



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

## Free Social-Emotional Learning Spanish Group

In these workshops, you will learn essential skills that will improve your relationships and well-being!

### BENEFITS OF SEL

- Better attitudes and relationships
- Reduced emotional stress
- Increased self-confidence

The workshops will be led by trained, bilingual AHA! Facilitators. AHA! has over 20 years' experience teaching SEL to teens, adults and educators.

### Weekly Workshops

All groups meet on Thursdays at 1207 De La Vina St, 6-7:30 pm

Thursday, April 28 (SELF AWARENESS)

Thursday, May 5 (EMOTION MANAGEMENT )

Thursday May 12 (SOCIAL AWARENESS)

Thursday, May 19 (RELATIONSHIP SKILLS)

Thursday, May 16 (RESPONSIBLE DECISION MAKING)

RSVP with Olivia Carranza at [olicarr.ahasb@gmail.com](mailto:olicarr.ahasb@gmail.com) or at this link:  
<https://tinyurl.com/ahaseries>

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



EMPATHY

RESILIENCE

MINDFULNESS

AWARENESS

CONNECTION