



## AHA! PROGRAM TESTIMONIALS

### Teacher Trainings

*I like that you model activities with us that we can do with our students.*

*These workshops reminded me to be silly, have fun, and remembering that vulnerability takes time to work up to for most, and patience is so important.*

*I think this is so applicable to working with youth. When we have access to ourselves we can more easily make ourselves accessible for our students.*

*The facilitators made the training amazing!*

*I am grateful for these reminders that kids have experiences and stories that make them unique and tools to support them like the script for referring a student for more help from counselor plus the act of practicing it with a partner*

*I'm grateful to see practices that can be used in small settings, rather than large circles.*

*Great reminder on how to approach a student who is acting out.*

*This training provided me with practical tools & effective practices for accurately recognizing, talking about, and managing my own emotions.*

### Parent Workshops

*Tonight's group surpassed my expectations.*

*I loved the supportive energy of the group and the feeling of community "holding space" for each other.*

*The inner beauty of this group of human beings, already to listen to each other and share their own experiences.*

*I was really not sure about coming to this, but now that I've been here I definitely want to come again.*

*The facilitators/leaders were fantastic. I really enjoyed getting to know everyone in the group. I most enjoyed getting to know people and hear their stories.*

### Parent Feedback

*AHA! has a program called AHA! Peace Builders. It is available to junior high students. In my daughter's case, it's a once per week group session on Zoom after school. It's free and very easy to get enrolled. I almost cried today overhearing my daughter open up during her group today. I didn't want to snoop, but hear her talking about how she handles her emotions in tough situations. Stuff she def doesn't want to talk to me about. AHA! is excellent at creating a safe space for kids and their peers.*

*The AHA! 2021 Digital Cleanse was a transformative experience for my child. After many months of remote learning and social distancing, the Digital Cleanse helped him begin the process of reconnecting in person with friends and mentors. It was an opportunity to connect deeply, to listen and to be heard, to take on new challenges, to move beyond comfort zones, to discover new strength and new confidence. Every aspect of the Digital Cleanse seemed to encourage growth, creativity and the further development of social and emotional intelligence. He returned home with a renewed sense of self and a strong feeling of solidarity with his AHA! Tribe. Many thanks to*

*everyone at Aha! for making it possible for my son to participate in the 2021 Digital Cleanse.*

*Participating in AHA! Peace Builders has been life-changing for my son. AHA! has helped him thrive and grow in a truly safe and nurturing environment. At this very vulnerable developmental stage, AHA! has become his tribe—a kind, intelligent, creative group of socially conscious friends.*

### **AHA! Hero Assemblies**

*I thought it was well run and very worthwhile. I especially appreciated that they put us into very small groups which helped facilitate participation. Our students (in my breakout) all shared honestly and I think got a lot from the discussion. Well done!*

*Very powerful! Students opened up and shared many personal things. I think that we all needed this. I feel that this event made our community stronger and closer. thank you!*

*I thought the assembly was well run and well facilitated. The trained facilitators did a much better job leading the small groups than I could ever do. I took away an appreciation for the small things everyone is doing for everyone else right now, and I would think the students were able to take away something too. Thank you for bringing the assembly to our school.*

*On behalf of our students, staff, and administration that participated in this assembly it was a HUGE success. Everyone felt that this assembly created a safe place to open up as much or as little as each person wanted. The facilitators were game changers throughout the assembly, and they were incredibly positive, outgoing, and true leaders. Many students and parents reached out to thank us for offering this amazing opportunity for our students. We hope to have AHA! Heroes Assembly return to our school again in the future and provide this opportunity for more students. I personally enjoyed all the speakers that were selected for this assembly, but I appreciated the time spent in the two breakout sessions because I was able to get to know some students that I may not have engaged with on such a positive and personal level. I know my group of students were active participators and they all opened up after each question was discussed. I give AHA! Heroes Assembly a 10 out of 10! THANK YOU!!!!*

### **Teen Feedback**

*Tuesday Ally is a group I love because it's a safe space to connect with other teens, which can be hard to find in school where I spend a lot of my time. I have made many friends, and I come back every year to help and support new teens like older teens did for me. In group I have learned how important self-care is and practicing it has helped me in ways I thought nothing could. This group is special to me because it helped me feel comfortable in my own skin and become confident in who I am and what I can achieve.*

*I love the way AHA has help me in the 4 years that I have been in the program and grow to love it more and more every year. AHA has helped me better with leadership skills and also having connections with people I normally wouldn't have connections with. I love how much AHA creates of a safe and welcoming space to be who you are without judgment, AHA is place where i feel the most comfortable. AHA was even the first place i was able to come out to knowing I would get love and support from everyone. I also really enjoy the topics we talk about in AHA that normally wouldn't be talked about elsewhere. I could go on and on about how much I love AHA and how much its helped me and the wonderful kids and staff at AHA. I'm sad that this year is my last year in AHA I hope to one day become an AHA facilitator because I just love the environment so much <3.*

*"Where do you get your support?" "AHA! is my support."*

*For me, AHA Peace Builders has become an essential part of my week. The reason I come back to every meeting is the people. The people that are always willing to listen and share. The ones who are constantly open, respectful, and accepting. As a teen in today's climate, I believe that a program like AHA is invaluable.*