Extracurricular Classes Graph 1.4. *Playa Grande School Strengthening Project* - Progress Achieved by Second Cycle Students in 2023

Students made significant progress in their reading skills, with proficiency levels increasing from 30% in the initial diagnosis to 60% by the final assessment. In writing, proficiency rose from 20% to 35% with the provided support. Reading comprehension improved from 20% to 60%, a significant achievement.

In mathematical operations, students in the second cycle initially scored 15%, which increased to 40% after the final assessment. Problem-solving skills also saw improvement, with initial levels at 10% rising to 35% following pedagogical intervention.

It's important to mention that this project is made possible thanks to the **Asociación Playa Grande Sostenible** and **private donors from the Playa Grande community**. Their generosity and commitment made the successful implementation of this project possible.



Extracurricular Classes Image 1.5. Playa Grande School Strengthening Project
Students participating in a Science Fair

1.5 Comprehensive and Cultural Education Project in Playa Brasilito

The Comprehensive and Cultural Education Project in the Brasilito community started in July 2023. Its goal is to enhance the quality of life and overall development of local children.

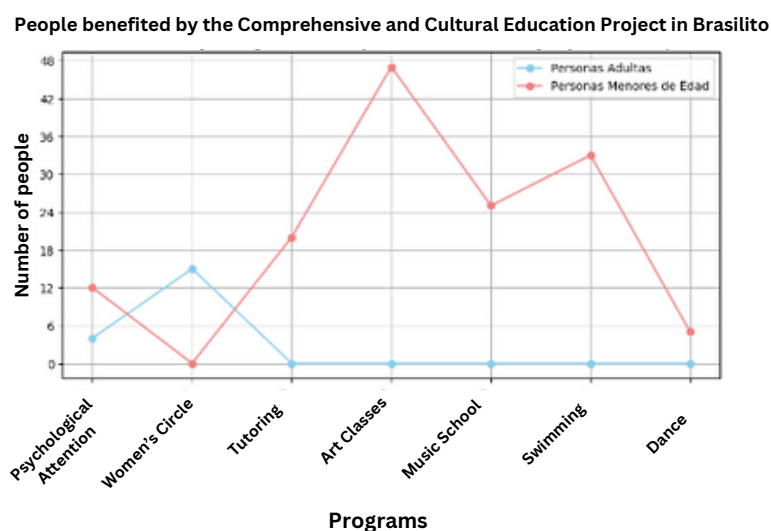
By implementing a personalized program of extracurricular activities, the project focuses on improving academic competencies, boosting self-esteem and resilience, promoting the acquisition of life skills, and fostering meaningful connections with positive role models and enriching relationships. This initiative identifies educational deficiencies, such as low academic performance and limited access to extracurricular activities, providing children with the support and opportunities they need to thrive.

The project became a reality thanks to the collaborative efforts of the *School of Brasilito* and *Good Vibes Rock School*.

In 2023, the project served **118 minors** (67 girls, 49 boys, and two teenagers) **and 17 adults** (16 women and one man), totaling **135 individuals** (see graph 1). These individuals benefited from psychological support, academic tutoring, the Women's Circle, and multiple extracurricular activities.

As part of the extracurricular activities for children (the first two activities on the list below), the project offered a *music school program*, *art classes*, *a girls' circle*, *swimming*, and *dance classes*.

The tutoring program provides academic support to community school students experiencing academic delays in reading and mathematics. A structured and personalized methodology has been implemented for each student, focusing on fostering reading and writing skills development and strengthening mathematical concepts and skills.



Extracurricular Activities Graphic 1.5. Comprehensive and Cultural Education Project in Playa Brasilito - People Benefited by the Project

1.5.1 Music School

The music school program aims to promote music education among children in the community in collaboration with our strategic partners at Good Vibes Rock School.

In the project's initial stage, a student band was formed to participate in patriotic celebrations and other activities. **Twenty-five children**, most of whom had no prior experience with an instrument, participated in this music training process.

Since September of the previous year, this group has participated in five events, including Independence Day parades, band festivals, and Christmas festivities.



Extracurricular Classes Image 1.6. *Comprehensive and Cultural Education Project in Playa Brasilito - School Band*

1.5.2 Art Classes

In the same field of promoting cultural education, weekly plastic arts classes have been offered to children from first to fifth grade at Playa Brasilito School since October.

Approximately 44.68% of the 47 initially enrolled children regularly attended these activities, with the population divided into two groups according to their class schedule, completing ten sessions (5 per group). These sessions were led by a group of volunteers composed of students from *CRIA Academy* and *La Paz Community School*, who designed art projects with different themes involving organic materials and more common ones. This initiative enhanced the students' creativity and motor skills.



Extracurricular Classes Image 1.7. Comprehensive and Cultural Education Project in Playa Brasilito - Art Class

1.5.3 Academic Tutoring

Tutoring sessions have been conducted both individually and in groups, tailored to each student's needs and levels. Various teaching resources, including textbooks, practical exercises, educational games, and audiovisual materials, have enhanced understanding and learning.

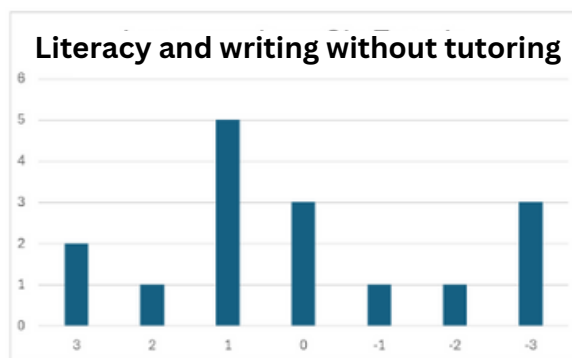
Pedagogical strategies personalized to each student's needs were also implemented. These strategies focus on reinforcing basic reading skills (such as letter, syllable, and word identification) and writing skills (organizing ideas and correcting spelling errors), as well as developing mathematical skills (basic operations, problem-solving, etc.).

This program has been successful thanks to the ongoing collaboration of the Brasilito School staff. Within the first year, academic support has been provided to **20 students** who were selected for showing some level of academic lag in the areas mentioned before. The program has contributed to closing educational gaps, empowering students, and providing them with tools for their academic and personal growth.



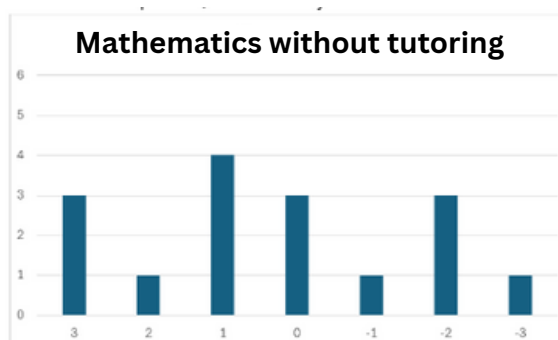
Extracurricular Classes Image 1.8. Comprehensive and Cultural Education Project in Playa Brasilito - Interactive tutoring for third graders

The tutoring sessions started on July 20th and concluded on December 14th, 2023. Each block lasted 1 hour and 15 minutes (75 minutes). Considering there are 32 tutoring blocks per month, we estimate that approximately **200 hours of tutoring** were conducted.



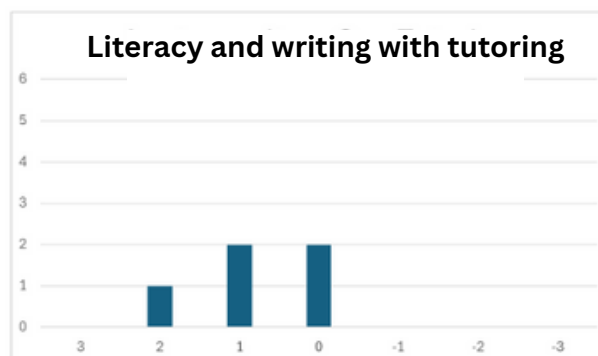
Extracurricular Classes Graph 1.6. *Comprehensive and Cultural Education Project in Playa Brasilito* - Children who did not participate in tutoring sessions in literacy and writing

Graph 1.6 **shows** three students who did not receive tutoring regressed by 3 points between the pre-test in reading and writing (*pre-evaluation in June 2023*) and the post-test in reading and writing (*final evaluation in December 2023*). One of these minors decreased by 1 point, and another by 2 points. Three minors stayed with the same result (no progress or regression). In total, eight students increased points, meaning they improved their results.

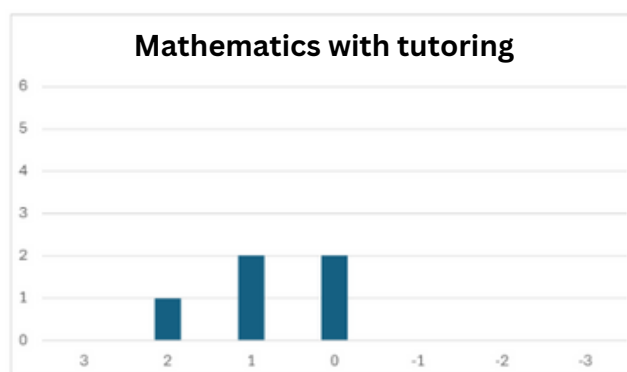


Extracurricular Classes Graph 1.7. *Comprehensive and Cultural Education Project in Playa Brasilito* - Children who did not participate in tutoring sessions in mathematics

Similarly, in Graph 1.7, three students who did not receive tutoring regressed by 2 points between the pre-test in mathematics (*pre-evaluation in June 2023*) and the post-test in mathematics (*final evaluation in December 2023*). One student dropped below 3 points, and another dropped by 1 point. Three students maintained the same level (0). In total, eight students showed progress in their results.



Extracurricular Classes Graph 1.8. *Comprehensive and Cultural Education Project in Playa Brasilito* - Children who participated in tutoring sessions in literacy and writing



Extracurricular Classes Graph 1.9. *Comprehensive and Cultural Education Project in Playa Brasilito* - Children who participated in tutoring sessions in mathematics

Graph 1.8 2. Out of the minors who received tutoring between June and December 2023, Two maintained the same level they had when they started tutoring (no progress), and three minors showed improvement in their results between the pre-test in literacy (pre-evaluation in June 2023) and the post-test in literacy (final evaluation in December 2023).

In graph 1.9, 2 of the minors who received tutoring in mathematics maintained the same level they started with, and 3 showed progress in their results by the end of the academic year.

It's encouraging that a significant percentage of students enrolled in tutoring continue to participate in the program. This continuity indicates their commitment and the benefits they have gained.

We will closely monitor this diagnosis to track the students' progress and continue providing the necessary support for their academic development throughout 2024.

1.5.4 Women's Circle

With great effort, CEPIA Huacas' Women's Circle model and methodology were successfully replicated in Playa Brasilito. This extension of the impactful program has created a safe space for **15 women** in this community.

This group, composed of mothers and entrepreneurs aged 28 to 70, has benefited from seven sessions since last September. These sessions have included different self-care workshops related to stress management, emotional well-being, and self-awareness, allowing the participants to share their stories and form strong sisterhood bonds.



Extracurricular Activities Image 1.9. Comprehensive and Cultural Education Project in Playa Brasilito - Art Class

1.5.5 Psychological Care

From September to December 2023, psychological support was provided to **15 individuals**, including seven girls, three women, and five boys.

Throughout this process, a total of 52 appointments have been conducted, addressing a variety of concerns, the most frequent being symptoms of anxiety and depression, closely followed by stress-related situations. Additionally, various personal and family issues that required specialized psychological intervention and support have been addressed.

During the reported period, **different forms of violence were identified**. There were 11 cases of psychological violence, 2 cases of domestic violence, and 3 cases of verbal abuse.

Extracurricular Classes Table 1.4. *Comprehensive and Cultural Education Project in Playa Brasilito* - forms of violence identified within the population receiving psychological care

Types of Agression	Case Numbers
Psychological Violence	11
Domestic Violence	2
Verbal Abuse	3

All individuals served during this period are Costa Rican nationals. The diversity of cases and reasons for consultation reflects the importance of providing psychological services to the community, thus contributing to its overall well-being.

A referral was made to the Comprehensive Daytime Child Care Center (CIDAI) to ensure care. This measure provides coordinated and specialized care if a multidisciplinary intervention is required for the child's well-being.

In the satisfaction survey, 100% of the participants who attended the scheduled appointments expressed high levels of satisfaction, classifying their experience as "Very Satisfied" or "Satisfied."



Testimonials from Extracurricular Classes Beneficiaries

"The support that CEPIA has provided in the activities has been fundamental in the growth and development of our boys and girls in the community." - Extracurricular Classes Coach.

"On one occasion, a girl called her mentor to share the news that she had her first menstrual period, indicating that everything discussed in the session was very helpful. She knew how to use menstrual products and what to do about the physical and emotional changes she was experiencing." - Girls' Club Mentor.

"Thanks to the swimming classes, we can now go to the beach more relaxed. My daughter is a more confident and happy girl." - Mother of a girl who learned to swim, extracurricular classes.

