



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

Join us for a Spanish language SEL workshop!

In this workshop, 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 nationally trained, bilingual AHA! facilitators. AHA! has over 20 years' experience teaching SEL to teens, adults, and educators.

Monthly Workshops

All groups on Wednesdays on Zoom, 6:00-7:15 pm

SELF AWARENESS: Wednesday, August 25

EMOTION MANAGEMENT: Wednesday, September 22

SOCIAL AWARENESS: Wednesday October 27

RELATIONSHIP SKILLS: Wednesday, November 17

RESPONSIBLE DECISION MAKING: Wednesday, December 15

RSVP here to receive Zoom address: - <https://tinyurl.com/conexion21>

For more information and to register for the groups, please contact Ana Leyva at ana.ahasb@gmail.com or 805-451-9347



EMPATHY

RESILIENCE

MINDFULNESS

AWARENESS

CONNECTION