<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
<tbody>
<tr>
<td>1. Self-Care Sunday @ 2pm</td>
<td>2. Meet-up Monday @ 4pm - 6pm</td>
<td>3. The Topic Is... Pronouns @ 5pm Caregiver Jam @ 6-7pm</td>
<td>4. Youth Interns and Mentors @ 4:00pm Caregiver Jam @ 6-7pm</td>
<td>5. GAYme Night 4pm—6pm Caregiver Jam @ 6-7pm</td>
<td>6. Expressive Arts Workshop 4pm—6pm Caregiver Jam @ 6-7pm</td>
<td>7. Move Yo Body Ody @ 4:00pm</td>
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<td>8. Self-Care Sunday @ 2pm</td>
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<td>10. The Topic Is... Gender Identity @ 5pm Caregiver Jam @ 6-7pm</td>
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<td>15. Self-Care Sunday @ 2pm</td>
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<td>17. The Topic Is... Sexual Orientation @ 5pm Caregiver Jam @ 6-7pm</td>
<td>18. Youth Interns and Mentors @ 4:00pm Caregiver Jam @ 6-7pm</td>
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<td>22. Self-Care Sunday @ 2pm</td>
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<td>24. The Topic Is... Intersections @ 5pm Caregiver Jam @ 6-7pm</td>
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<td>31. The Topic Is... Gender Expression @ 5pm Caregiver Jam @ 6-7pm</td>
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**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)
## Self Care Sundays

**Let’s ZOOM or meet in person at the Golden Hill DIC on what we can do for Self-Care and coping skills. We will indulge in Queer Pop culture for entertainment purposes**

**Join in-person or on zoom!**

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. Bring a friend and you will be given a ticket to enter in the monthly drawing!!

The more friends you bring the more chances you have to WIN!!

## Meet Up Monday

**The Topic Is...**

This month’s theme: Getting Back to the Basics - LGBTQ+ Introduction topics

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!!

## The Topic Is...

**Youth Interns and Mentors Wednesday**

Youth interns and mentors will meet at the Golden Hill drop-in center for weekly check-ins and to go over what events, tasks, projects, curriculum, etc is being worked on or needs to be worked on.

If you are interested in joining the youth interns or in becoming a mentor please reach out to: Mel (They/Them) 619-871-8342 mmartellaro@sdyouthservices.org

## GAYme Night

OSP’s virtual or in person GAYme 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!!

## COVID-19 Considerations

Our Safe Place is providing hybrid services with both in-person and zoom options!!

We take temperatures at the door, screen for COVID related symptoms, practice social distancing, and masks must be worn at all times.

Interested in one of our zoom groups?? Reach out for the zoom link and password!!

## 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.

## 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

## Caregiver Jam

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!!

Our Caregiver Team will bring in various themes and topics to support the dialogue.

Please let us know of any specific needs!!

For information contact the caregiver support team: agoan@ymcasd.org dmang@sdyouthservices.org afavela@ymcasd.org

## Drop-In Hours

Stop by for needs including: showers, hygiene items, pick up your gender affirming items, and/or grab a snack!!

Or just stop by between the hours of 12-8pm daily for a safe LGBTQ+ affirming space to hang out!!

## Questions/Needs??

Get questions answered or information on how to access groups!!

Get set up with staff for 1:1 check-ins!!

Share ideas on groups you want to see!!

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

Melanie Morones (She/They) OSP Program Manager 619 316-5264