





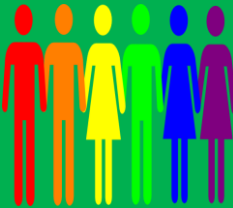
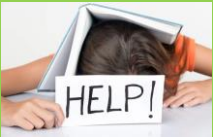



March










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

MON 3/8	TUES 3/9	WED 3/10	THURS 3/11	FRI 3/12	SAT 3/13	SUN 3/14
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> 	<p>Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>MCYC Peer Support 5:30pm - 7:00pm Jen B</p>  <p>Word on the Street 4:30pm - 6:00pm Marcia</p>	<p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> 	<p>Homework Help 1:00pm - 2:30pm Jen B</p>  <p>Game Night 5:30pm - 7:00pm Jen B</p> 	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>Education Support 4:00pm - 6:00pm Charlie</p> 

MON 3/15	TUE 3/16	WED 3/17	THURS 3/18	FRI 3/19	SAT 3/20	SUN 3/21
<p data-bbox="69 326 296 423">Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> 	<p data-bbox="352 250 569 347">Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p> <p data-bbox="323 375 598 448">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="369 475 554 548">Caregiver Support 12:00pm - 1:00pm Ali</p> <p data-bbox="369 576 554 649">Education Support 12:00pm - 2:00pm Charlie</p> <p data-bbox="323 677 598 750">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="638 282 867 363">MCYC Peer Support 5:30pm - 7:00pm Jen B</p>  <p data-bbox="646 537 863 618">Word on the Street 4:30pm - 6:00pm Marcia</p> 	 <p data-bbox="905 537 1163 618">MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p>	<p data-bbox="1199 250 1394 331">Homework Help 1:00pm - 2:30pm Jen B</p>  <p data-bbox="1199 566 1394 647">Game Night 5:30pm - 7:00pm Jen B</p> 	<p data-bbox="1459 250 1667 347">Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p data-bbox="1459 375 1667 472">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="1472 500 1654 573">Caregiver Support 12:00pm - 1:00pm Ali</p> <p data-bbox="1472 600 1654 673">Movie Day 3:00pm - 5:00pm Jen B</p> <p data-bbox="1459 701 1667 799">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="1730 250 1925 331">Creative Outlet 2:00pm - 3:30pm Malika</p>  <p data-bbox="1724 508 1932 589">Education Support 4:00pm - 6:00pm Charlie</p> 

MON 3/22	TUES 3/23	WED 3/24	THURS 3/25	FRI 3/26	SAT 3/27	SUN 3/28
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> 	<p>Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>MCYC Peer Support 5:30pm - 7:00pm Jen B</p>  <p>Word on the Street 4:30pm - 6:00pm Marciaen B</p>	<p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> 	<p>Homework Help 1:00pm - 2:30pm Jen B</p>  <p>Game Night 5:30pm - 7:00pm Jen B</p> 	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm Jen B</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Creative Outlet 2:00pm - 3:30pm Malika</p>  <p>Education Support 4:00pm - 6:00pm Charlie</p> 

MON 3/29	TUES 3/30	WED 3/31	 <p>To make a great dream come true, the first requirement is a great capacity to dream; the second is persistence.</p> <p>— Cesar Chavez —</p> <p>AZ QUOTES</p>	
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Malika</p> 	<p>Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm Ali</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	 <p>Cesar Chavez Day</p> <p><u>I CARE CLOSED</u></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>Word on the Street "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>Education Support/ 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 Day/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 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 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>
<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 Day/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>			