"Now I know how to relax; I just have to breathe and use the mantra that CEPIA taught me." - 8-year-old boy, Yo Soy la Respuesta

"Thanks to the surf classes, I learned that it's my favorite sport." - 14-year-old teenager, surf classes with Iguana Surf School

"With all the support that CEPIA gave us, we feel more supported in the educational center." - School director.

"Now I feel like I understand math better. It was really hard for me to understand what I had to do before, but now I can try it without fear." - Girl X, 9 years old.

"I'm not embarrassed to ask when I don't understand something anymore. That helps me do my assignments, and it makes me really happy." - Girl A, nine years old.





Testimonials from Extracurricular Classes Beneficiaries

"I like feeling happy because I've done very well on exams, and that makes me feel like I can always do well." - Boy D, ten years old.

"I am very happy that my son has support here at school to learn. As a parent, one tries to help, but it's not the same as having a professional do it. It has been a great and valuable educational and emotional support for our son. The teacher has been a great support in helping my son pass the academic year of 2023." - Guardian of Child B.

"I feel that this support has been excellent for the children. They need to reinforce many things, and a positive change has been noticed in them. My daughter loves to learn a lot." - Guardian of Child N.

"Thank you very much to the teachers for all the support to our children in this beautiful project, and of course to CEPIA for believing in the children of Brasilito. Thank you very much for all the support you have given to our children..." - Mother regarding the music school.

"I really like this space because I come here to de-stress. At home, they know that every 15 days I have a space for myself, where I share and enjoy with my companions, and I disconnect from the rush of my obligations." - Participant of the women's circle in Brasilito

"Thank you, teacher, for supporting and explaining to my son. You seem very kind and patient so that children can learn more, although I would like you to come more days." - Mother regarding academic tutoring.



2. Psychology and Holistic Health

2.1 Psychological Care for Minors

In 2023, the focus was on strengthening psychological programs and adopting a more humanistic approach within the communities under CEPIA's influence. This was achieved through community psychology, emphasizing education and prevention.

This program aims to integrate psychological support and the rights of minors at social risk and their families through inter-institutional coordination, collaboration and referrals from public educational, legal, health, human resources, and community institutions within CEPIA's area of influence. Additionally, the program covers the topic of comprehensive health through health fairs.

This program reached a total of **1,259 individuals** through its various projects and psychological care services. **Six hundred ninety-one** corresponded to individuals in workshops, 30 in group therapy, and 33 in therapeutic yoga. The total **annual distribution** of people served in psychology corresponds to **505** individuals (202 adults, 193 minors in external psychology, and 110 in CIDAÍ psychology). Among them, 162 are women and 141 are male minors, with an average age of 8 to 17.



Psychology and Holistic Health Graph 2.2. *Psychological Care for Minors*
Annual User Distribution

Behavioral disorders **were the primary reason for consultation in minors**, with 49 individuals attending, followed by anxiety symptoms (24 cases), depressive symptoms (20 cases), grief (12 cases), and sexual abuse (11 cases). There was a decrease of 9 cases in sexual abuse compared to 2022.

Over the past six years, behavioral disorders have consistently been the main reason for consultation with minors, with a decrease of 37 cases compared to 2022. Additionally, since 2019, there has been an increase in depressive symptoms, which remains one of the main reasons for consultation up to date.

Regarding the **reasons for consultation in adult care**, the most common issues were personal problems (45 individuals), which included communication issues with partners, children, or relatives, emotional management (33 individuals), grief (22 individuals), anxiety (20 individuals), and depression (10 individuals).

Psychology and Holistic Health Table 2.1. *Psychological Care for Minors*
Reasons for consultation

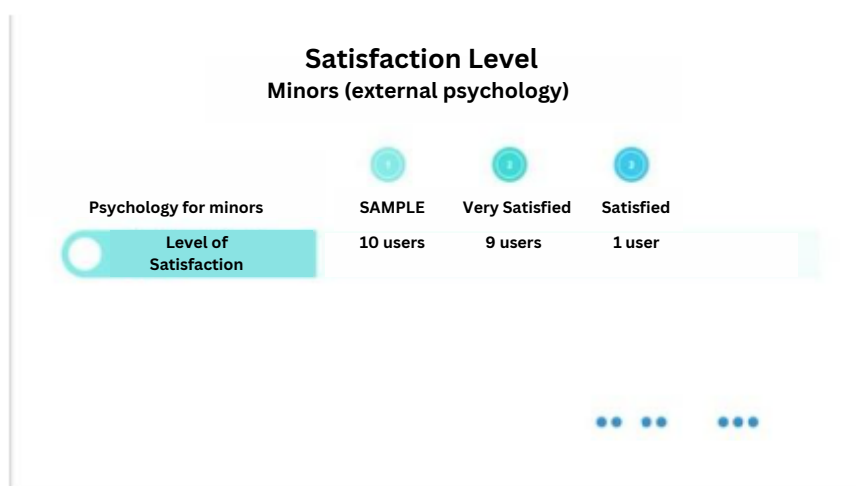
Reason for Consultation	2017	2018	2019	2020	2021	2022	2023
Behavioral Disorders	50	44	80	30	57	86	49
Grief	5	3	17	9	26	19	12
Depressive Symptoms	6	3	37	12	24	29	20
Anxiety	4	4	26	13	18	26	24
Sexual Abuse	8	3	17	8	14	20	11
Domestic Violence	5	3	-	-	18	6	1

Psychological care was approached from different perspectives, such as Eye Movement Desensitization and Reprocessing Therapy (EMDR) (children, adolescents, and adults), group therapy, brief psychotherapy, crisis intervention, and systemic family therapy.

The distribution of minors' places of origin shows that Villarreal leads with 45 individuals, followed by Huacas with 34 and La Garita with 29. La Garita saw a significant increase in consultation reasons compared to previous years. Most psychology service users are Costa Rican, with 258 individuals, while other nationalities include 43 Nicaraguans and 2 Colombians.

Ten out of 11 individuals from the CIDAI Program (Day Care Center for Comprehensive Care) perceived progress during the therapeutic process, indicating feeling very satisfied with it. One person perceives the process as satisfactory.

Regarding the **satisfaction of the psychological care external users**, 9 out of 10 indicated that they perceived progress during the therapeutic process, perceiving the process as very satisfactory and one person as satisfactory.



Psychology and Holistic Health Graph 2.2. *Psychological Care for Minors*
Customer Satisfaction Survey

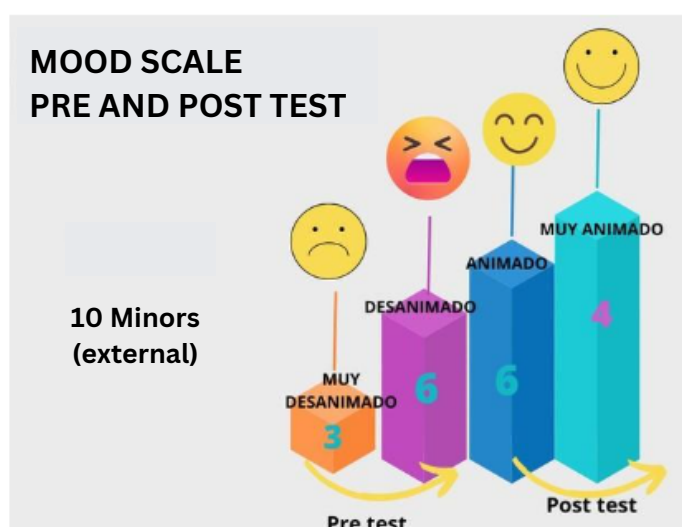


Psychology and Holistic Health Graph 2.3. *Psychological Care for Minors* Customer Satisfaction Survey

In the field of external psychology for minors, a sample of 10 minors was studied to assess the impact of pre-and post-tests applied in the therapeutic process.

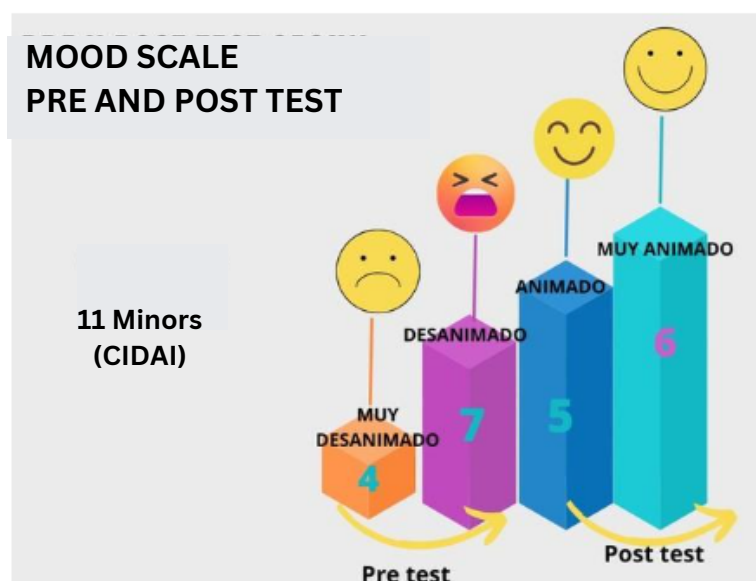
On a scale of 0 to 10, where 0 is the lowest state (very discouraged), and 10 is the highest state (cheerful), three people began their psychological process very discouraged, six people were discouraged, and one person was very cheerful.

In the post-test (at the end of the process), six people were cheerful, and four were slightly less cheerful, thus evidencing progress in the therapeutic process and improvement in their state of mind (see graph no. 4).



Psychology and Holistic Health Graph 2.4. *Psychological Care for Minors* Mood Scale Pre and Post Test. CIDA External

Regarding the impact **achieved in the area of psychology for minors in the CIDAI program**, pre-and post-tests were administered during the therapeutic process. From a sample of 11 minors, on a scale of 0 to 10 (where 0 represents the lowest mood state and 10 represents the highest), it was observed that four individuals began their psychological process feeling very discouraged, seven were discouraged, and five were in good spirits. Six individuals exhibited a very cheerful mood by the post-test (at the end of the process). This indicates progress in the therapeutic process and an improvement in their mood (see graph n.5).



Psychology and Holistic Health Graph 2.5. *Psychological Care for Minors*
Mood Scale Pre and Post Test. CIDAI Internal

In 2023, three programs were strengthened:

- **Therapeutic yoga** for minors and adults: This program reached 33 people.
- **Group therapy**: This program served 30 people, including 12 minors (young people) who participated in group therapy on Emotional Management, 10 parents or caregivers who participated in group therapy on Positive Discipline, and eight adults who participated in group therapy for Anxiety Disorders.

- **Preventive workshops:** These workshops reached 691 people, distributed as follows:
 - External psychology: **524 people** (children, young people, and parents) participated in **23 workshops** in public schools and **four workshops** at the Villarreal High School Health Fair. These workshops were made possible thanks to the collaboration of psychology volunteers.
 - CIDAI psychology: **157 people** (98 children and 59 parents) were served through **22 workshops**.

In 2023, the **program reached 127 more** people compared to 2022 in workshops and psychological care for minors.

Support in Educational Centers. Thanks to the support of nursing students from the Universidad Latina and in coordination with the extracurricular program, children, parents, and caregivers from different public schools in the communities of Paso Hondo, Santa Bárbara, La Garita, Linderos, and El Llanito received socio-educational workshops. These workshops covered the following topics:

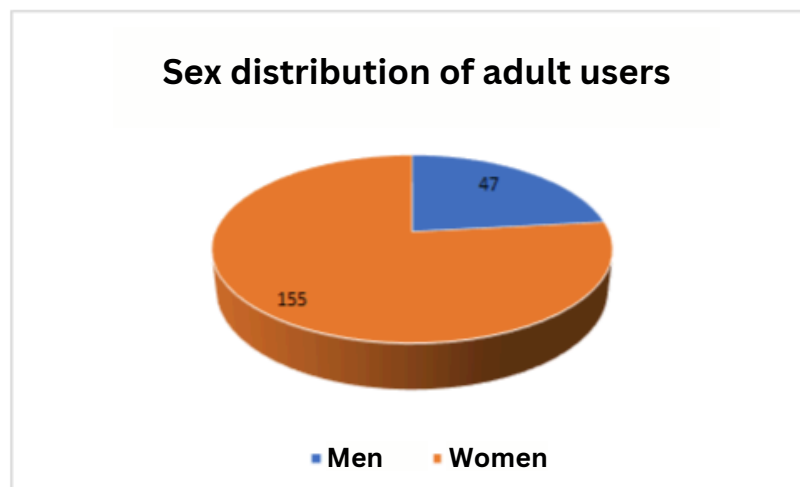
- Prevention of drug use
- Healthy coexistence
- Bullying
- Prevention of sexual abuse

Psychology and Holistic Health Image 2.1. *Psychological Care for Minors* **Workshop led by Universidad Latina students**



2.2 Psychological Care for Adults

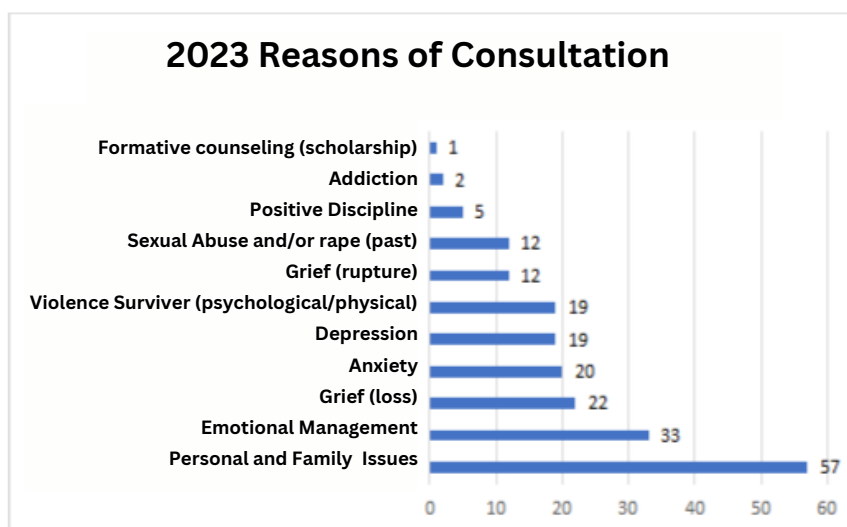
This program provides psychological support to adults who live in our organization's area of influence and are in a situation of vulnerability, poverty, or extreme poverty. In 2023, **202 adults** were served through individual psychotherapy, for a total of **1453 appointments**.



