



Supporting Our Community

In response to high community need, AHA! is offering up to six free supportive counseling sessions for:

- Teens enrolled in AHA! programs
- Parents/guardians of teens enrolled in AHA! programs
- Parent participants in AHA! Parent Groups or Parent Classes
- Educators working in Santa Barbara, Goleta, and Carpinteria Unified School Districts

To inquire about therapy services, contact AHA!'s Clinical Liaison: Nelly Ramirez (bilingual; nelly.ahasb@gmail.com).

To learn more about AHA!'s by-donation programming for teens and parents and to access an enrollment application, visit our website: www.ahasb.org.



AHA! is an educational non-profit that has brought social-emotional learning and community building to over 65,000 students, educators, and families in Santa Barbara, Carpinteria, and Goleta since 1999.

www.ahasb.org

EMPATHY

RESILIENCE

MINDFULNESS

AWARENESS

CONNECTION