


































# Our Safe Place– Central

## August 2021



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Self-Care Sunday @ 2pm 	2. Meet-up Monday @ 4pm - 6pm 	3. The Topic Is... Pronouns @ 5pm  Caregiver Jam @ 6-7pm	4. Youth Interns and Mentors @ 4:00pm  Caregiver Jam @ 6-7pm	5. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	6. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	7. Move Yo Body Ody @ 4:00pm 
8. Self-Care Sunday @ 2pm 	9. Meet-up Monday @ 4pm - 6pm 	10. The Topic Is... Gender Identity @ 5pm  Caregiver Jam @ 6-7pm	11. Youth Interns and Mentors @ 4:00pm  Caregiver Jam @ 6-7pm	12. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	13. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	14. Move Yo Body Ody @ 4:00pm 
15. Self-Care Sunday @ 2pm 	16. Meet-up Monday @ 4pm - 6pm 	17. The Topic Is... Sexual Orientation @ 5pm  Caregiver Jam @ 6-7pm	18. Youth Interns and Mentors @ 4:00pm  Caregiver Jam @ 6-7pm	19. GAYme Night 4pm—6pm  Caregiver Jam @ 6-7pm	20. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	21. Move Yo Body Ody @ 4:00pm 
22. Self-Care Sunday @ 2pm 	23. Meet-up Monday @ 4pm - 6pm 	24. The Topic Is... Intersections @ 5pm  Caregiver Jam @ 6-7pm	25. Youth Interns and Mentors @ 4:00pm  Caregiver Jam @ 6-7pm	26.  <b>Wear it Purple Day!</b> Caregiver Jam @ 6-7pm	27. Expressive Arts Workshop 4pm—6pm  Caregiver Jam @ 6-7pm	28. Move Yo Body Ody @ 4:00pm 
29. Self-Care Sunday @ 2pm 	30. Meet-up Monday @ 4pm - 6pm 	31. The Topic Is... Gender Expression @ 5pm  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 Sundays	Meet Up Monday	The Topic Is...	Youth Interns and Mentors Wednesday	GAYme Night	COVID-19 Considerations
<p><b>Lets ZOOM or meet in person at the Golden Hill DIC</b> on what we can do for Self-Care and coping skills.</p> <p>We will indulge in Queer Pop culture for entertainment and relaxation purposes</p>	<p><b>**Join in-person or on zoom!**</b></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. Bring a friend and you will be given a ticket to enter in the monthly drawing!!!</p> <p>The more friends you bring the more chances you have to WIN!!</p>	<p><b>This months theme: Getting Back to the Basics - LGBTQ+ Introduction topics</b></p> <p><b>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!!</b></p>	<p>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.</p> <p>If you are interested in joining the youth interns or in becoming a mentor please reach out to:  <b>Mel (They/Them)</b>  <b>619-871-8342</b>  <b>mmartel-</b>  <b>laro@sdyouthservices.org</b>                      Pizza and light refreshments will be provided!</p>	<p>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!</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>
<p><b>Expressive Arts Workshop</b></p>	<p><b>Move Ya Body-ody-ody</b></p>	<p><b>Caregiver Jam</b></p>		<p><b>Drop-In Hours</b></p>	<p><b>Questions/Needs??</b></p>
<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                      dmang@sdyouthservices.org                      afavela@ymcasd.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>