










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









FRI 1/1	SAT 1/2	SUN 1/3
<p><b>New Year's Day</b></p> <p><b><u>I CARE</u></b> <b><u>CLOSED</u></b></p>	<p>Pregnant &amp; Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Game Night 5:30pm - 7:00pm Jen B</p>	<p><b>Creative Outlet</b> 2:00pm - 3:30pm Malika</p>  <p><b>Education Support</b> 4:00pm - 6:00pm Charlie</p>

MON 1/4	TUES 1/5	WED 1/6	THURS 1/7	FRI 1/8	SAT 1/9	SUN 1/10
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE &amp; Malika</p> 	<p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Pregnant &amp; Parenting Youth Support 2:00pm - 3:00pm Ali</p> <p>Word on the Street 4:30pm - 6:00pm Marcia</p>	<p>MCYC Peer Support 5:00pm - 7:00pm Jen B</p> 	 <p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p>	<p>Homework Help 1:00pm - 2:30pm Jen B</p>  <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p>	<p>Pregnant &amp; Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Game Night 5:30pm - 7:00pm Jen B</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p> <p>Education Support 4:00pm - 6:00pm Charlie</p> 

MON 1/11	TUES 1/12	WED 1/13	THURS 1/14	FRI 1/15	SAT 1/16	SUN 1/17
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE &amp; Malika</p> 	<p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Pregnant &amp; Parenting Youth Support 2:00pm - 3:00pm Ali</p> <p>Word on the Street 4:30pm - 6:00pm Marcia</p>	<p>MCYC Peer Support 5:00pm - 7:00pm Jen B</p> 	<p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p> 	<p>Homework Help 1:00pm - 2:30pm Jen B</p>  <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p>	<p>Pregnant &amp; Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Game Night 5:30pm - 7:00pm Jen B</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>Education Support 4:00pm - 6:00pm Charlie</p>



MON 1/18	TUE 1/19	WED 1/20	THURS 1/21	FRI 1/22	SAT 1/23	SUN 1/24
 <p>THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT. <i>Martin Luther King Jr.</i></p> <p><b>Martin Luther King Jr. Day</b></p> <p><b>I CARE CLOSED</b></p>	<p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Pregnant &amp; Parenting Youth Support 2:00pm - 3:00pm Ali</p> <p>Word on the Street 4:30pm - 6:00pm Marcia</p>	<p>MCYC Peer Support 5:00pm - 7:00pm Jen B</p> 	 <p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p>	<p>Homework Help 1:00pm - 2:30pm Jen B</p>  <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p>	<p>Pregnant &amp; Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Game Night 5:30pm - 7:00pm Jen B</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p> <p>Education Support 4:00pm - 6:00pm Charlie</p> 

MON 1/25	TUES 1/26	WED 1/27	THURS 1/28	FRI 1/29	SAT 1/30	SUN 1/31
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE &amp; Malika</p> 	<p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Pregnant &amp; Parenting Youth Support 2:00pm - 3:00pm Ali</p> <p>Word on the Street 4:30pm - 6:00pm Marcia</p>	<p>MCYC Peer Support 5:00pm - 7:00pm Jen B</p> 	<p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p> 	<p>Homework Help 1:00pm - 2:30pm Jen B</p>  <p>Employment Support Live Chats 4:30pm - 6:00pm Ricky</p>	<p>Pregnant &amp; Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Game Night 5:30pm - 7:00pm Jen B</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>Education Support 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><b>Word on the Street</b>          “Word on the Street” is a Commercial Sexual Exploitation prevention curriculum designed to educate, equip, and empower youth, and provide them with tools and opportunities for discussion to prevent them from unknowingly becoming victims of commercial sexual exploitation.</p>	<p><b>Education Support/ Homework Help</b>          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><b>Movie Day/Night</b>          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><b>Employment Support Live Chats via Zoom</b>          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><b>Creative Outlet</b>          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><b>Pregnant and Parenting Support</b>          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><b>MCYC LGBTQ Support</b>          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>
<p><b>MCYC Peer Support</b>          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><b>Growing Through Self Creation Workshop w/ GRACE</b>          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><b>Game Day/Night</b>          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><b>Caregiver Support Group</b>          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>			