Psychology and Holistic Health Graph 2.6. *Psychological Care for Adults* - Sex Distribution of adult users

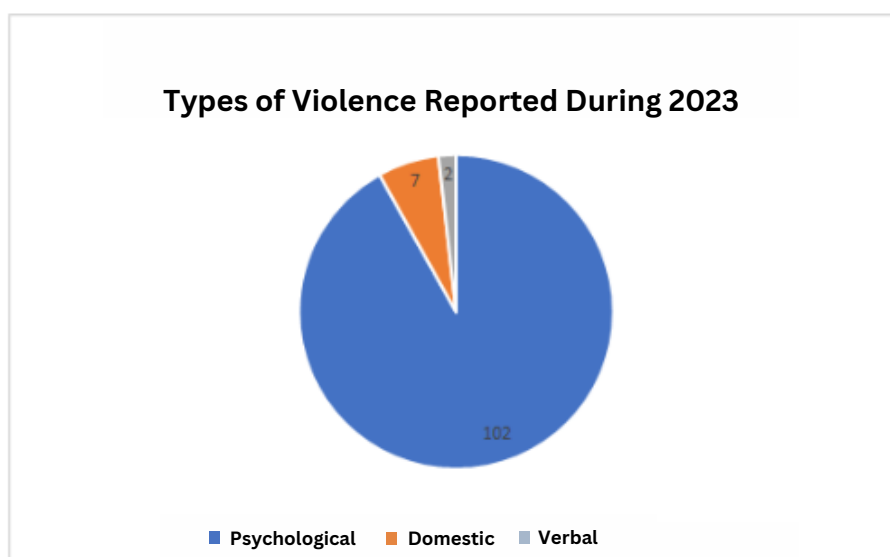
The main reasons for consultation include the following:

- i) Personal and family problems: This category represents 28.2% of consultations. It includes a range of personal situations, such as self-esteem problems, work-related difficulties, financial problems, life planning issues, issues with adult and minor children, relationship problems, problems with family members or neighbors, lack of soft skills such as communication, time management, adaptability, and conflict resolution
- ii) Emotional management: This category represents 16.3% of total consultation reasons. It is related to difficulties in identifying and managing one's own emotions. It also includes stress, very mild anxiety symptoms, and mild depressive symptoms.
- iii) Bereavement due to death



Psychology and Holistic Health Graph 2.7.
Psychological Care for Adults - Reasons for Consultation

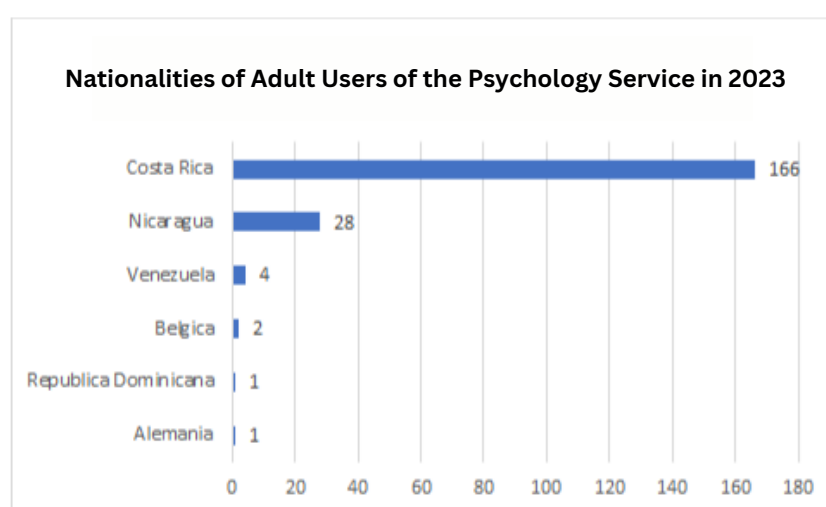
Among adult users of our service, 50.4% reported prior experiences of psychological violence and 3.4% identified as domestic violence survivors during 2023.



Psychology and Holistic Health Graph 2.8.
Psychological Care for Adults - Reports of Violence

In this same context, **numerous references** were made, including 10 to the Costa Rican Social Security Fund (CCSS), 6 to the Local Instance for the Comprehensive Approach to Suicide Risk (ILAIS), and 5 to the Institute on Alcoholism and Drug Dependence (IAFA).

The residence locations for those seeking consultation are diverse, including Huacas, Santa Cruz, Cartagena, and Brasilito, among others. The nationalities of those who attended reflect the diversity, with **82% Costa Ricans, 14% Nicaraguans, and the remaining 4% comprising Venezuelans, Belgians, and Germans.**



Psychology and Holistic Health Graph 2.9.
Psychology Care for Adults - Nationality of users

As for our staff members' qualifications, one of the psychologists has received training in "psychotherapy for addictions and dual pathology." In contrast, the other psychologist has completed an "online expert in emotional intelligence, creativity, and art therapy course."

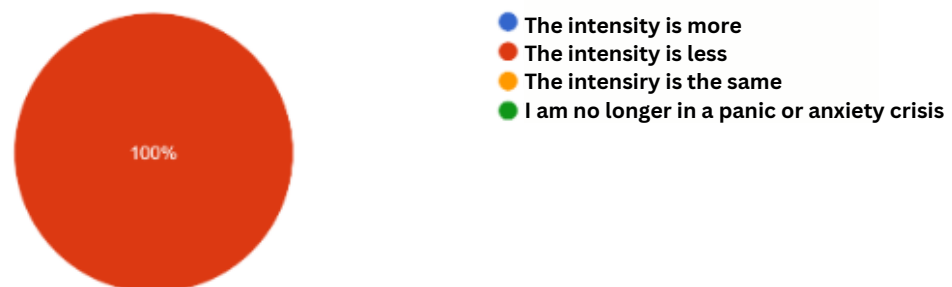
The satisfaction survey, completed by 75 adults, revealed that 77.3% of the participants are women, while 22.7% are men. The staff's perception of being listened to is highly positive, with **94.7% and 97.3%** reporting feeling heard and respected, respectively. Participants expressed high levels of satisfaction with the guidance and human warmth provided. Additionally, all respondents (100%) report experiencing personal progress.



Psychology and Holistic Health Image 2.2.
Psychology Care for Adults - User Attention Recreation

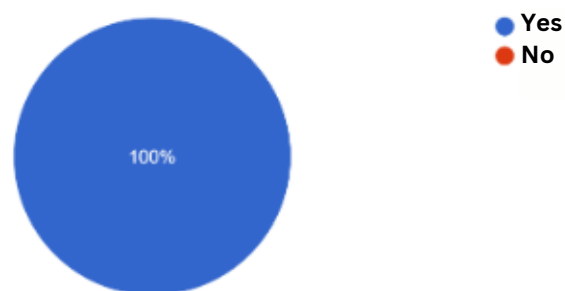
Additionally, **seven anxiety control technique group therapy sessions** were conducted, with nine individuals intermittently participating. The satisfaction survey results for this therapy indicate a positive perception among the attendees.

After the group therapy, do you feel that the anxiety o panic crisis' INTENSITY is:
 5 responses



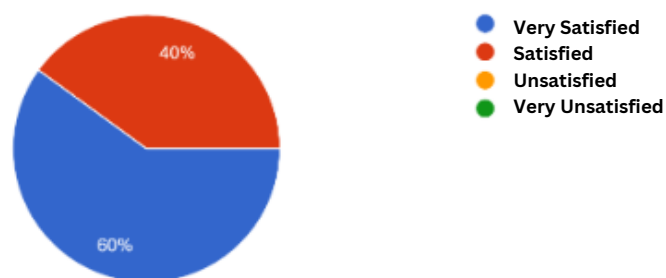
Psychology and Holistic Health Graph 2.10.
Psychology Care for Adults - Group Therapy Results #1

Do you consider that the techniques provided during group therapy are useful?:



Psychology and Holistic Health Graph 2.10.
Psychology Care for Adults - Group Therapy Results #1

What is your satisfaction level regarding the group therapy?
5 responses



Psychology and Holistic Health Graph 2.11.
Psychology Care for Adults - Group Therapy Results #2

2.2 Health Fairs

The logistical efforts for organizing two health fairs, which catered to over 300 adults and minors, deserve special mention. The first fair was held at the Community Center of CEPIA in Huacas, while the second took place at 27 de Abril.

A collaborative effort with community leaders made it possible to offer free medical care in **general medicine, ophthalmology, and gynecology** to the people in these communities and those surrounding them. This project was conducted in collaboration with the NGO *Medlife*.

Similarly, thanks to the joint efforts with *Outside the Box Learning Lab*, which organized the 1st Brasilito Health Fair of 2023, professional health volunteers provided blood laboratory tests, general check-ups, and general medicine talks relevant to the daily lives of the residents of Brasilito.

In addition, through the new alliance with *Ojos Del Mar Ophthalmological Clinic*, more than **200 free eye exams** were provided, and around **85 prescribed glasses** were donated to the CEPIA community on two different dates (Community Center in Huacas and Brasilito School).

The joint efforts of community leaders, such as the Board of Education and the Academic Director of the Brasilito School, highlight the area's commitment to the health and well-being of individuals.





Testimonials for Psychology and Holistic Health Beneficiaries

"Personally, it helped me a lot to manage the symptoms because I use the techniques when the symptoms start, and that way, I avoid the crisis. I would have liked to have more sessions because I felt very good when I went, and it helped me to break away from the routine." - Group Therapy Participant.

"It was very interesting; it made me feel better and meet people who have similar conditions to mine. I would also like to highlight that the person who conducted this therapy is a very good person and professional. I have no words to describe the great person she is, her understanding, empathy, and patience. More than grateful, thank you very much, Patricia." - Group Therapy Participant.

"My experience was very good because I could share with people who were going through the same things I was, and we understood each other as a group of peers." - Group Therapy Participant.

"I always wanted to be different from my parents. I suffered abuse, and I don't want my child to go through the same thing. Positive discipline taught me to change those things that used to affect my child. I can say it helped me a lot. Before, I used to yell at him and hit him; now, I control myself and then talk to him. I didn't use to spend time with him; now, I make time to play with him. I am super grateful for being considered because I really needed it, and it helped me a lot." - Mother of a 6-year-old child.

"I gained a better understanding and techniques on how to handle day-to-day life with my children, how to maintain a better relationship with them, and how to treat them in different situations of daily life. I realized that each of them is special and that they need my love and affection as a mother, and that even though they are grown up, they still need my time to share with them." - Mother.





Testimonials for Psychology and Holistic Health Beneficiaries

"It helped me a lot with my self-esteem. It taught me that I have to think about myself first, not to let anyone mistreat me, not to let anyone abuse me, and to have my feelings clear." - 34-year-old woman.

"It helped me find my self-love and realize that I am valuable as a human being. It guided me in the direction I needed to take." - 32-year-old woman.

"At first, I came with suicidal thoughts due to anxiety and depression, and thanks to the care and referral to the EBAIS, where I was medicated, I feel much better. Thank you!" - 47-year-old woman.

"I managed to identify my problems and put an end to my internal conflicts. I feel very motivated and have goals to pursue. I forgave situations that I had been carrying for years, achieved a better quality of life, and saw that I had more opportunities in every aspect. I am happy and responsible for myself." - 36-year-old man.

"EMDR therapy helped me return to myself and close those cycles that were holding me back. It helped me believe in myself, heal, and forgive all my past mistakes. Without a doubt, it changed my perception." - 24-year-old woman.



