

Girls' Circles.... Empowering girls effectively



Costa Rica

cepiacostarica.org

MISION

CEPIA (Culture, Education and Psychology for Infants and Adolescents) is a Costa Rican non-profit nationally accredited organization, which seeks to improve the quality of life of children and teenagers and their families from poor backgrounds in Guanacaste by promoting cultural development, educational opportunities, physical and mental health, social cohesion and participation. Since 2005.

WHY?

According to the National Household Survey 2022, the percentage of households in poverty reaches 26%. Most of them are single mothers with several children. Fathers mostly do not support the kids responsibly or have very low-income jobs. Women have often been victim of violence in their lives, as well as their children. Studies suggest that 60% of women have suffered at least one form of violence and 12,2% of women were forced to have sexual relations against their will. Some girls have been neglected emotionally, socially or suffered malnutrition in childhood. Girls age 7-12 are at highest risk of abuse. 20% of teenage girls are pregnant in Guanacaste. 40% of youth don't finish high school education. Girls need education and support to succeed in life and break this cycle of poverty, violence and inequality!



The core of the project

For **45 weeks** a psychologist offers a **weekly 1,5 hour workshop to 15 high-risk girls aged 8-13**. These workshops are about human rights, gender violence, the importance of education, personal safety, financial management, sexuality and healthy relationships, nonviolent communication, self-care, diversity, among others. The goal is to improve their wellbeing and their support network, protect them from sexual abuse or identify victims, make sure they do not become pregnant teens or drop out of school.

In each group at least 80% of girls are identified as living in poverty or high-risk situations.

Since 2015, our statistics show that **15%** of the girls participating in this program report a situation of abuse or violence that needs care and follow up.

COST

1-year program for 1 group of 15 girls: **3016 USD**

Includes the psychologist, craft and play materials, healthy snacks, office supplies, mentor travels, research to find the high-risk girls, parents' meeting, home visits to girls not showing up, logistics to provide secure space, phone costs, supervision of the program and final reporting. *See detailed budget below.*

We want to increase the girls' opportunities of learning and socializing.

The aim is to break the cycle of poverty and abuse by supporting the girls in their personal development.

We hope girls become empowered women that believe in their own strengths, support each other, prioritize education and free themselves and others from violence and abuse.

CEPIA commits on informing you about all the expenses made with your donation.

Annual report, receives, pictures and video material are always available upon request.

Contact Laetitia Deweer, development director: info@cepiacostarica.org

On behalf of the girls, THANK YOU!



Budget

GIRLS' CLUB budget. Duration of the project: 46 weeks					
<i>item</i>	<i>detail of expense</i>	<i>quantity</i>	<i>measurement</i>	<i>unity cost in USD</i>	<i>TOTAL USD</i>
Human resources and travels	mentor (female professional) incl IVA (tax) 1,5 hour / week	46	weeks	31	1426
workshops	art and play materials	15	package	20	300
	weekly snack for the group	42	weeks	15	630
field trip	transport	50	day	1	50
	food	15	day	10	150
social worker	logistics in community, support mentor and family intervention 1 h per week	46	weeks	10	460
TOTAL expenses 1 club (15 girls)					3016
counterpart CEPIA					
CEPIA psychologist at the center for follow up of victims	hours dedicated to girls' club project	20	hours	9	180
social worker to follow up with families at high sosicla risk	hours dedicated to girls' club project	20	hours	9	180
executive director to supervise and support	hours dedicated to girls' club project	10	hours	11	110
lawyer to follow up with victims	hours dedicated to girls' club project	10	hours	11	110
total counterpart CEPIA					580
TOTAL cost 1 club (15 girls)					3596

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asociación

