



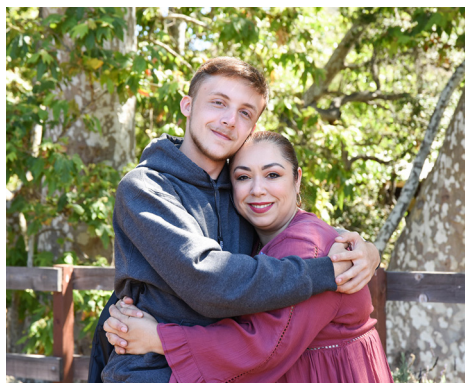
## Supporting Our Community

In response to high community need, AHA! is offering up to six free supportive counseling sessions for:

- Teens enrolled in AHA! programs
- Parents/guardians of teens enrolled in AHA! programs
- Parent participants in AHA! Parent Groups or Parent Classes
- Educators working in Santa Barbara, Goleta, and Carpinteria Unified School Districts

To inquire about therapy services, contact one of AHA!'s Clinical Liaisons: Julian Castillo ([juliansean.ahasb@gmail.com](mailto:juliansean.ahasb@gmail.com)) or Ana Leyva (bilingual; [ana.ahasb@gmail.com](mailto:ana.ahasb@gmail.com)).

To learn more about AHA!'s by-donation programming for teens and parents and to access an enrollment application, visit our website: [www.ahasb.org](http://www.ahasb.org).



*AHA! is an educational non-profit that has brought social-emotional learning and community building to over 65,000 students, educators, and families in Santa Barbara, Carpinteria, and Goleta since 1999.*

[www.ahasb.org](http://www.ahasb.org)

EMPATHY

RESILIENCE

MINDFULNESS

AWARENESS

CONNECTION