3. Comprehensive Daytime Child Care Center (CIDA)

The Comprehensive Daytime Child Care Center (CIDA), a cornerstone program, offers holistic care, nurturing, stimulation, and education to foster children's cognitive, physical, and emotional development.

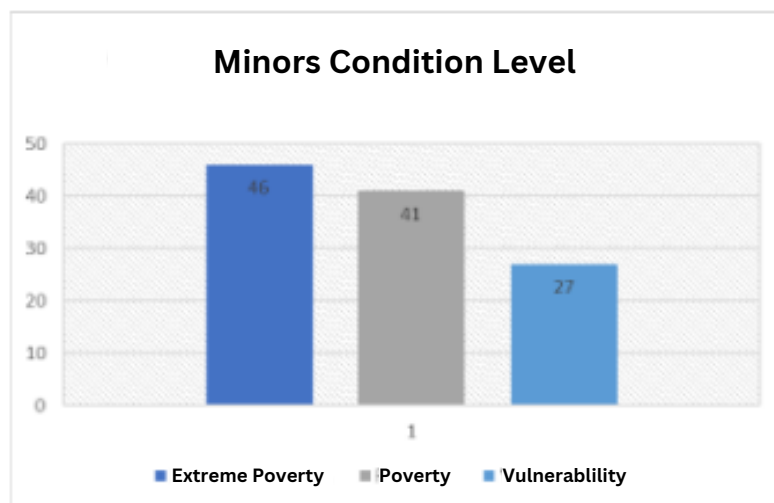
In 2023, this ongoing program impacted **170 minors**. The quota of 114 minors is maintained, of which PANI subsidizes 90, and the Mixed Institute of Social Assistance (IMAS) subsidizes 24. A total of **63 dropouts** during the year were due to relocation or changes in family circumstances.

In 2023, 114 minors were served through 5 groups.

CIDA Table 3.1
Age-Based Care Groups

Group	Age	Number of Minors	TOTAL
Early Childhood	2-3 years	15 male and 8 female	Total: 23 Minors
Preeschool	4-5 years	11 male and 12 female	Total: 23 Minors
Primary 1	6-9 years	11 male and 16 female	Total: 27 Minors
Primary 2	10-12 years	10 male and 11 female	Total: 21 Minors
Youth	13-17 years	11 men and 9 women	Total: 20 Minors

The condition of minors can be observed in the following graph:



CIDAI Graph 3.1
Vulnerability Levels of Minors

Minors attending the CIDAI program are from 11 communities, including Hatillo, Portegolpe, El Llano, Huacas, Matapalo, Villareal, Tamarindo, Santa Rosa, Garita Nueva, Garita vieja and Playa Grande.



CIDAI Image 3.1
Early Childhood Education Class

This program is divided into **six main areas**, explained below:

Care and development of autonomy. The center offers daily care with an annual work plan and a weekly schedule covering **education, meals, sports, recreation, music, art, yoga, values, special workshops, and outings**. Daily activities focus on promoting the autonomy of every child, addressing their individual needs arising from challenges at home.

Comprehensive professional care. Teaching professionals attend to the groups daily, creating an inclusive work routine. A full-time team of **psychology specialists** is also available. **110 minors** receive attention through therapeutic processes, either in crisis intervention and constant weekly sessions or through workshops.

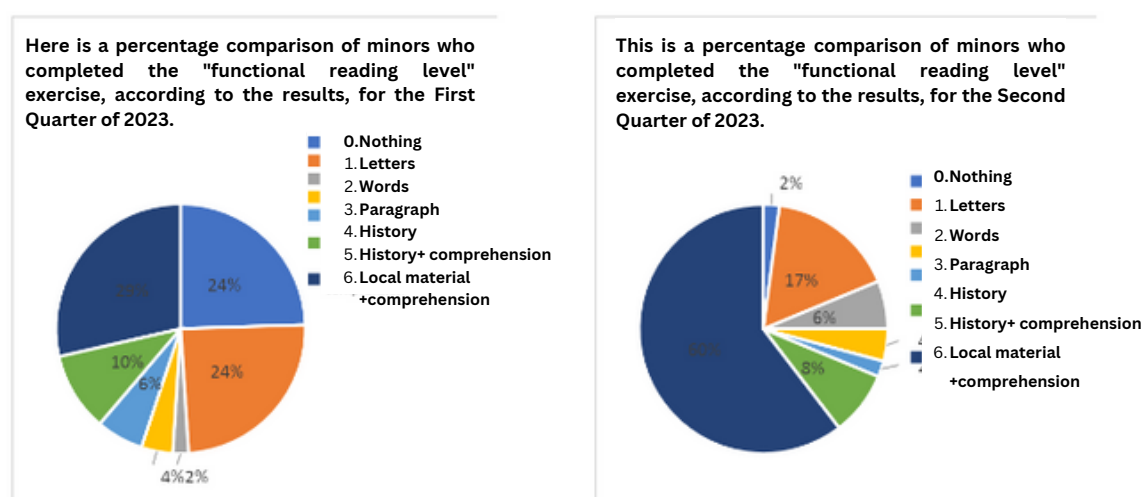
The Youth Group received three workshops, Preschool 1 received six workshops, Early Childhood received two seminars, and the legal guardians of CIDAI beneficiaries participated in 5 workshops. A total of **59 parents** and/or legal guardians participated in these workshops. The workshop topics addressed a wide range of themes relevant to the comprehensive well-being of minors, including personal hygiene and grooming, sexual abuse prevention, violence prevention, menstruation, developmental changes, emotional expression, anger management, and recognition of private parts.

The program also includes **social work services**. Social workers conduct socioeconomic studies to determine the minors' situation, assess any risks, and emphasize the importance of their continued participation in the program. Additionally, social workers support families who require it throughout the year. Interdisciplinary meetings are held monthly to analyze priority cases and determine the most appropriate comprehensive care for each minor—finally, the program benefits from the support of various professional volunteers throughout the year.

Health. Health is a key focus at the center, providing specialized nutritional care with a tailored menu that includes four meals daily for the children. This year, we partnered with the Ojos del Mar Clinic for ophthalmology care, referring seven minors, four of whom received glasses. Additionally, with the assistance of nursing students from the Universidad Latina de Costa Rica, we conducted 107 screenings for various health metrics like weight, height, and dental care. Throughout the semester, we facilitated 28 referrals for illness through our partnership with the private clinic Beach Side, including providing medication for one minor with an ear infection. Moreover, we conducted sex education and addiction prevention workshops for 20 adolescents.

Education. All minors benefit from different strategies to guarantee proper learning development. The primary strategy used is **individual tutoring**, with 22 minors receiving tutoring sessions at least once a week to reinforce challenging topics. The 114 minors were evaluated with standardized tests at the beginning and end of the school year to assess their skills and identify areas for improvement.

The level of **functional reading** is considered an element of this evaluation. Graph 3 shows positive changes in the second evaluation compared to the first (graph 2). The percentage of minors who completed more complex reading tasks and answered questions positively afterward increased.



CIDAI Graphs 3.2 & 3.3.
Pre & Post Functional Reading Test Results for Minors

It can be observed that there are some cases when the student does not achieve an ideal reading level, but the rest have more fluent levels and greater comprehension.

In addition, **computer, English, and general culture classes** are offered weekly.

The center also implements project-based learning, allowing minors to choose topics of interest. In 2023, a total of **10 projects** were completed across five groups, covering themes such as the life cycle, agriculture, marine animals, insects, and the water cycle. These projects foster critical thinking and creativity among the minors.

Sports and Recreation. In June, participants had the opportunity to engage in **20 music classes** and enjoyed one hour-long recreational sports classes, held twice a week across the 5 CIDAI groups, totaling **500 classes**. The primary school groups also participated in **5 swimming** lessons with **30 minors**. A total of **11 outings** were organized, including visits to *La Boya Water Park (twice)*, *Puerto Viejo Beach (twice)*, and *Cañas Refugio las Pumas*.

Additionally, as part of their annual trip, children enjoyed a visit to the Termomania facilities. The Youth Group organizes these outings in addition to the ones detailed in the following section.



CIDAI Image 3.2.
Body Expression Class

Social Work. During the year, **70 socioeconomic studies** were conducted to assess the feasibility of joining the care network. Ten of these still needed to formalize their entry. Additionally, 60 visits were conducted with users referred by the CIDAI educational staff to provide support and follow-up.

During the third quarter of 2023, 9 follow-ups of absences were conducted, both monthly and quarterly, in close coordination with the interdisciplinary team. Simultaneously, **80 socio-educational processes** were implemented at the family and user levels to strengthen the comprehensive development of the population served.

Fifty referrals were made to various institutions, including IMAS, CCSS, the Ministry of Public Education (MEP), non-governmental organizations (NGOs), and the National Council for People with Disabilities CONAPDIS, with the aim of expanding the possibilities of support and resources for the beneficiaries. In addition, **5 cases were channeled to receive legal advice**, with a particular emphasis on guidance and follow-up on matters of rights, as well as **4 cases that demanded psychological attention**.

Ten socio-educational workshops were held at the CEPIA facilities for the CIDAI population to reinforce the training and well-being of the program's beneficiaries to promote comprehensive development.



3.1 Youth Group

The CIDAI program also promotes the comprehensive development and social inclusion of adolescents aged 13-17 in highly vulnerable situations. This program provides support in forming life projects and considers the needs and opportunities that each of these adolescents has in their community.

This program benefited 42 adolescents (**16 women and 26 men**) in 2023.

Here are some impact data related to the youth group of the CIDAI program:

1. Promote educational system insertion and training participation of the youth.



CIDAI Image 3.3. Youth Group
Group Talk

Out of the 42 minors during 2023:

- **Ten minors** were integrated into primary education under the regular modality (schools) and open education (distance exams).
- **Nine minors** were integrated into the formal education system under the modality of secondary school, both day school and CINDEA (night school).
- **Two minors** completed administrative procedures to pursue admission exams for the university education system.
- **Two minors** were integrated into the vocational training system in collaboration with the CEPIA training department and the alliance with INA.
- **During the first six months, 22 minors** began the process of building a life project related to the educational and/or training area in the youth program.

2. Develop second language (English) communication skills.

- A total of **95 classes** of 1.5 hours each were taught for 75 effective hours.
- A **full scholarship for learning English** was maintained throughout 2023 in collaboration with *Lexis English School*.
- In collaboration with the Rosetta Stone program, **15 online scholarships** were maintained during the year, allowing minors to improve their communication in a second language.

3. Develop basic computer skills.

- In 2023, **50 computer classes** were held, which allowed minors to learn the basic tools for typing texts.
- **Two “Internet Risks and Benefits” workshops** were offered (1 per semester).
- **Two research projects and presentations** were developed, where each participant put into practice what they learned during the classes.

4. Promote physical health.



**CIDAI Image 3.4. Youth Group
Promoting Physical Health**

- In 2023, **3 weekly sports and fitness classes** were provided for 156 classes.
- **31 - 3 hour swimming** classes were held, for a total of 93 hours.
- **We provided one weekly class of meditation, yoga or sound therapy** for an approximate total of **36 classes**.

5. Develop artistic and musical skills.

- A total of **36 - 1.5-hour body movement classes** were offered.
- Thirty-six artistic expression classes were offered (painting, drawing, and object construction).
- Traditional Masquerade crafting activities were held in collaboration with the Peace Civic Center, Santa Cruz.



**CIDAI Image 3.5. Youth Group
Traditional Masquerade Workshop**

6. Sexuality, drug prevention, general culture, and life skills workshop development.

A total of **29 workshops** were offered in 2023:

- The workshops covered a wide range of topics, including *religion, drug prevention, comprehensive sexuality, life skills, psychoactive substances, body myths, contraceptives, soap making, and eating disorders.*
- As a component of preventive measures, **five adolescents** were kept in a contraceptive method program.

7. Promote a culture of service and environmental stewardship.

- Two cleanup campaigns were held in the Huacas and Playa Grande communities.
- Trees were donated and planted.
- The group attended the Paraíso Children's Camp.
- Volunteer work was done at *Apami Wildlife Rescue Center* (Monkey Park Foundation)

8. Youth Group educational and recreational walks.

As part of the educational and recreational activities, a total of 7 tours took place in 2023, which included:

- Santa Rosa National Park
- March 8th Walk/ Civic Center for Peace
- Workshop: Suicide Prevention, UCR
- Camp: Suicide Prevention, UCR
- The Leatherback Thrust, Playa Grande.
- CIPANCI Wildlife Refuge
- Visit to the communities of Ortega and Bolsón



**CIDAI Image 3.6. Youth Group
Visit to Playa Grande**



Testimonials from CIDAI Beneficiaries

“CEPIA is a place for boys and girls who donated things, like food, toys, and play and study and the teenagers who don't study take the children on trips everywhere. It's a very beautiful experience, and there are many teachers who can help you.” Young person, M. (14 years old)

“I was able to read better and I was able to meet a new friend and express myself for who I am. It's a very incredible experience.” Young person, S. (14 years old)

“My experience at CEPIA: What I didn't like: English and yoga kinda suck. I hate the stretching (sleeping is good, though). The English teacher is good, but I hate the subjects. What I like about CEPIA are the computer classes. I love them a lot because I can play with a friend, and sometimes we don't play, we do computer stuff. I also like the other classes, like sports, because I learn more every day with the balls and basketball and all those sports. I also like art sometimes. I also like it when we play with the whole class with all my friends and the trips we take. And I like Ms. Karla even though I've annoyed her, gotten her mad, and all that, and she put up with all the nonsense I did. So yeah, I'm grateful to have been at CEPIA. It was the best thing in the world.” Young person, G. (15 years old)

“It was truly a very beautiful and wonderful experience because we learn and get to know places and other things. In my case, I got to know places, games, stories, practically everything, and I liked everything. I learned a lot of things, and it's very important that you like it that I learn.” Young person, C. (14 years old)



4. Sunflower Group

The Sunflower Group offers holistic support to children and young individuals with cognitive and physical disabilities and their families. Many of these families have a single parent and are facing vulnerability.

