



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 or at this link:
<https://tinyurl.com/ahaseries>

www.ahasb.org



EMPATHY

RESILIENCE

MINDFULNESS

AWARENESS

CONNECTION