



## 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

THURS 4/1

FRI 4/2

SAT 4/3

SUN 4/4



MCYC LGBTQ  
Support  
4:00pm - 5:00pm  
Charlie

Homework Help  
1:00pm - 2:30pm  
Jen B



Game Night  
5:30pm - 7:00pm  
Jen B



Pregnant & Parenting  
Youth Support  
11:00am - 11:30am  
All

Employment Support  
Chats  
11:00am - 12:00pm  
Ricky

Caregiver Support  
12:00pm - 1:00pm  
All

Movie Day  
3:00pm - 5:00pm  
Jen B



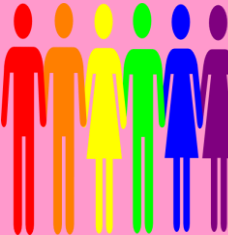




Employment Support  
Chats  
6:00pm - 7:00pm  
Ricky

Creative Outlet  
2:00pm - 3:30pm  
Mafka



Education Support  
4:00pm - 6:00pm  
Charlie



MON 4/5	TUES 4/6	WED 4/7	THURS 4/8	FRI 4/9	SAT 4/10	SUN 4/11
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE &amp; Malika</p> 	<p>Pregnant &amp; Parenting Youth Support 10:00am - 11:00am All</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm All</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>National Conflict Resolution Workshop (Bystander Challenge) 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 &amp; Parenting Youth Support 11:00am - 11:30am All</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm All</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 4/12	TUE 4/13	WED 4/14	THURS 4/15	FRI 4/16	SAT 4/17	SUN 4/18
<p data-bbox="69 342 298 440">Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE &amp; Malika</p> 	<p data-bbox="342 293 562 391">Pregnant &amp; Parenting Youth Support 10:00am - 11:00am Ali</p> <p data-bbox="342 420 562 518">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="342 547 562 644">Caregiver Support 12:00pm - 1:00pm Ali</p> <p data-bbox="342 673 562 771">Education Support 12:00pm - 2:00pm Charlie</p> <p data-bbox="342 800 562 898">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="604 326 865 488">National Conflict Resolution Workshop (The ART of Inclusive Communication) 5:30pm - 7:00pm Jen B</p>  <p data-bbox="623 755 850 836">Word on the Street 4:30pm - 6:00pm Marcia</p>	 <p data-bbox="919 553 1117 667">MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p>	<p data-bbox="1188 326 1388 407">Homework Help 1:00pm - 2:30pm Jen B</p>  <p data-bbox="1188 610 1388 691">Game Night 5:30pm - 7:00pm Jen B</p> 	<p data-bbox="1446 293 1667 391">Pregnant &amp; Parenting Youth Support 11:00am - 11:30am Ali</p> <p data-bbox="1446 420 1667 518">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="1446 547 1667 644">Caregiver Support 12:00pm - 1:00pm Ali</p> <p data-bbox="1446 673 1667 771">Movie Day 3:00pm - 5:00pm Jen B</p> <p data-bbox="1446 800 1667 898">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="1726 293 1925 375">Creative Outlet 2:00pm - 3:30pm Malika</p>  <p data-bbox="1715 583 1936 664">Education Support 4:00pm - 6:00pm Charlie</p> 

MON 4/19	TUES 4/20	WED 4/21	THURS 4/22	FRI 4/23	SAT 4/24	SUN 4/25
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE &amp; Malika</p> 	<p>Pregnant &amp; Parenting Youth Support 10:00am - 11:00am All</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm All</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>National Conflict Resolution Workshop (Connecting Circle) 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 &amp; Parenting Youth Support 11:00am - 11:30am All</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Caregiver Support 12:00pm - 1:00pm All</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 4/26	TUES 4/27	WED 4/28	THURS 4/29	FRI 4/30	
<p data-bbox="79 321 289 461"> <b>Growing Through Self Creation Workshop</b>            5:30pm - 6:30pm            GRACE &amp; Malika         </p> 	<p data-bbox="344 289 558 386"> <b>Pregnant &amp; Parenting Youth Support</b>            10:00am - 11:00am            All         </p> <p data-bbox="344 415 558 513"> <b>Employment Support Chats</b>            11:00am - 12:00pm            Ricky         </p> <p data-bbox="344 542 558 623"> <b>Caregiver Support</b>            12:00pm - 1:00pm            All         </p> <p data-bbox="344 646 558 727"> <b>Education Support</b>            12:00pm - 2:00pm            Charlie         </p> <p data-bbox="344 750 558 847"> <b>Employment Support Chats</b>            6:00pm - 7:00pm            Ricky         </p>	<p data-bbox="617 293 852 375"> <b>MCYC Peer Support</b>            5:30pm - 7:00pm            Jen B         </p>  <p data-bbox="617 695 852 776"> <b>Word on the Street</b>            4:30pm - 6:00pm            Marcia         </p>	<p data-bbox="919 321 1113 435"> <b>MCYC LGBTQ Support</b>            4:00pm - 5:00pm            Charlie         </p> 	<p data-bbox="1199 315 1377 396"> <b>Homework Help</b>            1:00pm - 2:30pm            Jen B         </p>  <p data-bbox="1199 597 1377 678"> <b>Game Night</b>            5:30pm - 7:00pm            Jen B         </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>	<p><b>The National Conflict Resolution Workshop</b>          This series encompasses four workshops for youth to learn skills of inclusive communication, the role of a bystander, and effective strategies to address conflict. Throughout this series youth will delve deeper into these topics by exploring personal and cultural identity to learn how it relates to communication style, learning how to communicate needs in a way that strengthens relationships, and learn strategies for being a positive bystander to reduce inappropriate behavior and bullying in the community. The connecting circle to wrap up the series will focus on bringing participants together in an engaging and interactive format to discover and explore common ground, manage difficult conversations, respect differences, empathize and practice communication. This space will allow participants to share personal stories, perspectives and share wisdom learned through the process.</p>		