Access to comprehensive services in the area is limited, and CEPIA helps bridge this gap. The activities conducted in 2023 included therapies, social events for mothers and children, outings, and music and art classes.

In total, 28 children and young people participated in the program.

Some of the achievements of this program during 2023 include **16 minors** participating in physical aquatic therapy, **ten excursions** to the beach and pool, three minors receiving **unique materials** including noise-canceling headphones, 14 others participating in **21 music and art classes**, three children receiving **specialized training** for daily living activities, two children receiving diagnostic assistance, ten mothers participating in **social activities** with a spa day and lunch, seven teenagers participating in two activities including dinner and a movie, and four mothers receiving psychological attention.



Sunflower Group Image 4.1.
Mother and Daughter participants

“

Testimonials from Sunflower Group Beneficiaries

"My son loves spending time with his group friends".

Mother A.

"I need this time to talk to other mothers about what is happening in my life; it feels overwhelming."

Mother B.

”

5. Women's Empowerment

This program focuses on creating spaces of sisterhood to **promote empowerment, mental health, and economic independence for vulnerable adult women in the coastal area of Santa Cruz from a gender perspective.**

It is designed to be co-developed with the women, considering the contexts they navigate in a patriarchal culture. This allows a sense of belonging and adds dynamism to the processes with the participants. The program analyzes gender roles and their narratives to identify opportunities for personal, social, and economic growth. This empowerment begins with the women and extends to their families and communities.

5.1 Women's Circle

The Women's Circle has become a space where women feel safe and confident to discuss topics related to their personal growth and empowerment. The women continue their journey together, sharing their individual processes through games, reflections, teamwork, dialogues, and testimonials.



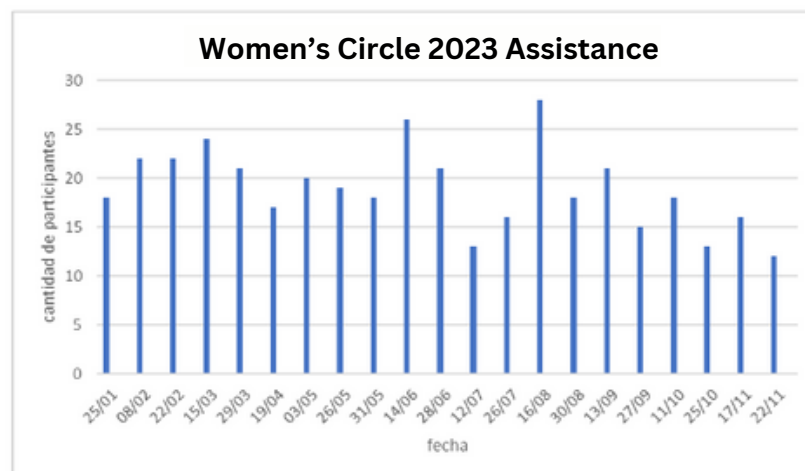
**Women's Empowerment Image 5.1. Women's Circle
End of Year Activity**

During 2023, efforts have been made to align the activities of the Women's Circle with the cycles of nature, navigating the four seasons of the northern hemisphere. Essential dates were chosen to explore their meanings through the lens of nature's movements. The beauty in the actions of giving and receiving was highlighted, and discussions were held on how socialization and patriarchy have created imbalances in this relationship, particularly in the context of motherhood.

The **cycle of violence** was revisited, as some participants still experience traces of relationships involving violence. Information was provided on where to find assistance and how to report any known cases.

For the arrival of autumn, the focus was on letting go of what no longer serves them—the burden of situations they wish to leave behind to be more present in the here and now and to feel freer and lighter. These sessions involved much work with the women's bodies, emphasizing how the body communicates, how to manage emotions and how to improve communication using movement and music as tools. They received training on various topics to enhance their self-esteem and self-awareness, promote self-care practices, break sedentary habits, and address depression and chronic health issues.

The mind-body connection was also addressed through art therapy, using exercises for artistic expression to promote mental health and emotional well-being. These spaces allowed the release of tension, anxiety, and sadness while encouraging creativity. Approximately **25 to 30 women** participated in each workshop.



Women's Empowerment Graphic 5.1. Women's Circle Workshops Assistance

The workshop **topics** were: *Body Expression, Together We Bloom, Body Self-Care, Plant Your Intentions, Self-Care, Comprehensive Sexuality, The Beauty of Giving and Receiving, Violence Prevention, The Mother Archetype, Mind-Body Connection, Breast Cancer Prevention, and The Power of Us.*

Recreational spaces and **hands-on** activities are vital as they allow participants to share and exchange knowledge differently. In this regard, workshops were offered on Natural Cosmetics, where participants created their own products to use at home with family members, friends, etc. They also learned to make marshmallow figures and bracelets, perform facial massages with natural products, and engage in Self-Care/Aerobics.



**Women's Empowerment Image 5.2. Women's Circle
Body Movement Activities**

They also participated in the *"I look after myself"* event organized by Voces Vitales and Reserva Conchal.

For deeper personal work, workshops were developed on *Planting Our Intentions*. These workshops focused on understanding what is communicated through words and actions, what our thoughts convey, and how to cultivate a fertile ground for positive intentions in their lives and work towards making those intentions a reality.

November is a significant month for CEPIA because it is dedicated to **breast cancer prevention** and includes the *International Day for the Elimination of Violence Against Women on November 25th*. Two workshops were held: one on breast cancer prevention and another involving an artistic creation process with ceramics. The latter workshop operated under the theme *"The Power is Within You,"* where participants created a female figure representing the lessons learned in the Circle about setting boundaries against violence, improving self-expression, and constructing the reality they desire in their lives.

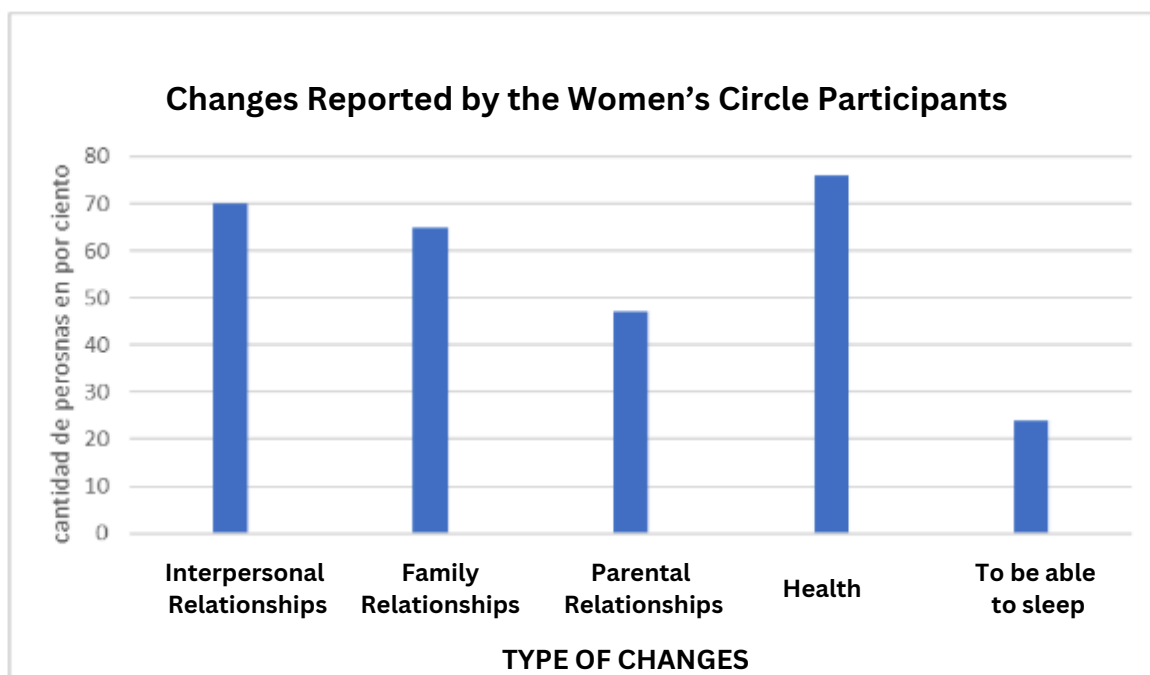
A photograph showing a woman in the foreground, focused on shaping a clay sculpture of a female figure. The sculpture is dark brown and has a serene expression. In the background, another person is visible, also working on a similar project. The setting appears to be an outdoor or semi-outdoor workshop with large windows and greenery visible outside.

“The power
is within you”

**Women’s Empowerment Image 5.3. *Women’s Circle*
“The Power is Within you” Workshop**

In coordination with the digital newspaper **La Voz de Guanacaste**, a discussion forum was held to share relevant information from investigations into unresolved cases of femicide victims. For CEPIA, it is crucial to remain vigilant on these issues as violence against women continues, and we aim to be the voice for those who cannot speak.

Lastly, a new initiative is flourishing with **Finca Laberinto La Senda**, where a group of women is learning about **medicinal and edible plants**. They participate in caring for the plants, learn about their healing effects, and discover the best methods to utilize their properties for health improvement. The plants impart their wisdom, providing the women with the opportunity to enjoy a comforting environment in nature alongside their peers.



Women's Empowerment Graphic 5.2. Women's Circle Participants improvements

5.2 Women Entrepreneurs

The project was strengthened in 2023. Several entrepreneurs were empowered by the support from the platform Donorsee, which provided financial assistance to **eight women**, helping them achieve their dreams.

Among them, Patricia enhanced her massage and personal care business, Kattia expanded her homemade food venture, and Teresa received materials to fulfill her dream of having an artisanal oven for making bread, empanadas, and typical Guanacastecan pastries. Similarly, Nury, Joselyn, Sandra, and Selvia received business supplies. Norma and Evelyn were given sewing machines donated directly by CEPIA, enabling them to continue their sewing business and contribute to their family's economy. These support mechanisms are highly significant for the family's economic stability; investing in women is investing in families.

A new training process was also initiated. First, a **diagnostic assessment** was conducted to understand each business, its level of development, and what is needed to create a business plan. This involved exploring each enterprise's current state, future aspirations, strengths, areas for improvement, and willingness to take action.



Women's Empowerment Image 5.4. Women's Circle
Women participating in training

Based on this **diagnostic assessment**, a proposal was developed to create a three-phase process. In 2023, the first phase was implemented, focusing on **soft skills** (self-esteem, self-confidence, negotiation, responsibility, risk management), **accounting techniques** (costing, income and expense control), and **virtual marketing** (social media management). Additionally, support was provided to those without food handling certification, allowing them to obtain it through CEPIA.



**Women's Empowerment Image 5.5. *Entrepreneur Women*
Sewing Machine Beneficiary**

The second phase will focus on **business consulting**, and the third phase will promote access to **economic resources**. Fifteen entrepreneurs are currently participating in this process.

5.3 Women's Volunteer Committee

Ten **highly vulnerable women** volunteered at the Community Center in 2023. They joined the Women's Circle initiative to work on their empowerment.

Their primary material needs were identified, and they received support in their personal and professional growth. Additionally, the health and education of their children were monitored. A series of referrals were made to state institutions from which they could benefit to address chronic situations they face, which led to coordinated efforts with specialized organizations such as the United Nations Refugee Agency (UNHCR), the International Organization for Migration (IOM), IMAS, and CCSS, among others.

These women also benefited from various donations. In total, they received **148 packages of groceries and cleaning products**, **408 baskets** of fruits and vegetables, **176 donations** of clothing for adults and children, shoes, appliances, sewing machines, household supplies, mattresses, sheets, and more.



Women's Empowerment Images 5.6 and 5.7 *Women's Volunteer Committee*
Grocery donations

5.4 Tamarindo Women's Collective

The Women's Collective of Tamarindo is a social movement of feminist and diverse women that started in January 2022. Its purpose is to advocate for women's rights in all aspects of their lives and ensure equity in conditions, resources, and opportunities in the coastal communities of Santa Cruz.

