



Drop-In Center *Virtual* Groups Calendar via Zoom

In order to help keep you, your families and staff members safe, we're bringing groups to YOU virtually.
Make sure to reach out to the staff members below for any groups you're interested in attending.
Stay home and stay safe!
#Quarantine

MON 4/27	TUES 4/28	WED 4/29	THURS 4/30	FRI 5/1	SAT 5/2	SUN 5/3
 <p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> <p>Caregiver Support 5:00 - 6:00pm Bry</p>	<p>Pregnant & Parenting Youth Support 2:00pm - 3:00pm</p> <p>Knowledge Is Power 4:30pm - 6:00pm Fabian</p> 	 <p>MCYC Peer Support 5:30pm - 7:00pm Sanyte & Malika</p> 	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Bry</p> <p>Caregiver Support 12:00 - 1:00pm Bry</p> <p>MCYC LGBTQ Support 4:00pm - 5:00pm Ezak & Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	 <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>Homework Help 2:00pm - 3:30pm Jen B</p> <p>Game Day 3:30pm - 4:30pm Jen B</p>  <p>Movie Night 5:30pm - 7:00pm Sanyte</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>Homework Help 4:00pm - 6:00pm Charlie</p>

<p>MON 5/4</p> <p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> <p>Caregiver Support 5:00pm - 6:00pm Bry</p> 	<p>TUES 5/5</p> <p>Pregnant & Parenting Youth Support 2:00pm - 3:00pm</p>  <p>Knowledge is Power 4:30pm - 6:00pm Fabian</p>	<p>WED 5/6</p>  <p>MCYC Peer Support 5:30pm - 7:00pm Sanyte & Malika</p>	<p>THURS 5/7</p> <p>Pregnant & Parenting Youth Support 11:00am - 11:30am Bry</p> <p>Caregiver Support 12:00 - 1:00pm Bry</p> <p>MCYC LGBTQ Support 4:00pm - 5:00pm Ezak & Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>FRI 5/8</p>  <p>EMPLOYMENT OPPORTUNITIES</p> <p>ОБЪЯВЛЕНИЕ? РАБОТА</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>SAT 5/9</p> <p>Homework Help 1:00pm - 2:30pm Sanyte</p>  <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Game Night 5:30pm - 7:00pm Sanyte</p>	<p>SUN 5/10</p> <p>Creative Outlet 2:00pm - 3:30pm Malika</p> <p>Homework Help 4:00pm - 6:00pm Charlie</p> 
<p>MON 5/11</p> <p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p>  <p>Caregiver Support 5:00pm - 6:00pm Bry</p>	<p>TUES 5/12</p> <p>Pregnant & Parenting Youth Support 2:00pm - 3:00pm</p>  <p>Junior Volunteers SD Humane Society 4:15pm - 5:15pm RSVP to Rebecca</p> <p>Knowledge is Power 4:30pm - 6:00pm Fabian</p>	<p>WED 5/13</p>  <p>MCYC Peer Support 5:30pm - 7:00pm Sanyte & Malika</p>  <p>COPING SKILLS</p>	<p>THURS 5/14</p> <p>Pregnant & Parenting Youth Support 11:00am - 11:30am Bry</p> <p>Caregiver Support 12:00 - 1:00pm Bry</p> <p>MCYC LGBTQ Support 4:00pm - 5:00pm Ezak & Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>FRI 5/15</p>  <p>EMPLOYMENT OPPORTUNITIES</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>SAT 5/16</p> <p>Homework Help 2:00pm - 3:30pm Jen B</p> <p>Game Day 3:30pm - 4:30pm Jen B</p>  <p>MOVIE NIGHT</p> <p>Movie Night 5:30pm - 7:00pm Sanyte</p>	<p>SUN 5/17</p> <p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>CREATIVITY LOADING...</p> <p>Homework Help 4:00pm - 6:00pm Charlie</p>

MON 5/18	TUES 5/19	WED 5/20	THURS 5/21	FRI 5/22	SAT 5/23	SUN 5/24
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> <p>Caregiver Support 5:00pm - 6:00pm Bry</p> 	<p>Pregnant & Parenting Youth Support 2:00pm - 3:00pm</p>  <p>Knowledge is Power 4:30pm - 6:00pm Fabian</p>	 <p>MCYC Peer Support 5:30pm - 7:00pm Sanyte & Malika</p> 	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Bry</p> <p>Caregiver Support 12:00 - 1:00pm Bry</p> <p>MCYC LGBTQ Support 4:00pm - 5:00pm Ezak & Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	 <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>Homework Help 1:00pm - 2:30pm Sanyte</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p>  <p>Game Night 5:30pm - 7:00pm Sanyte</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p> <p>Homework Help 4:00pm - 6:00pm Charlie</p> 

