

































Our Safe Place– Central

April 2021



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	2. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	3. Move Ya Body-ody-ody 4pm-5pm 
4. Self-Care Sunday @ 2pm 	5. Meet-up Monday @ 4pm - 6pm 	6. The Topic Is... Queer & Trans Resilience @ 5pm  Caregiver Jam @ 6-7pm	7. Workshop Wed! @ 5pm  Caregiver Jam @ 6-7pm	8. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	9. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	10. Move Ya Body-ody-ody 4pm-5pm National Youth HIV/AIDS Awareness Day 
11. Self-Care Sunday @ 2pm 	12. Meet-up Monday @ 4pm - 6pm 	13. The Topic Is... Queer & Trans Resilience @ 5pm  Caregiver Jam @ 6-7pm	14. Workshop Wed! @ 5pm  Caregiver Jam @ 6-7pm	15. GAYme Night 4pm—6pm  Caregiver Orientation @ 6-7pm	16. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	17. Move Ya Body-ody-ody 4pm-5pm 
18. Self-Care Sunday @ 2pm  National Transgender HIV Testing Day	19. Meet-up Monday @ 4pm - 6pm 	20. The Topic Is... Queer & Trans Resilience @ 5pm  Caregiver Jam @ 6-7pm	21. Workshop Wed! @ 5pm  Caregiver Jam @ 6-7pm	22. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	23. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	24. Move Ya Body-ody-ody 4pm-5pm 
25. Self-Care Sunday @ 2pm 	26. Meet-up Monday @ 4pm - 6pm  Lesbian Visibility Day	27. The Topic Is... Queer and Trans Resilience @ 5pm Caregiver Jam @ 6-7pm LGBTQ+ Day of Silence 	28. Workshop Wed! @ 5pm  Caregiver Jam @ 6-7pm	29. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	30. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	

Drop-In Center Hours:

Sat - Mon: 12pm - 8pm

Tues - Fri: 3:30pm - 8pm

(Services are available via phone, zoom, and by appointment from Monday-Sunday, 12pm-8pm)



Our Safe Place Group Index

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

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Self Care	Meet Up Monday	The Topic Is...	Workshop Wednesday	GAYme Night	COVID-19 Considerations
<p>Lets ZOOM in on what we can do for Self-Care during the chaos. We will indulge in Queer Pop culture for entertainment and relaxation purposes</p>	<p>**Join in-person or on zoom!**</p> <p>Come spend time with your LGBTQ+ peers. This is a chill space for all LGBTQ+ youth and allies, to socialize and interact with each other.</p>	<p>This months theme: Queer & Trans Resilience Series</p> <p>Zoom in to discuss the topic of the month! Topics will include current events, pop culture, queer representation in the media, and much much more!!</p>	<p>Learn about different ILS skills and tools specific to LGBTQ+ Life</p>	<p>OSP's virtual game night is a chance to socialize with others and have a little friendly competition! Every week we'll play a different game amongst which include some virtual board games, trivia, and video games!</p>	<p>Our Safe Place is providing hybrid services with both in-person and zoom options!</p> <p>We take temperatures at the door, screen for COVID related symptoms, practice social distancing, and masks must be worn at all times.</p> <p>Interested in one of our zoom groups?? Reach out for the zoom link and password!!</p>
Expressive Arts Workshop	Move Ya Body-ody-ody	Caregiver Jam	Caregiver Orientation	Drop-In Hours	Questions/Needs??
<p>Come join a creative space with your peers where we'll explore different ways of artistic expression! During this workshop, you'll get to work in a safe space where you can bounce ideas off your peers, share what you've created with others, and reflect on different ways that we can all grow in our art.</p>	<p>Let's get those bodies moving after sitting on Zoom all week! This group provides social support and safety as we explore different ways to feel good through movement, dance, and meditation. Video optional after check-in</p>	<p>Come join with other LGBTQ+ Family and Caregivers as we create a space of support to tackle LGBTQ+ specific needs and topics that will support your youth and family!!</p> <p>Our Caregiver Team will bring in various themes and topics to support the dialogue.</p> <p>Please let us know of any specific needs!!</p> <p>For information contact the caregiver support team: agoan@ymcasd.org jcabales@sdyouthservices.org iledonne@csbcs.org</p>	<p>Our monthly Caregiver Orientation Events are a place to come and hear information &/or receive resources that may be helpful to your youth and family.</p> <p>There will be monthly themes, activities, panels, etc that will provide you and your family with helpful supports and connections to the SD LGBTQ+ Community!</p> <p>To join, email OurSafe-Place@csbcs.org</p>	<p>Stop by for needs including: showers, hygiene items, pick up your gender affirming items, and/or grab a snack!!</p> <p>Or just stop by between the hours of 12-8pm daily for a safe LGBTQ+ affirming space to hang out!</p>	<p>Get questions answered or information on how to access groups!!</p> <p>Get set up with staff for 1:1 check-ins!!</p> <p>Share ideas on groups you want to see!!</p> <p>Mel Martellaro (They/Them) Lead Youth Support Partner (619) 871-8342</p> <p>Melanie Morones (She/They) OSP Program Manager (619) 316-5264</p>