



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

AHA! for Teens After-School Fall Groups! Enrollment Begins August 2022

Tuesday	Ally Group	October 4–December 13	4:00 – 5:30 PM	Jefferson Hall
Wednesday	AHA! Juniors	October 5–December 14	4:00 – 5:30 PM	Jefferson Hall
Wednesday	Creative Group	October 5–December 14	4:00 – 5:30 PM	AHA! Treehouse
Thursday	Girls’ Group	October 6–December 15	4:00 – 5:30 PM	Jefferson Hall
Friday	EQ Vibes Music Group	October 7–December 16	4:00 – 5:30 PM	Turner Foundation

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

ENROLLMENT will be held in August & September

Once you’ve filled out an application, you will be contacted with next steps.

ORIENTATION MEETING (for teens):

Saturday, October 1, 10:00 AM-12:00 PM, location TBD

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



Group Descriptions

Tuesday: Ally Group

Ally Group guides and inspires youth through group discussions, interactive activities, and social and emotional and life skill building. They practice approaching differences in opinion with curiosity and empathy, exploring their shared humanity, and learning valuable skills for giving and receiving support. As allies and members of a loving and strong group culture, they are empowered to play important roles in building a safer, more welcoming community. Open to youth in grades 9-12.

Wednesday: AHA! Juniors

The new AHA! Juniors group provides a safe, brave space for junior high students to connect and play; to learn social-emotional skills; and to have fun and form positive, supportive friendships. Open to youth in grades 6-8.

Wednesday: Creative Group

Creative Group is a place for youth to practice self-awareness and creative expression through different mediums of art, all while learning to prize connection as the backbone of creativity. This group will explore multiple avenues for creative expression, including writing, visual art, music, and theatrical improvisation – with the intention of overcoming the push of the “inner critic” to suppress our own unique and joyful creative voices. Whether youth are experienced artists or have rarely let themselves artistically express, all are welcome, and will be celebrated and accepted for whatever they choose to create. This group is a great starting place for those who are new to AHA! After-School groups. Open to youth in grades 9-12.

Thursday: Girls' Group

Girls' Relationship Wisdom Group helps female-identified teens to claim the beauty of their bodies and assists them in making empowered choices in their relationships. It provides experience and information to guide young women toward knowing themselves and others. It supports them in being authentic, assertive, and emotionally and physically healthy. Participants learn how to anticipate the rewards and consequences of their intimate choices and develop a sisterhood with other young women their age that is built on trust, vulnerability, respect, and love. Open to youth in grades 9-12.

Friday: EQ Vibes Music Group

Music is a fundamental part of our lives, and music preference is a vital form of engagement with one another and the world around us. This group tackles important social-emotional themes through the medium of music, exploring how it relates to our self-expression, relationships, life hurdles, and ability to connect. We will share, appreciate, and play music in a safe environment that encourages healthy risk-taking. All levels of musicians and music lovers are welcome. Open to youth in grades 9-12.