



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	4:00 – 5:30 p.m.	Zoom
Monday	Guys' Group	October 5– December 14	4:00 – 5:30 p.m.	Zoom
Tuesday	Ally A	October 6– December 15	4:00 – 5:30 p.m.	Zoom
Wednesday	Creative/Music Group	October 7– December 16	4:00 – 5:30 p.m.	Zoom
Thursday	Ally B	October 8– December 17	4:00 – 5:30 p.m.	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

Two teens for each two-hour time slot. Very limited availability. Fill out the online application (link above), choose "Littlest Little Farm" in the program section, and you will be contacted confirm to your spot\*. For more information, contact Julian at [juliansean.ahasb@gmail.com](mailto:juliansean.ahasb@gmail.com).

\* Some sessions are full.

Session 1	Sept 12, Oct. 10, Nov. 7	1:00–3:00 p.m.	3:15–5:15 p.m.
Session 2	Sept 19, Oct. 17, Nov. 14	1:00–3:00 p.m.	3:15–5:15 p.m.
Session 3	Sept 26, Oct. 24, Nov. 21	1:00–3:00 p.m.	3:15–5:15 p.m.
Session 4	Oct. 3, Oct. 31, Nov. 28	1:00–3:00 p.m.	3:15–5:15 p.m.

AHA! | 1209 De La Vina Street, Suite A | Santa Barbara, CA 93101

Bilingual Phone: (805) 252-5826 | [ahasb.org](http://ahasb.org) | [@aha\\_sb](https://twitter.com/aha_sb) | [enrollment@ahasb.org](mailto:enrollment@ahasb.org) | (805) 770-7200 Ext. 3

## **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.

### **AHA!'s Littlest Little Farm**

An educational initiative where AHA! teens work together to create and maintain a sustainable organic farm. Youth teams of two meet for two hours per month for three months under the supervision of sustainable agriculture educator Luke Loggins and AHA! social-emotional learning facilitators.

At the Farm, teens learn about soil nutrition, composting, row-planting, amending soil, irrigation installation, vermiculture (worm composting), and maintaining the land via non-invasive pest management and non-chemical weed management, all in a context of building social and emotional skills. Once our teen farmers have had a chance to sample their crops, all food grown will be donated to folks in need in our community.