



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

AHA! for Teens After-School Spring Groups!

Enrollment Begins January 12, 2022

Tuesday	Ally Group	February 22 – May 17	4:00 – 5:30 PM	Jefferson Hall
Wednesday	Creative Group	February 23 – May 18	4:00 – 5:30 PM	Jefferson Hall
Thursday	GROUP FULL Out	January 20 – April 28	4:00 – 6:00 PM	Parish Hall
Friday	EQ Vibes Music Group	February 25 – May 20	4:00 – 5:30 PM	Turner Foundation

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

FAMILIES OF NEW TEENS SHOULD ATTEND AN ENROLLMENT MEETING

Sign up for one option on a Tuesday or Thursday
starting January 11 until February 15.

Enrollment meetings are on ZOOM, please register at tinyurl.com/enroll2022.
Not sure whether you want to join? Attend an enrollment meeting to learn more!

ORIENTATION MEETING (for teens):

Saturday, February 19, 10:00 AM-12:00 PM, Parish Hall
1535 Santa Barbara Street

For more information, contact Enrollment Coordinator, Perla Sandoval
perla.ahasb@gmail.com or by text at (805) 380-8115.



AHA! | 1209 De La Vina Street, Suite A | Santa Barbara, CA 93101

Bilingual Phone: (805) 252-5826 | ahasb.org | [@aha_sb](https://www.instagram.com/aha_sb) | enrollment@ahasb.org | (805) 770-7200 Ext. 3

Group Descriptions

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.

Thursday: Sing It Out

Sing It Out is a unique 12-week journey of self-actualization, resiliency, relationship-building, and artistic expression. Participating teenagers meet with AHA! facilitators and music mentors to navigate the individual and shared journey of claiming one's voice and identity, culminating in their mastery of one solo cover song and performance (backed by a live rock band) on the historic Lobero Theater stage.

Teens are joined by two adult staff members who participate with them as older peers who are on the same journey of vulnerability and growth. The final performance, which has been called “the feel- good event of the year,” gives participants a once-in-a-lifetime rock star moment in front of a packed and loving house. No singing or performance experience needed to join.

Friday: 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 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.