



Healthy Attitudes, Emotional Harmony,
and Lifelong Achievement for Teens

AHA! for Teens After-School Fall Groups!

Enrollment Begins September, 2021

Monday	Girls' Group	Oct. 4 – Dec. 13	4:00 – 5:30 p.m.
Monday	All Genders Connect Group	Oct. 4 – Dec. 13	4:00 – 5:30 p.m.
Tuesday	Ally Group	Oct. 5 – Dec. 14	4:00 – 5:30 p.m.
Wednesday	Creative Group	Oct. 6 – Dec. 15	4:00 – 5:30 p.m.
Thursday	AHA! Peace Builders	Oct. 7 – Dec. 16	4:00 – 5:30 p.m.
Friday	EQ Vibes Music Group	Oct. 8 – Dec. 17	4:00 – 5:30 p.m.

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

ENROLLMENT MEETING DATES (FOR NEW TEENS ONLY)

When filling out the online application, choose one of these dates from the drop-down menu: 9/14, 9/16, 9/21, or 9/23

ORIENTATION DAY: Saturday, October 2

New teens: 10:00 am – 1:00 pm; Returning teens: 10:30 a.m. – 1:00 p.m.

Parents will receive complete info at drop-off, Location: TBD

LITTLEST LITTLE FARM

Next session begins September 18. Teens meet one Saturday per month from 2:00 – 4:30 p.m. and receive a \$20 stipend per Saturday. Online Zoom orientation for teens and parents will be held September 17, 4:00 – 5:00 p.m.

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



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Bilingual Phone: (805) 252-5826 | ahasb.org | @aha_sb | enrollment@ahasb.org | (805) 770-7200 Ext. 3

Group Descriptions

Monday 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.

Monday All Genders Connect Group

AHA's newest group allows teens from across the gender spectrum to explore healthy relationships and sexuality with skilled facilitation. This group offers a safe, accepting, and brave space for all teens to connect authentically and vulnerably. Each week we explore meaningful issues that young people face in their daily lives: identity, relationships, empathy, allyship, and the call to self-knowledge and self-love. By building safety and trust, this group empowers all to explore healthy expression and live happy, balanced lives. Open to youth in grades 9-12.

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 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 7-12.

AHA! Peace Builders

Peace Builders believe that we all have the potential to become role models in our community, and that all this takes is practice and heart. This group will be a place for teens to grow socially and emotionally in a fun, safe, and encouraging environment. Participants develop community organizing skills through real-world, hands-on experiences, including projects like community connection circles, beach clean-ups, SEL skill trainings, and meaningful social experiments—all in hopes of enhancing sense of belonging for everyone in the community. Open to youth in grades 7-12.

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 even learn to 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.

AHA!'s Littlest Little Farm

An educational initiative where AHA! teens work together to create and maintain a sustainable organic farm. Youth teams of six 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.