



Our Safe Place– Central

March 2021



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meet-up Monday @ 4pm - 6pm Caregiver Hang-Out 6:30pm-7:30pm	2 The Topic Is.. Queer and Trans Resilience Series@5pm Caregiver Hang-Out 6:30pm-7:30pm	3 Workshop Wed! @ 5pm Life Skills Caregiver Hang-Out 6:30pm-7:30pm	4 GAYme Night 4pm—6pm Caregiver Hang-Out 6:30pm-7:30pm	5 Expressive Arts Workshop 4pm—6pm	6 Move Ya Body-ody-ody 4pm-5pm
7 Self-Care Sunday @ 2pm	8 Meet-up Monday @ 4pm - 6pm Caregiver Hang-Out 6:30pm-7:30pm	9 The Topic Is..Queer and Trans Resilience Series @5pm Caregiver Hang-Out 6:30pm-7:30pm	10 Workshop Wed! @ 5pm Life Skills Caregiver Hang-Out 6:30pm-7:30pm	11 GAYme Night 4pm—6pm Caregiver Hang-Out 6:30pm-7:30pm	12 Expressive Arts Workshop 4pm—6pm	13 Move Ya Body-ody-ody 4pm-5pm
14 Self-Care Sunday @ 2pm	15 Meet-up Monday @ 4pm - 6pm Caregiver Hang-Out 6:30pm-7:30pm	16 The Topic Is.. Queer and Trans Resilience Series@5pm Caregiver Hang-Out 6:30pm-7:30pm	17 Workshop Wed! @ 5pm Life Skills Caregiver Hang-Out 6:30pm-7:30pm	18 GAYme Night 4pm—6pm Caregiver Hang-Out 6:30pm-7:30pm	19 Expressive Arts Workshop 4pm—6pm	20 Move Ya Body-ody-ody 4pm-5pm
21 Self-Care Sunday @ 2pm	22 Meet-up Monday @ 4pm - 6pm Caregiver Hang-Out 6:30pm-7:30pm	23 The Topic Is.. Queer and Trans Resilience Series@5pm Caregiver Hang-Out 6:30pm-7:30pm	24 Workshop Wed! @ 5pm Life Skills Caregiver Hang-Out 6:30pm-7:30pm	25 GAYme Night 4pm—6pm Caregiver Hang-Out 6:30pm-7:30pm	26 Expressive Arts Workshop 4pm—6pm	27 Move Ya Body-ody-ody 4pm-5pm
28 Self-Care Sunday @ 2pm	29 Meet-up Monday @ 4pm - 6pm Caregiver Hang-Out 6:30pm-7:30pm	30 The Topic Is.. Queer and Trans Resilience Series@5pm Caregiver Hang-Out 6:30pm-7:30pm	31 Workshop Wed! @ 5pm Life Skills Caregiver Hang-Out 6:30pm-7:30pm			

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

Mel Martellaro (They/Them)
Lead Youth Support Partner
(619) 871-8342

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

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

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. We will indulge in Queer Pop culture for entertainment and relaxation purposes!</p> 	<p>Meet-up Monday provides the opportunities and space for all LGBTQ+ youth to socialize and interact with each other.</p> <p>Caregiver Hangout 6:30pm-7:30pm Via Zoom.. Come join OSP staff and 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!! Have a question about our services or would you like a virtual tour of our space? Zoom in to have all your questions answered! & hang out with caregivers just like you!</p>	<p>The Topic Is... Queer and Trans Resilience Series</p> <p>Caregiver Hangout 6:30pm-7:30pm Via Zoom.</p>	<p>Work shop Wednesdays— Learn about different ILS skills and tools specific to LGBTQ+ Life</p> <p>Caregiver Hangout 6:30pm-7:30pm Via Zoom.</p>	<p>GAYme Night—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>Caregiver Hangout 6:30pm-7:30pm Via Zoom.</p>	<p>Expressive Arts Workshop—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>Move Ya Body-ody-ody 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>*Hours will vary depending on activity—contact Mel and to receive an invite!</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 between the hours of 12pm and 8pm
 for more information on 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!