










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

	TUE 6/1	WED 6/2	THURS 6/3	FRI 6/4	SAT 6/5	SUN 6/6
	<p>Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p> <div style="text-align: center; margin-top: 10px;"> <p style="font-size: small; color: white;">Work. Learn. Earn.</p> </div>	<p>Word on the Street 4:30pm - 6:00pm CC</p> <p>MCYC Peer Support 5:30pm - 7:00pm YSP</p> <div style="text-align: center; margin-top: 10px;"> </div> <p>Caregiver Support 5:30pm - 7:00pm Ali</p>	<div style="text-align: center; margin-bottom: 10px;"> </div> <p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p>	<p>Homework Help 1:00pm - 2:30pm YSP</p> <div style="text-align: center; margin-top: 10px;"> </div> <p>Game Night 5:30pm - 7:00pm YSP</p> <div style="text-align: center; margin-top: 10px;"> </div>	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Closing the Gap 1:00pm - 2:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm YSP</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Education Support 4:00pm - 6:00pm Charlie</p> <div style="text-align: center; margin-top: 10px;"> </div>

MON 6/7	TUES 6/8	WED 6/9	THURS 6/10	FRI 6/11	SAT 6/12	SUN 6/13
<p data-bbox="52 267 325 381">Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Ali</p> 	<p data-bbox="346 267 598 365">Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p>  <p data-bbox="346 503 598 600">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="346 633 598 714">Education Support 12:00pm - 2:00pm Charlie</p> <p data-bbox="346 738 598 836">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="630 267 871 349">Word on the Street 4:30pm - 6:00pm CC</p> <p data-bbox="630 381 871 462">MCYC Peer Support 5:30pm - 7:00pm YSP</p>  <p data-bbox="630 714 871 795">Caregiver Support 5:30pm - 7:00pm Ali</p>	<p data-bbox="913 300 1144 430">MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> 	<p data-bbox="1207 267 1417 349">Homework Help 1:00pm - 2:30pm YSP</p>  <p data-bbox="1207 560 1417 641">Game Night 5:30pm - 7:00pm YSP</p> 	<p data-bbox="1480 267 1722 365">Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p data-bbox="1480 397 1722 495">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="1480 527 1722 609">Closing the Gap 1:00pm - 2:00pm Ali</p> <p data-bbox="1480 633 1722 714">Movie Day 3:00pm - 5:00pm YSP</p> <p data-bbox="1480 738 1722 836">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="1753 373 2016 462">Education Support 4:00pm - 6:00pm Charlie</p> 

MON 6/14	TUE 6/15	WED 6/16	THURS 6/17	FRI 6/18	SAT 6/19	SUN 6/20
<p data-bbox="52 349 325 462">Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Ali</p>  	<p data-bbox="357 284 588 389">Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p> <p data-bbox="357 414 588 519">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="357 544 588 633">Education Support 12:00pm - 2:00pm Charlie</p> <p data-bbox="357 657 588 763">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="630 284 871 373">Word on the Street 4:30pm - 6:00pm CC</p> <p data-bbox="630 397 871 487">MCYC Peer Support 5:30pm - 7:00pm YSP</p>  <p data-bbox="630 706 871 795">Caregiver Support 5:30pm - 7:00pm Ali</p>	 <p data-bbox="924 584 1134 698">MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p>	<p data-bbox="1207 316 1417 406">Homework Help 1:00pm - 2:30pm YSP</p>  <p data-bbox="1207 584 1417 673">Game Night 5:30pm - 7:00pm YSP</p> 	<p data-bbox="1480 284 1722 389">Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p data-bbox="1480 414 1722 519">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="1480 544 1722 633">Closing the Gap 1:00pm - 2:00pm Ali</p> <p data-bbox="1480 657 1722 747">Movie Day 3:00pm - 5:00pm YSP</p> <p data-bbox="1480 763 1722 868">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="1753 389 2016 495">Education Support 4:00pm - 6:00pm Charlie</p> 

MON 6/21	TUES 6/22	WED 6/23	THURS 6/24	FRI 6/25	SAT 6/26	SUN 6/27
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Ali</p> 	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p>  <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Word on the Street 4:30pm - 6:00pm CC</p> <p>MCYC Peer Support 5:30pm - 7:00pm YSP</p>  <p>Caregiver Support 5:30pm - 7:00pm Ali</p>	<p>MCYC LGBTQ Support 4:00pm - 5:00pm Charlie</p> 	 <p>Homework Help 1:00pm - 2:30pm YSP</p>  <p>Game Night 5:30pm - 7:00pm YSP</p>	<p>Pregnant & Parenting Youth Support 11:00am - 11:30am Ali</p> <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Closing the Gap 1:00pm - 2:00pm Ali</p> <p>Movie Day 3:00pm - 5:00pm YSP</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Education Support 4:00pm - 6:00pm Charlie</p> 

MON 6/28	TUES 6/29	WED 6/30
<p>Growing Through Self Creation Workshop 5:30pm - 6:30pm GRACE & Ali</p> 	<p>Pregnant & Parenting Youth Support 10:00am - 11:00am Ali</p>  <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Education Support 12:00pm - 2:00pm Charlie</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Word on the Street 4:30pm - 6:00pm CC</p> <p>MCYC Peer Support 5:30pm - 7:00pm YSP</p> <p>Caregiver Support 5:30pm - 7:00pm Ali</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>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>Employment Support Live 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>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>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>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>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 align="center">Closing the Gap</p> <p>Closing the Gap is a curriculum used for caregivers to reduce the risk of exploitation and human trafficking of their youth. During the groups we will discuss prevention strategies, the ability to recognize stressors in self and youth and have effective communication. Most importantly, this group is meant to empower caregivers because being a caregiver is a hard job! The group will be a closed 5 week cohort.</p>		<p align="center">Caregiver Support Group</p> <p>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 align="center">Education Support/ Homework Help</p> <p>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>	