



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

Fall 2021 AHA! After-School Parent Group

Whether your teen is already part of AHA!, or you are curious about AHA! programs for your child....this is an opportunity to experience the magic of an AHA! group for yourself!

Get connected with other parents while learning valuable strategies for parenting tweens and teens.

Date: Tuesday, November 16th, 2021

Time: 6:30 -8:30 PM

Location:: AHA! Treehouse, corner of Anapamu and De la Vina
(1208 De la Vina St., upstairs)

Interpretation will be provided for monolingual Spanish speakers.

Feedback from previous Parent Groups

"I loved the supportive energy of the group and the feeling of community 'holding space' for each other."

"Tonight's group surpassed my expectations."

"This was my first time attending an AHA event. It was a great opportunity for self-care."

"I enjoyed meeting new people and learning more about AHA!"

Dinner (pizza and salad) will be provided outdoors before the group begins. Masks will be required for the indoor portion of the group.

Please RSVP at your earliest convenience to Leonisia Caporal, leo.ahasb@gmail.com.



AHA! is an educational non-profit that has brought social-emotional learning and community building to over 30,000 students, educators, and families in Santa Barbara, Carpinteria, and Goleta since 1999.

www.ahasb.org

EMPATHY

RESILIENCE

MINDFULNESS

AWARENESS

CONNECTION