An **Action Protocol** was created for bar and restaurant staff to address **sexual violence**. This document details effective help measures and seeks to educate on key concepts about sexual violence. In 2023, they conducted presentations and workshops, training 42 people in the protocol and promoting community awareness.

In the context of **International Women's Day**, they held an educational workshop and poster creation with students, encouraging youth to actively participate in initiatives promoting gender equality. They also implemented the "Safe Women Kit," distributing 100 kits to students at the Liceo de Villareal and disseminating safety tips through videos.



Women's Empowerment Image 5.7. *Tamarindo Women's Collective*
March 8th Walk

The "**Safe Taxi**" project collaborated with ADI Tamarindo in April to identify individuals and vehicles providing transportation services, although its progress is challenging. The Collective completed its website, providing public access to resources and protocols.

Additionally, they participated in the Proezas Project, offering workshops and establishing partnerships with the Acceder Foundation and neighboring collectives.

Despite financial difficulties that affected critical projects like "*Safe Taxi*" and *Victim Support*, the Collective has made significant strides in raising awareness and taking action against gender-based violence in the coastal area of Santa Cruz.



**Women's Empowerment Image 5.8. *Tamarindo Women's Collective*
Proezas Project Workshop**

5.5 Vida Mujer

The primary purpose of this project is to promote the **sexual and reproductive rights** of women in vulnerable situations. To achieve this goal, they are provided with access to quality, long-term contraceptives, mainly through the provision of the Copper Intrauterine Device (IUD). IUD clinics are coordinated in various communities in Guanacaste, with the support of qualified doctors and local clinics. The process includes recruitment, screening, and evaluation of women who are scheduled for appointments at one of these clinics upon meeting the established criteria.

To participate in the program, women must complete a questionnaire that assesses their needs and risks. They are also required to watch an educational video that explains the risks associated with the IUD, providing information about normal and potential side effects. The aim is to minimize risky behaviors.



Women's Empowerment Image 5.9. *Vida Mujer*
Informative talk at one of the clinics

The project also offers other gynecological services to disadvantaged women, such as IUD removals, breast exams, Pap smears, and reproductive consultations.

2023 was an active and successful year. Seven clinics, serving 154 women, took place in four different communities.

Collaborative work with other valuable organizations, such as the partnership established with **Chepe se Baña** in San José, allowed for expanding care to more women, especially the homeless population and individuals in extreme need. This partnership included opening a clinic in March 2023, primarily providing services to the Venezuelan migrant population in San José.

**Women's Empowerment Table 5.1. *Vida Mujer*
2023 Statistics**

Relevant Data - Vida Mujer Program	
Women Who Received an IUD	137
Additional Gynecological Care	17
Clinics	7
IUD Removals	7
Medical Support by Phone	25
Donated IUDs	200
Volunteers	8
Volunteer Doctors/Nurses	12

Furthermore, a steady supply of IUDs was made possible thanks to the company **DKT**. They not only provided over **200 IUDs** but also offered qualified volunteers to assist in the clinics, conducting informational sessions on sexual education for the participating women.

Throughout the year, **137 women** received a copper IUD, providing them with protection until 2033 or until they choose to have it removed. Despite the responsibility of the CCSS in providing these services, the Proyecto Vida Mujer continues to offer safe and reliable contraceptive tools to women living in poverty.

This project was made possible thanks to partnerships with *Beach Side Clinic*, Health and Beauty, Renoverte Clinic, San Rafael Arcángel Hospital, Mission Activation Center, Comprehensive Health Center Vida & Salud, and doctors Roulan Jiménez, Mariangel Mora, Alejandra Barboza, Jorge Salgot, María Fernanda Murillo, Velma Jiménez, Willow Marín, Mónica Solís, Walbin Sánchez, Luis Villegas, Maribel Beltran, and Sebastián Ruíz, as well as all the volunteers who accompany us in each campaign.



**Women's Empowerment Image 5.10. Vida Mujer
Doctors and Nurses at one of the Clinics**

“

Testimonial of the Women's Empowerment Project Beneficiaries

"... the Circle taught me to smile, to wake up and protect each other, to learn to face each day with a positive attitude, to shed the wounds of the past, to see each morning as a new opportunity to keep fighting, to express our emotions, to say NO, to take care of our physical and emotional well-being. All of this we have learned caused great and positive changes in each of us, thanks to all those workshops planned with love and enthusiasm for us. Today, we can say that we are brave, strong, joyful, and empowered women..." Woman, 40 years old

"... from the moment I decided to attend the Circle, my life has changed. I am a more confident and excessive woman; my fears have diminished, and even though I am still in the process, I have resumed a normal life. They are powerful and admired women whom the world and many women will not forget their work. I love them." Woman, 37 years old

"For me, it is a relief to be part of the project and have the copper IUD since we have a young baby at home whom we want to dedicate our time only to him for the moment. Besides, this method does not generate any side effects in my life, making my environment much better, more peaceful, and more pleasant. Thank you very much, you do an incredible job." Woman, Vida Mujer Program

”

“

Testimonial of the Women's Empowerment Project Beneficiaries

"The work of the Women's Collective seems like a great contribution to the community, especially given the level of sexism that is still evident in the area. Like in the whole country, I believe there is a deficiency in laws and strict measures for actions that can harm a person's life, especially women in this case. I appreciate the educational work they have been doing, providing tools to act in case of situations of sexual violence, which can happen at any time, especially in a bar. My establishment is oriented towards the LGBTQ+ community; many women visit us. Our goal is for them always to feel safe. We know that, sadly, they don't feel that way on the street, and I would love for that situation to change because the women around me tell me very painful stories.

That's why I thought it was a very good contribution when Wendy approached us to give the workshop. I hope they continue and have the support of companies and contributors so they can continue their work for women and the community. Hopefully, this movement will be heard even in the government sphere so that the way any act of violence against women and minorities is managed changes."

Esteban Brown, Owner of Bar and Restaurant Kinky

”

6. Training and Employability

This program aims to educate and empower adults in vulnerable conditions, providing them with job and life skills. The commitment is to promote inclusion, equal opportunities, and the development of competencies that enable them to access dignified employment, improve their current working conditions, or start independent projects, thereby contributing to economic and social growth.

6.1 Professional Training

454 adult individuals started their studies at CEPIA in 2023. **61% of students** successfully completed their training, and 10% are still enrolled in courses that will finish in 2024.

According to graduate surveys, 83% rate their learning experience at CEPIA as excellent, highlighting the good treatment by teachers and their knowledge and expertise in each field. On the other hand, for 74% of students, the courses had a high or very high impact on their lives. Among the valuable aspects they found were increased self-confidence and security in their abilities, the opportunity to increase their income, and performing at a higher level of professionalism in their work.

During the year, **37 courses** were opened to the community. Seventeen were conducted in partnership with the National Learning Institute (INA), including English, Computer Skills, and courses oriented towards working at sea, such as Basic Shipboard Operations, commonly known as "Zafarrancho," and Dolphin and Whale Watching and Conservation.



Training and Employability Image 6.1. Professional Training
The Final Tour of the INA Course, Dolphin and Whale Watching and Conservation

Volunteer teachers taught ten courses, the majority of which were English courses at different levels and modalities, both in-person and virtual. There were also trainings in manicures, specifically Gel X Nails, and a beginner's Excel workshop that was well-received by the community.



Training and Employability Image 6.2. Professional Training
Graduate Students from the Excel Workshop and their Teacher, Allison Maravilla

Finally, **ten courses** were facilitated through teachers or organizations directly hired by CEPIA, covering in-person English classes in Tamarindo and virtual classes through the Rosetta Stone application. In this platform, between March and August 2023, 17 licenses were assigned to community members to learn English, reflecting a total of 24 hours of study. These students practiced at their own pace and according to their availability.

On the other hand, in November, an additional 15 licenses were assigned, totaling 118 hours of study as of December 2023. The difference between both results is that those who received a permit in November began learning under a pilot plan with a focus group. These individuals participated in a session to set up their user profile, where their doubts were addressed, and they signed the student contract. Additionally, they have received weekly follow-up and motivation from the program coordinator, and healthy competition among students has been encouraged. It is evident that the group approach and sense of belonging lead to better learning outcomes."



Training and Employability Image 6.3. Professional Training
Students practicing Rosetta Stone (English) ,Tamarindo

Food Handling and vocational courses are also part of the training provided to teachers paid by CEPIA.

6.2 Vocational Program

In 2023, **25 students** graduated from the courses Electrical Installations in Buildings and Maintenance and Installation of Air Conditioning, with 10 and 15 graduates, respectively.



Training and Employability Image 6.4. *Vocational Program*
Electrical Installations in Buildings" Class

8 out of 10 new electrical technicians are currently working in the field. Additionally, 6 of them report an increase in their monthly income, ranging from \$100 to \$5000, as shown in the following graph:

Increase in Monthly Income per Student After Graduation



Training and Employability Graph 6.1 Vocational Program.
Increase in monthly income per Student after Graduation.

Since the Air Conditioning training concluded in December 2023, the survey and measurement of income impact will be conducted in the early months of 2024. However, by early January 2024, at least six students reported being hired to install and maintain air conditioning equipment.



Training and Employability Image 6.5. Vocational Program - A/C Maintenance and Installation
Students with their Teachers, Isaac and Elizabeth Picado, and CEPIA's Board, Simonetta Danielle.

The challenge of student exclusion. Our commitment to equal opportunities and skills development is challenged by the 29% dropout rate in our courses in 2023. This phenomenon represents one of the main obstacles to achieving our objectives, and in response, we have recently implemented proactive strategies to reverse this trend.

Since August 2023, we have implemented our *Protocol to Prevent Student Exclusion in Adults*. This protocol promotes close communication between the program coordinator and teachers, who are instructed to identify and immediately report any signs in students indicating a risk of leaving the course.

This proactive approach allows us to address participants' needs as a priority, offering solutions through various programs available at CEPIA, such as psychology, social work, legal advice, and suggesting external resources, such as those belonging to government programs.

From September to December 2023, the coordinator conducted 17 individual intervention sessions with 15 students. After the intervention, ten students successfully completed the course, two dropped out due to non-negotiable family and work reasons, and three did not achieve the academic objectives to graduate despite attending all classes.

Additionally, there were unsuccessful attempts to contact and intervene with two students who dropped out, and communication with them has been lost.

Thanks to the Supporting Young Professionals project, six students facing economic difficulties received transportation and meal scholarships due to these interventions.

Another key measure adopted is the signing of a contract between each student and CEPIA, which outlines each party's main commitments. The following table shows the success rate in courses where the contract was signed starting August 2023. Success is defined, in this case, as the percentage of students who completed the course.

Training and Employability Table 6.1. Vocational Program
Percentage of Students Who Completed Courses Where the Student Contract was Signed.

Percentage of students who completed courses where the student contract was signed.			
Course or Workshop	Students that began the course	Students who completed the course	Percentage of students who completed the course
A/C Maintenance	16	15	93.75%
Excel Workshop for Beginners	12	12	100%
Rosetta Stone Virtual Course	11	9	81.82%

Likewise, a communication channel has been established with employers, ensuring timely information about the scholarship assigned to their employees and requesting their support regarding schedule flexibility to ensure students' presence in classes.

The program reaffirms its commitment to overcoming this challenge, aiming to ensure that each student has the tools and support needed to achieve success in their training and contribute to improving their quality of life.

6.3 Employability

Throughout 2023, **41 users** received employability counseling in personalized sessions. During these sessions, resumes are crafted, and tips for a successful job search are provided.

