



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

AHA! for Teens After-School Spring Groups!

Enrollment Begins January 12, 2021

Monday	Girls' Group	February 1 – April 26	4:00 – 5:30 p.m.	Zoom
Monday	Guys' Group	February 1 – April 26	4:00 – 5:30 p.m.	Zoom
Tuesday	Ally Group	February 2 – April 27	4:30 – 6:00 p.m.	Zoom
Wednesday	Creative/Music Group	February 3 – April 28	4:00 – 5:30 p.m.	Zoom*

* Creative/Music group may offer a hybrid model in March following CDC guidelines.

NEW TEENS ONLY APPLY HERE: <https://ahasb.org/online-application/>

FAMILIES OF NEW TEENS SHOULD ATTEND AN ENROLLMENT MEETING

Click this link: <https://tinyurl.com/spr21enroll>

Sign up for one option on a Tuesday or Wednesday, 5:30 to 6:30.

1/12, 1/13, 1/19/1/20, 1/26, 1/27

ONLINE ORIENTATION MEETING (all teens; optional for parents/guardians):

Friday, January 29, 5:30-7:00, Zoom link will be provided.

For more information, contact enrollment coordinator, Perla Sandoval
perla.ahasb@gmail.com or by text at (805) 380-8115.

LITTLEST LITTLE FARM

Six teens per three-hour time slot, meeting one Saturday per month for three months. \$75 stipend for full participation. Fill out the online app (link above), choose "Littlest Little Farm" in the Programs section; you will be contacted to confirm (first-come, first-served; space is limited!). Next session begins in January. For more information, contact Canela at canela.ahasb@gmail.com.



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

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 two 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.