

## Quotes from AHA! Participants

"Everyone is kind and the leaders accept everyone with open arms."

"I can be very honest and raw...It makes me feel like I can really relate to my peers."

"I have learned to be more open and go to people for help when something is wrong."

"I came out of my comfort zone."

"I am who I am today because of AHA!. AHA! is life-changing."

"We learned how to make the community a place where everyone can feel comfortable and accepted."

"AHA! saved my life."

"I stopped hurting myself and my confidence has risen greatly."

"I no longer judge and stereotype people."

"I can manage stress and emotions a lot better."

"I have become a better listener."

"I love myself. I went from covered in scars to be grateful to be alive. You have changed my life for the better. I can't thank you enough."

"I'm positive and am more open and have trust in people. It has helped me be a better version of myself."

"I've noticed I'm aware of topics outside of my own bubble, becoming more considerate in my actions and ways of thinking, also being there as an ally for someone who needs a backbone."

"I've learned how to cope with tough situations maturely. I have changed my life around."

"I feel more grounded and connected in a community. It's been easier to deal with depression and other emotional issues. I'm a lot more secure with myself and less centered."

"I am a happier person that seems to do the right thing. I feel more confident in myself. I express myself creatively. I am a better ally and supporter."