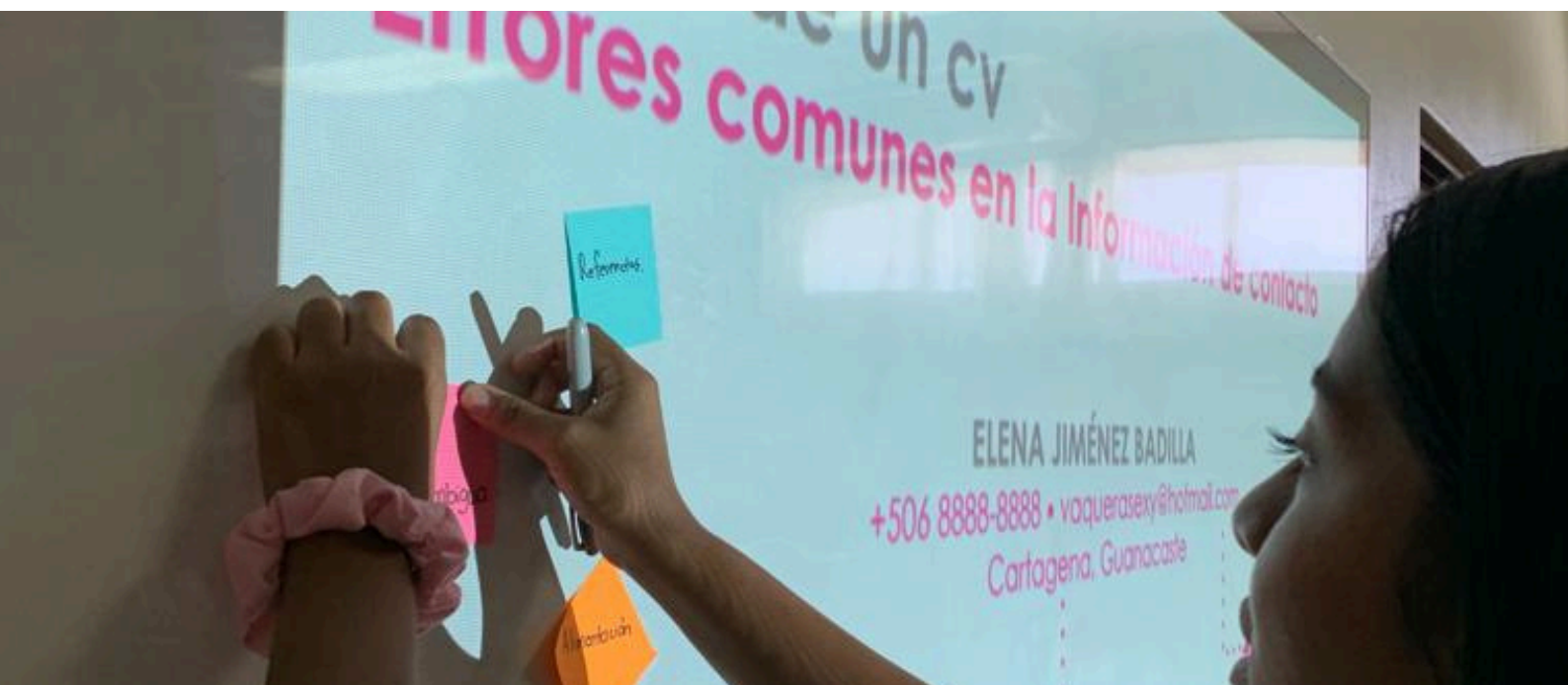
87% of the individuals surveyed about this service rate it as excellent. In addition to resume building and job search counseling, users highlight benefits such as information about courses and labor rights.

Furthermore, users are invited to join the "Employability CEPIA" WhatsApp group, where job vacancies are shared daily. The group reached 104 members by December 2023. So far, four people have reported finding employment through the support of this group. The following table provides data on these job opportunities.

Training and Employability Table 6.1. *Employability Program.* Type of employment users have found through the "CEPIA's Employability" group

Type of employment users found in 2023 through the "Employability CEPIA" group				
Job Position	Maid	Cashier	Restaurant Adminisrator	Waiter
Company	Hotel Palm Beach, Playa Grande	Pollolandia, Villareal	Hotel Palm Beach, Playa Grande	Hotel Tamarindo Diria
Type of contract	Permanent	Permanent	Permanent	Seasonal

The program also aims to educate people on **life and work skills**. Through the initiative "*Surfeando Mareas Laborales*" (*Surfing Work Tides*), 11 workshops were provided among active students, divided into the following topics: *Resume and Effective Job Search*, *Emotional Management*, *Goal Achievement*, and *Understanding Motivations, Obstacles, and Solutions*. These contents cover soft skills, mental and emotional health concepts, and managing difficult situations in life and the workplace.



Training and Employability Image 6.6. *Employability Program*
Student participates in Resume Creation and Job Search Workshop

We want to highlight the invaluable support from organizations and companies that have contributed to the program's initiatives: Lexis Language School, Huacas Integral Development Association, Tamarindo Church, Supporting Young Professionals (SYP) Program, Hotel Capitán Suizo, Kike's Place, Margaritaville Hotel, Tamarindo Diría Hotel, Occidental Tamarindo, and Playa Grande Beach Club, along with Rosetta Stone.



Testimonials from the Training and Employability Program Beneficiaries

Andrés, a graduate of the Electricity course, started his own electrical services company after completing his training. He began by offering services in residential homes, and through recommendations, his customer base expanded to include luxury residences like Las Catalinas and MarVista, known for their high standards in the area. Additionally, Andrés hired an Air Conditioning Technician, expanding his services to include solutions of this kind. The weekly earnings from electrical services have reached \$1,300.

Juan. In March 2023, María enrolled in the Basic English course in Tamarindo. Her husband, Juan, would take her to classes twice a week. To save on gasoline expenses, Juan chose to wait until María's classes were over, and instead of leaving the building, he listened attentively to the lessons. In June, when one of the students in the course dropped out, Juan requested the opportunity to join the class. By late August, Juan successfully completed the course alongside his wife, María, and the rest of their classmates.

Luis and Jenny graduated from the Electricity course in September 2023. In November, Luis reported that he had started his independent project offering electrical services. He was first hired to conduct a technical evaluation in Avellanas and received a payment of \$400 for this work. After this, he invited his classmate, Jenny, to join the project. Together, they have undertaken several electrical jobs, increasing their income and improving their quality of life.



“

Testimonials from the Training and Employability Program Beneficiaries

Roberto. During the interview for the air conditioning course, Roberto revealed that he had previously struggled with alcohol addiction, which led him to live on the streets. Fortunately, he recovered and joined the course in search of a good opportunity for his life. Roberto completed the course and has taken several air conditioning maintenance jobs. He is still working to buy the tools necessary to work independently but remains committed to achieving that goal.

”

7. Legal Advisory

The Legal Advisory Project provides legal assistance on rights and access to justice to individuals in vulnerable situations, with a particular focus on women who are victims of violence and/or abuse. To achieve this, we strive to offer accessible and understandable legal advice to users with legal issues and provide support and guidance to women who are victims of domestic violence and/or abuse. Additionally, we provide technological assistance and information to users involved in migration processes or legal procedures.

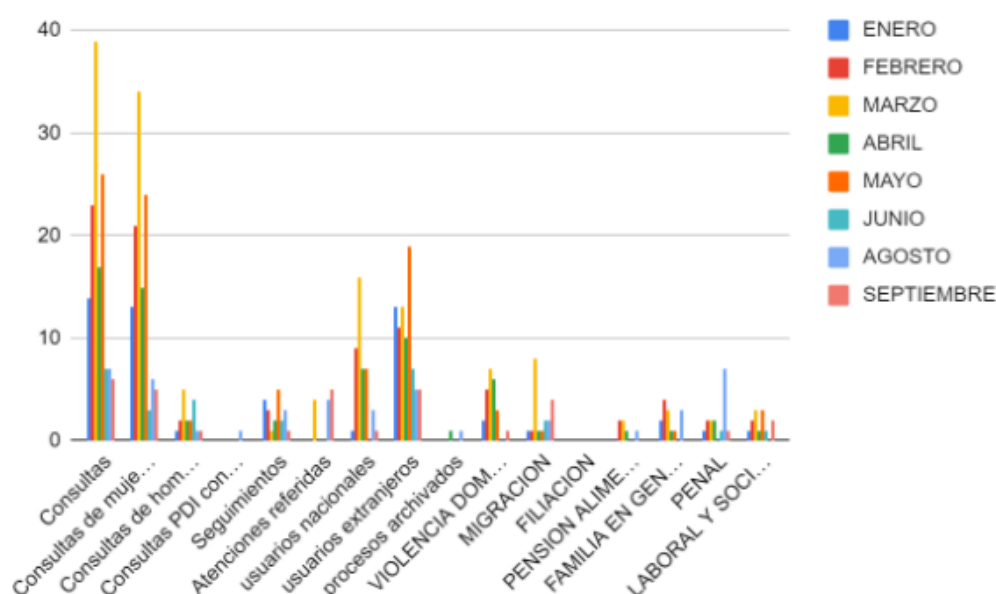
In line with this mission, we aim to significantly reduce the lack of legal knowledge on various socially relevant topics, thus contributing to a more informed and just society.



Legal Advisory Project Image 7.1
Recreation

This project's justification lies in its importance for empowering and supporting individuals in vulnerable situations, preventing further exposure to legal risks. Applicants' lack of understanding of the judicial system often harms them, leading to the underestimation of their cases. Providing guidance before filing complaints is crucial to avoid losing cases due to a lack of knowledge or missed deadlines. There is clear evidence of difficulty in accessing justice, amplified by the lack of technological knowledge, which creates an additional barrier.

Since August 2023, the program has managed **88 cases**, demonstrating notable effectiveness in critical areas such as migration (58%), domestic violence (10%), and sexual abuse (12%). The attention and monitoring of thirteen priority cases, six of which are currently in criminal proceedings, underscore our commitment to comprehensive case resolution.



Legal Advisory Graph 7.1
2023 Types of Consultation

In conclusion, the legal advisory program has proven to be a comprehensive success, positively impacting the target population and its surroundings. Personalized attention and specialization in priority cases, especially violence against women, are pillars that strengthen its effectiveness. With **88 cases** addressed and committed to management, the program is a vital tool for legal empowerment and the defense of the rights of those who need it most.

8. Strengthening Families in Vulnerable Situations

The general objective of this program is to ensure adequate support from the Social Work department, aimed at providing timely, efficient, and equitable services to families accessing different programs. The main goal is to ensure that 100% of individuals requiring Social Work services receive some form of attention, thus guaranteeing comprehensive care to individuals.

170 families were visited for assessment and inclusion in CEPIA's beneficiary list, categorized into high-vulnerability and low-vulnerability categories. Additionally, **12 priority visits** were made to families for food assistance, clothing and footwear and information on various topics according to the family's needs.

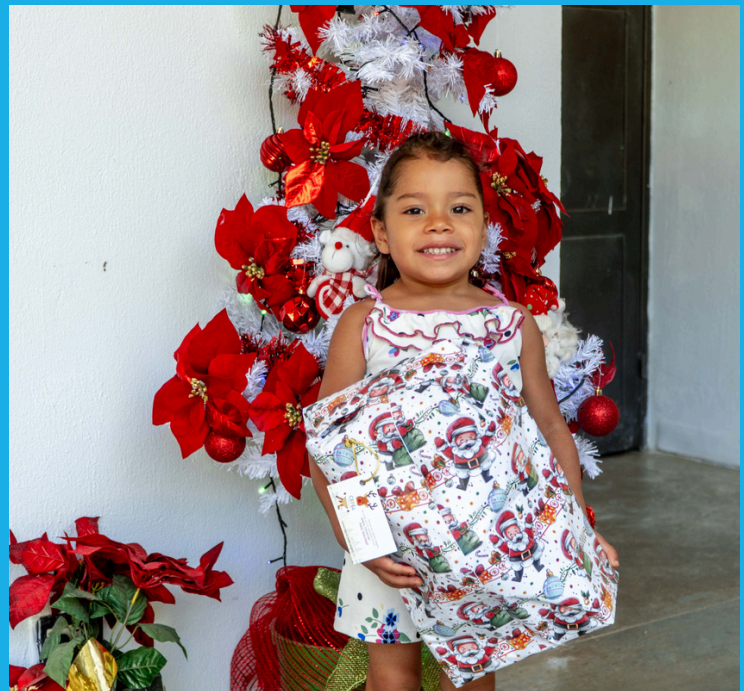
The psychology department referred 15 cases, which were attended to. CEPIA volunteers conducted 170 visits in 2023, which were supervised and reviewed.



Strengthening Families in Vulnerable Situations Project Image 8.1
Room of a Family Living in Vulnerable Conditions

Four training meetings were held with volunteers designated to conduct visits. Throughout the year, **100 emergency food packages** and basic supplies were delivered, and **20 institutional referrals** were managed with organizations such as IMAS, CCSS, and educational centers. Six comprehensive interventions were carried out with priority families.

Finally, **school supplies** were provided to **1,000 vulnerable minors**, and **970 children** celebrated and received Christmas gifts during this special time of year. Moreover, **100 families** received Christmas dinner packages.



Strengthening Families in Vulnerable Situations Project Images 8.2 and 8.3
School Supplies and Christmas Gifts Campaigns

9. Community Support and Leadership

CEPIA is always committed to strengthening community ties, promoting citizen participation, and empowering local leaders to drive the development and well-being of the coastal population in the Santa Cruz canton.

Part of this work is reflected through advocacy initiatives carried out during the year, such as the cleanup of public areas like the welcome sign at the Tamarindo skatepark, done by the children of the Trapiche community. This act symbolizes respect, love, and care for this space, which is aimed at providing a recreational area for all community members.



Community Support and Leadership Image 9.1.
Cleaning of Tamarindo Skatepark Sign

10. Environmental Project

CEPIA has implemented a series of initiatives focused on environmental education, biodiversity conservation, and promoting sustainable practices, which align with its commitment to the well-being of local communities and environmental protection.

Two **workshops** were held; one focused on natural facial massages, promoting the use of accessible natural products for self-care at home with families and friends. Another workshop informed about the healing properties of plants, teaching respectful approaches and sharing ancestral wisdom for personal and environmental care.

Additionally, **five tours** were organized in collaboration with private companies, where various populations benefiting from our projects and programs had the opportunity to learn more about the human-environment relationship. One of these tours offered four young people a boat tour with a lesson on ocean conservation. There was also a visit to La Senda, where participants learned about the benefits of plant baths and flower treatments. Through collaboration with Ocean Life, two educational tours were conducted aboard their vessel as part of the Dolphin and Whale Watching course provided by INA.

