



Our Safe Place- Central

May 2020



Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (619) 871-8342

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Let's Get Physical Fridays!	2 Mindfulness Wellness Meditation
3 Self-Care Sunday @ 2pm	4 #adulting101 @ 5pm 	5 Taco 'bout it! @ 5pm	6 Hump Day @ 5PM 	7 Rated PG 6:30pm - 7:30pm	8 Let's Get Physical Fridays! 	9 Mindfulness Wellness Meditation
10 Self-Care Sunday @ 2pm	11 #adulting101 @ 5pm	12 The Topic Is... @ 5pm	13 Workshop Wed! @ 4pm	14 Cookin it up @ 6pm 	15 Let's Get Physical Fridays!	16 Mindfulness Wellness Meditation
17 Self-Care Sunday @ 2pm	18 #adulting101 @ 5pm	19 Taco 'bout it! @ 5pm 	20 Hump Day @ 5PM	21 Rated PG 6:30pm - 7:30pm	22 Let's Get Physical Fridays!	23 Mindfulness Wellness Meditation
24  31	25 #adulting101 @ 5pm	26 The Topic Is... @ 5pm	27 Workshop Wed! @ 4pm	28 Cookin it up @ 6pm	29 Let's Get Physical Fridays!	30 Mindfulness Wellness Meditation

Drop-In Center Hours:
Sat - Mon: 12pm - 8pm
Tues - Fri: 3:30pm - 8pm





Our Safe Place Group Index

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Lead Youth Support Partner
(619) 871-8342

Our Safe Place is a drop-in center for LGBTQ+ youth up to the age of 21

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Self-Care Sundays Lets ZOOM in on what we can do for Self-Care during the chaos</p> 	<p>#adulthood ZOOM Series Education and resources on taxes, how to apply for healthcare, college, resumes, etc...</p>	<p>1st and 3rd Tuesdays TACO 'bout it ZOOM Youth Support Meeting. You can share feelings, thoughts, emotions, whatever's on your mind in a safe, youth focused virtual space!</p>  <p>The Topic Is... Youth pick a topic of discussion based on current interest, current events, etc.</p>	<p>Hump Day a sex positive ZOOM EDUCATION Series for sexual health and education!</p> <p>Work shop Wednesdays @ 4pm</p> <p>(Save money and eat fresh, how does your garden grow, safe binding, how to...)</p>	<p>Cookin it up! ZOOM-TASTIC Cuisine Series Learn to cook, or show off your skills in the kitchen!</p> <p>Rated PG Caregiver Support 1st and 3rd Thursday</p>	<p>Let's Get Physical Fridays *Hours will vary depending on activity</p> <p>Time to get Zooming (ZOOMBA, work outs, stretches, yoga, hiking, walks, etc.)</p>	<p>Mindfulness Meditation Wellness ZOOM Series *Hours will vary depending on activity</p> <p>(Yoga, grounding, meditation and mindfulness activities)</p>

Due to the recent COVID-19 pandemic, Our Safe Place will be operating on a needs-only basis. That means that at the physical drop-in location we will be providing showers, hygiene items, pick up your gender affirming items and/or grab a snack. However, we want to ensure you have a safe place to get connected with staff and peers, so we have created activities and meeting spaces via ZOOM! Staff will send ZOOM invites to those who would like to join in the morning before the activity! **Please contact Mel at (619) 871-8342 from 12pm - 8pm** for more information, how to access groups or to get set up with staff for check-ins. Thank you all for your understanding, please stay safe and wash those hands!