



Healthy **Attitudes**, Emotional **Harmony**,
and Lifelong **Achievement** for Teens

AHA! for Teens After-School Program Fall Groups begin October 5, 2020

Monday	Girls' Group	October 5–December 14	Time TBD	Zoom
Monday	Guys' Group	October 5– December 14	Time TBD	Zoom
Tuesday	Ally A	October 6– December 15	Time TBD	Zoom
Wednesday	Creative/Music Group	October 7– December 16	Time TBD	Zoom
Thursday	Ally B	October 8– December 17	Time TBD	Zoom

<https://ahasb.org/online-application/>

ENROLLMENT MEETING

If your child is new to AHA!, **please preregister for one of the following meeting times** for parents and AHA! teens.

9/8 or 9/10 , 5:30–6:30pm, <https://tinyurl.com/ahafall>

9/15 or 9/17, 5:30–6:30, <https://tinyurl.com/ahafall1>

ORIENTATION MEETING

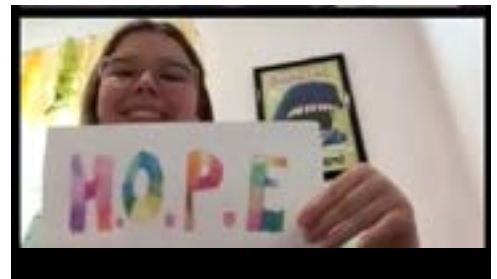
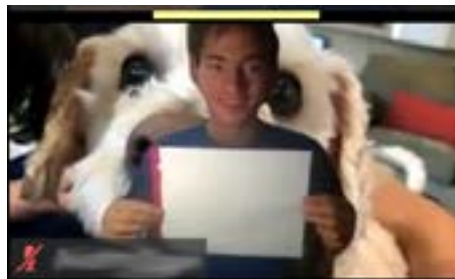
For all parents and teens. A link will be shared; please put date and time in your calendar.

Friday, October 2 from 5:30–7:00 PM Via Zoom

LITTLEST LITTLE FARM

Scheduling for AHA! Littlest Little Farm is on hold pending Covid-19 updates

For more information, contact Julian Castillo juliansean.ahasb@gmail.com



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Group Descriptions

Monday Girls' Group

In a supportive, skillfully facilitated space, girls/young women connect, share, learn, give and receive support, and have fun while developing social-emotional intelligence and learning deeply about themselves, each other, and pathways to healthy relationships.

Monday Guys' Group

A place for boys/young men to gather with trustworthy male mentor/facilitators to explore the complexities, challenges, and gifts of young manhood—including healthy relationship and healthy masculinity; to give and receive support; and to develop social and emotional intelligence.

Tuesday Ally Group A/Thursday Ally Group B

The heart of AHA's after-school offerings, Ally Groups guide students in learning, activities, and connection focusing on self-awareness, self-improvement, life skills (including financial literacy and balancing their online and 'IRL' lives), creativity, and giving back to the community.

Wednesday Creative/Music Group

This group will play with multiple creative mediums—visual art, theater improvisation, writing, and music. We'll leave our inner critics at the door and dive into art as a way to self-expression, self-care, and social activism.