CEPIA and the beneficiaries of its programs also participated in various **public area cleanups**. For example, collaboration with Leatherback Trust involved CEPIA's youth group conducting a beach cleanup campaign and learning about waste management and marine species conservation. Additionally, children from Playa Potrero and El Trapiche participated in the Flamingo 2023 Environmental Festival, where 44.5 kg of material was collected.

Furthermore, primary school children from CIDAI participated in different activities, including community cleanups in Huacas—where the Community Center is located—and beach cleanups with the Youth Group.

As part of the **World Environment Day** celebrations, on June 5th and 6th, 2023, **180 trees** were donated. Volunteers planted these trees in various communities, and each CIDAI program group was responsible for planting and caring for them.



Environmental Project Image 10.1.
Planting Activity



11. Finances and Fundraiser Events

CEPIA's 2023 financial statements can be downloaded from the following link:

[CEPIA FINANCIAL REPORT](#)

The International Surf Film Festival had 512 attendees over its two days of activities and raised **\$17,300**. Many thanks to **TRIO Tamarindo** for once again being our host and welcoming us for two nights of film and culture for our community.

\$17,300



Black & White Party

\$63,000



Finances and Fundraising Events Image 11.2
Black & White Party Volunteers

The **Black and White Party** raised **\$63,000**. Thank you to **Pangas Beach Club** and the team of volunteers who made this night a success

The first event, held in November in New York City, raised **\$20,500**. We thank our amazing host, **Dentons Office**.

12. Communications

The communications department liaises between the organization and the surrounding social environment, conveying messages through social media posts or emails. In addition, it assists in graphic design tasks for the various CEPIA departments.



+175k reach
18k followers



+15.5k reach
2.9k followers

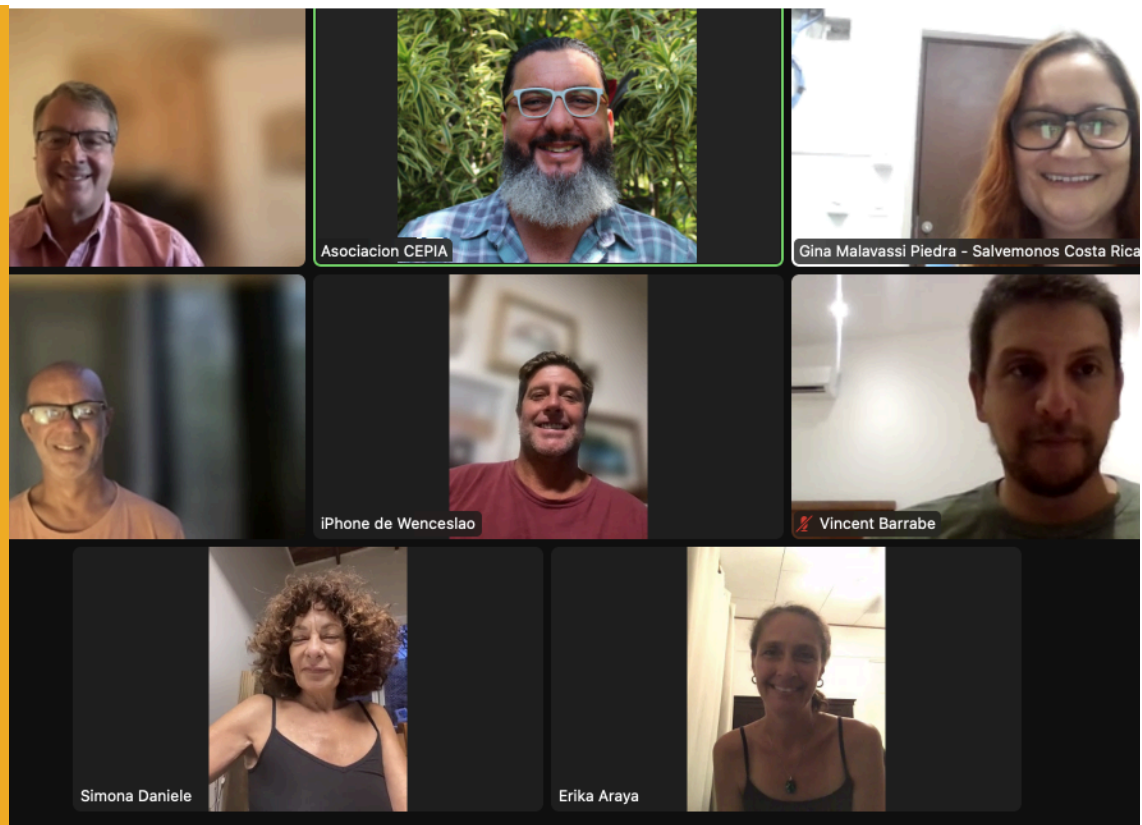


26% Open Rate

13. CEPIA's Team

13.1 Board of Directors

- **President**
 - *Simonetta Daniele*
- **Vicepresident**
 - *Martín Salerno*
- **Secretary**
 - *Gina Malavassi*
 - *Mauren Navarro*
- **Statutory Auditor**
 - *Jorge Alers*
- **Treasurer**
 - *Vincent Barrabe*
- **Standing Member 1**
 - *Wenceslao Mendioroz*
- **Standing Member 2**
 - *Erika Araya*
 - *Natalia Gallego*
- **Standing Member 3**
 - *Roberto Céspedes*



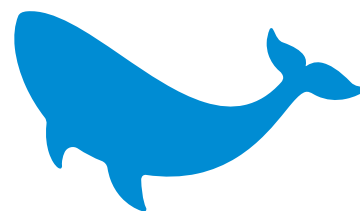
13.2 Collaborators and Staff

- Msc. Maria Jose Cappa Martínez, *Executive Director*
- Grettel Chacon, *Administrative Assistant*
- Juan Molina, Juan Labra y Mauricio Juárez, *Transportation*
- Gina Malavassi, *Communications and Design*
- Licda. Laetitia Deweer, *Development Director*
- Licda. Lucía Castro, *Development and Strategy Advisor*
- Licdo. Rodolfo Monge, *Finance Coordinator*
- Yulieth Rodriguez, *Finance Assistant*
- Msc. Claudia Angulo, *Psychology and Health*

- Licda. Eleana Alcocer, *Psychology*
 - Licda Patricia León, *Psychological Care for Adults*
 - Lcdo Mauricio Rodriguez, *Psychological Care for Adults*
 - Licda. Ana Patricia Guevara, *Social Work*
 - Licda Priscilla Arias, *Extracurricular Classes*
 - Saray Barrantes, *Girls Circles*
 - Sugey Alvarez , *Girls Circles*
 - Wendy Abarca, *I am the Answer*
 - Priscilla Arias, *I am the Answer*
-
- Lucía Castro, *Comprehensive and Cultural Education Project in Playa Brasilito Coordinator*
 - Alejandra Mclean, *Comprehensive and Cultural Education Project in Playa Brasilito Teacher*
 - Raquel Aguilar, *Comprehensive and Cultural Education Project in Playa Brasilito Teacher*
-
- Licda. Ana Laura Zelaya, *Comprehensive Daytime Child Care Center (CIDAI)*
 - Licda. Karla Marín, *Youth Group (CIDAI)*
 - Graciela Gómez, *Program Teacher (CIDAI)*
 - Heilyng Larios, *Program Teacher (CIDAI)*
 - Natasha Guerrero, *Program Teacher (CIDAI)*
 - Julieth Ortiz, *Program Teacher (CIDAI)*
 - Massiel Viales, *MEP Program Teacher (CIDAI)*
 - Belquis Rosales, *Recreation Specialist*
 - Micaela Ribeiro, *Body Expression*
 - Rodrigo Fonseca, *Music Teacher*
-
- Bach. Wendy Valverde, *Training and Employability Coordinator*
 - Diana Fuentes, *Training and Employability Teacher*
 - Marvin Granados, *Training and Employability Teacher*
 - Isaac Lezama, *Training and Employability Teacher*
 - Elizabeth Picado, *Training and Employability Teacher*
 - Dimitrios Kyriakoulis, *Training and Employability Teacher*
-
- Courtney Borquet, *Girasol Group Coordinator*
 - Geneva García, *Vida Mujer Project*
 - Wendy Valverde, *Women's Collective Project*
 - Lic. Ariana Guido, *Legal Advisor*

14. Donors

WHALE Donors



Villa SOSE
Huifen & Kirk Dunn
Redekop Family Fund
Reserva Conchal
BOMBA Huacas
Gig Kaplan
Las Ventanas de Playa Grande
Rocketgenius
Todd & Mary Heistand Family Foundation
Troper Wojcicki Foundation
Jon & Lisa Reichlin
Jodi Gallant & Stuart Sheldon
John & Donna Sommer
FRAME projects
Bart Van Vooren
Martyn & Debi Hoffmann
Daley Family Fund
Ted Alexander
VOLO foundation
Automercado Tamarindo
Marlin del Rey
SYNLAW
Hyde Park School
Morris Family Charitable Foundation
John, James & Jean Scheman
Robert Smith
Junta de Protección Social, IMAS, PANI

Shark Donors



Charleen Jordan
The Palmer Company
John-Zhao Roberts & Qing Zhao
Victoria Manes
Laura Mooney
Kevin Herman
Robin Berger
Martin Salerno
Massai supermercado
KRC DEVELOPMENT
Mar Vista
Mark Beamish
Sheila Ross
Sidney Keay
Aqueduct Foundation
Capitan Suizo Hotel

Dolphins Donors



Jill Knouse
Stephane Boivin
Chandra Champion
Margo Wilson
Daniel Beutler
Ronnie Jarolimek
Natalie MacIsaac
Tropical vacations corp
Brad Cooper
Austin Community Foundation
Tabitha Cromer



Bruce Reinhart
William Willis
Henry Jessup and Sydney Smith
Avery Vorkwerk
Access electrical contractors
Practice sports
Alice Friedenson
Portia Migas
Dzing Wu
Matthew Floyd
Rip Jack Inn
Grande Real State
Sheila Hoy
Geldstuck
Robert Januikt
Altos de Eros Hotel
Catalina Cove
The Palms
Ocean Surf and Sun Realty
Zucker, Odio & Raven Attorneys
Nautica Brasilito Beach
SPG Holding Corporation
Dona Doschack
Gasolinera JSM
La Paz Community School
Dona Doshack
Greg Host
Jany Helene Cex
Ojos Del Mar
Nathan Hurst
Don & Wendy Bulmer
Laura Ledbetter
Linnea & John Hauser

15. Volunteers

We are grateful for the contributions and work of the excellent team of over 210 local volunteers who significantly impacted the success of CEPIA's work in 2023. **Thank you very much:**

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Melissa Cerdas, Michelle McLuff, Michelle Rodriguez, Mike Owen Benediktsson, Milagro Rodriguez Rodriguez, Monica Montes Morales, Naomi Oberman, Natasha Averith, Nathalie Salazar, Nila Leiserowitz, Nova Everson, Ornela Constantini, Pablo Gutierrez Solano, Patricia Coester, Paul Oporta, Paulina Ovaes, Petra Shoep, Pilar Barba, Pilar Cardozo, Priscilla Arias Rodriguez, Querelyn Araya Morales, Rachel White, Rafa Sandoval, Rashid Mustafa, Richard (Rick) Ramirez, Richie Ramone, Roberto Britto, Rodrigo Altmann, Rosberlin Rodriguez Valerin, Sary Daniela Barrantes, Sebastian Horton, Shirley Carrillo Mora, Stephanie Lippens, Suguey Yariela Alvarez, Susanne Dennefors, Tamara Ponce, Tania Esquivel, Tania Esquivel González, Tania Munjica, Teresa Okecki, Terri McCarthy, Thais Barrantes, Tracey Fowler, Ulises Najul, Velma Jimenez, Verónica Fernández, Vesna Todorovic, Walbin Sanchez, Wendy Abarca, Wendy Romanyshyn, Yamileth Bermunez Chaves, Yorhany Pizarro Lopez, Yuri Rodríguez Alemán, Yves Deweer, Zelma Larios, Aura Valbuena, Elly Hasay, Itziar Arzak, Fernando Villalobos, Gina Salazar, Maria Jose Fernandez, Monica Masis, Kathya Arrieta Arrieta, Mariel Cruz Herrera, Sharky's Tamarindo, Restaurante Tabú, Bar Kinky, Schantz Studio, Proyecto Proezas, Hotel Best Western Tamarindo, Pride Tamarindo.



The following **university students** participated in activities in 2023:

Universidad Latina nursing students, Sanne Berge, Rose Colonna, Sophia Schoellkopf, Sarah Desmet, Yassine Khabou, Nina Dejans, Alex Mueller, Daniel Jiménez Chavarría, Kim Nijhof, Maria Luisa Alcaraz, Ronja Muhr, Camille Kindt, Fabriano Cuaresma, Marilyn Rodriguez, Anna Shinkel

