



Drop-In Center *Virtual* Groups Calendar via Zoom

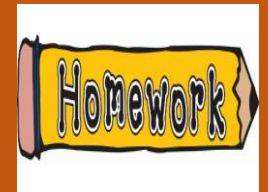
In order to help keep you, your families and staff members safe, we're bringing some of the groups to YOU virtually. Make sure to reach out to the staff members below for any groups you're interested in attending to find out if they're virtual or in person.

* = Indicates group is meeting in person.





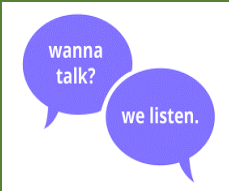




SUN 8/1

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



MON 8/2	TUES 8/3	WED 8/4	THURS 8/5	FRI 8/6	SAT 8/7	SUN 8/8
<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 Brianna</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>My Life, My Choice @ PCC* 3:30pm - 4:30pm Denise</p> <p>MCYC Peer Support 5:30pm - 7:00pm Emon</p>  <p>Caregiver Support 5:30pm - 7:00pm Ali</p>	 <p>MCYC LGBTQ Support 4:00pm - 5:00pm ES</p> <p>My Life, My Choice 5:00pm - 6:00pm CC</p>	<p>Homework Help 1:00pm - 2:30pm YSP</p>  <p>Movie 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>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Education Support 4:00pm - 6:00pm Brianna</p> 

MON 8/9	TUE 8/10	WED 8/11	THURS 8/12	FRI 8/13	SAT 8/14	SUN 8/15
<p data-bbox="50 602 327 727">Growing Through Self Creation Workshop* 5:30pm - 6:30pm GRACE & Ali</p> 	<p data-bbox="348 548 579 656">Pregnant & Parenting* Youth Support 11:00am - 11:30am Ali</p> <p data-bbox="348 688 579 786">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="348 818 579 889">Education Support 12:00pm - 2:00pm Brianna</p> <p data-bbox="348 922 579 1019">Employment Support Chats 6:00pm - 7:00pm Ricky</p> 	<p data-bbox="621 548 852 672">My Life, My Choice @ PCC* 3:30pm - 4:30pm Denise</p> <p data-bbox="621 704 852 786">MCYC Peer Support 5:30pm - 7:00pm Emon</p>  <p data-bbox="621 1029 852 1110">Caregiver Support 5:30pm - 7:00pm Ali</p>	 <p data-bbox="911 841 1115 948">MCYC LGBTQ Support 4:00pm - 5:00pm ES</p> <p data-bbox="911 987 1115 1068">My Life, My Choice 5:00pm - 6:00pm CC</p>	<p data-bbox="1188 574 1398 656">Homework Help 1:00pm - 2:30pm YSP</p>  <p data-bbox="1188 841 1398 922">Game Night 5:30pm - 7:00pm YSP</p> 	<p data-bbox="1440 548 1713 672">Pregnant & Parenting* Youth Support 11:00am - 11:30am Ali</p> <p data-bbox="1440 704 1713 818">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="1440 850 1713 932">Closing the Gap 1:00pm - 2:00pm Ali</p> <p data-bbox="1440 964 1713 1078">Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p data-bbox="1751 651 1955 743">Education Support 4:00pm - 6:00pm Brianna</p> 

MON 8/16	TUES 8/17	WED 8/18	THURS 8/19	FRI 8/20	SAT 8/21	SUN 8/22
<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 Brianna</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>My Life, My Choice @ PCC* 3:30pm - 4:30pm Denise</p> <p>MCYC Peer Support 5:30pm - 7:00pm Emon</p>  <p>Caregiver Support 5:30pm - 7:00pm Ali</p>	 <p>MCYC LGBTQ Support 4:00pm - 5:00pm ES</p> <p>My Life, My Choice 5:00pm - 6:00pm CC</p>	 <p>Homework Help 1:00pm - 2:30pm YSP</p>  <p>Movie 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>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Education Support 4:00pm - 6:00pm Brianna</p> 

MON 8/23	TUES 8/24	WED 8/25	THURS 8/26	FRI 8/27	SAT 8/28	SUN 8/29
<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 Brianna</p> <p>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>My Life, My Choice @ PCC* 3:30pm - 4:30pm Denise</p> <p>MCYC Peer Support 5:30pm - 7:00pm Emon</p>  <p>Caregiver Support 5:30pm - 7:00pm Ali</p>	 <p>MCYC LGBTQ Support 4:00pm - 5:00pm ES</p> <p>My Life, My Choice 5:00pm - 6:00pm CC</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>Employment Support Chats 6:00pm - 7:00pm Ricky</p>	<p>Education Support 4:00pm - 6:00pm Brianna</p> 

MON 8/30	TUES 8/31		
<p data-bbox="44 397 327 527">Growing Through Self Creation Workshop* 5:30pm - 6:30pm GRACE & Ali</p> 	<p data-bbox="348 370 579 479">Pregnant & Parenting* Youth Support 10:00am - 11:00am Ali</p>  <p data-bbox="348 618 579 722">Employment Support Chats 11:00am - 12:00pm Ricky</p> <p data-bbox="348 748 579 824">Education Support 12:00pm - 2:00pm Brianna</p> <p data-bbox="348 850 579 954">Employment Support Chats 6:00pm - 7:00pm Ricky</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>My Life, My Choice “The My, Life My Choice Prevention Curriculum” is an evaluated and nationally-acclaimed, ten-session exploitation prevention curriculum aimed at changing adolescent girls' attitudes and perceptions of the commercial sex industry, as well as building self-esteem and personal empowerment.</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>		