MON 5/25	TUES 5/26	WED 5/27	THURS 5/28	FRI 5/29	SAT 5/30	SUN 5/31
 <p>I CARE CLOSED Today</p>	<p>Pregnant & Parenting Youth Support 2:00pm - 3:00pm</p>  <p>Knowledge is Power 4:30pm - 6:00pm Fabian</p>	<p>MCYC Peer Support 5:30pm - 7:00pm Sanyte & Malika</p> 	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Bry</p> <p>Caregiver Support 12:00 - 1:00pm Bry</p> <p>MCYC LGBTQ Support 4:00pm - 5:00pm Ezak & Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>Work. Learn. Earn.</p>  <p>Employment Support Live Chats 4:30pm - 6:00pm Rebecca</p>	<p>Homework Help 2:00pm - 3:30pm Jen B</p>  <p>Game Day 3:30pm - 4:30pm Jen B</p> <p>Movie Night 5:30pm - 7:00pm Sanyte</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>Homework Help 4:00pm - 6:00pm Charlie</p>

Drop-In Center Hours: Mon-Sun, 12-8pm
For more information on I CARE or the groups we offer, please call: (619) 521-2250



Group Descriptions

<p>Knowledge is Power This is a psychoeducation group on different topics about CSEC or topics that usually come hand in hand with CSEC such as, but not limited to: Substance abuse, unhealthy relationships, family dynamics, trauma and impacts of, internet safety, recruitment tactics, different types of pimps etc. Even though this group is intended for psychoeducation/informational purposes, some space for processing and discussions is provided.</p>	<p>Craftin' Around A group for crafters who enjoy the art of loom weaving, macramé, painting, and much more! Youth are provided a place to express their artistic talents and channel their healing in creative and colorful ways.</p>	<p>Homework Help This group serves as a place to connect and gain resources regarding homework and “Distance Learning” Classwork. Due to COVID-19, additional education services such as connecting with an online tutor, resolving technical issues related to school, and finding affordable wifi/internet resources will also be available at this time. The services can be provided in a group setting or one-on-one. Please contact the Education Specialist for the Zoom invite.</p>	<p>Movie Night Youth and/or staff choose an impactful movie to watch that includes important societal, ethical, health, emotional, etc. questions and then process/discuss afterward. Popcorn is served during the movie.</p>	<p>Employment Support Live Chats via Zoom This group is an open time to discuss what virtual employment support can look like, review tips and resources for staying productive, and chat about job readiness topics such as taking career assessments, job search skills, and workforce programs and services.</p>	<p>Creative Outlet In this group youth are provided a unique opportunity to express themselves through a method different from language. It assists them in externalizing their inner world and identifying certain emotions and feelings. The focus is always on the process of creating rather than the final product.</p>	<p>Pregnant and Parenting Support This group is created specifically for youth who are pregnant and/or parenting. Sessions include lessons on child development, bonding with baby, parenting skills, making the home child-safe, soothing techniques, evidence-based techniques of parenting styles, how to install a car seat properly and much more!</p>
<p>MCYC Peer Support A group for youth that focuses on empowerment and trauma healing related to trafficking, CSE and complex trauma. The focus of the group is on self-esteem, self-worth, identity, self-care, safe coping, relationships, and community building. Mindfulness, meditation and yoga are intertwined into services to provide a whole person, holistic approach.</p>	<p>Growing Through Self Creation Workshop w/ GRACE 6 weeks of programming put on by the organization Girls Rising Against Commercial Exploitation (GRACE). The sessions involve a particular creative focus often times including art techniques like acrylic paint pouring, sketching, collage, guided paint sessions and more. The final week includes a field trip of some kind like a BBQ and bonfire on the beach or visiting a local ranch.</p>	<p>Game Night Youth choose a game to participate in with their peers. This has proven to be a great prosocial for youth to build rapport and create relationships with their peers.</p>	<p>Caregiver Support Group The Caregiver support group is designed to provide support to caregivers of youth who have been or are at risk of being sexually exploited. The group provides a supportive environment where parents and caregivers can learn and practice new skills to manage stress and relate to and learn from other parents going through similar situations. Caregivers will learn about various topics including education on CSEC, Risk Factors, Effects of Trauma, Mental Health, Adolescent Development, Healthy Relationships, Communication, Self-Care and much more! The major goals of this group are to provide support to parents, teach new skills and encourage their own healing that will ultimately improve family dynamics and increase quality of life.</p>	<p>Junior Volunteers San Diego Humane Society In partnership with the SDHS, participants may engage in a variety of activities such as virtual pet therapy and education, participate in the Humane at Home Art Contest and view the live kitten cam!</p>	<p>MCYC LGBTQ Support This group is specifically for those in the LGBTQ community or youth questioning their identity. This group will be a processing and conversational group that discusses various topics weekly. This is a judgment free safe space for peers to explore various aspects of the LGBTQ+ spectrum as it relates to their identity.</p>	