

September

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.



WED 9/1	THURS 9/2	FRI 9/3	SAT 9/4	SUN 9/5
<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>Independent Living Skills Group* 4:30pm - 5:30pm Emon</p> <p>My Life, My Choice 5:30pm - 6:30pm CC</p>	<p>Game Night 5:30pm-7pm 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>Homework Help* 1:00pm - 2:30pm Brianna</p> 

MON 9/6



I CARE
CLOSED
TODAY

TUES 9/7

Pregnant & Parenting
Youth Support*
11:00am - 11:30am
Ali

Employment Support
Chats
11:00am - 12:00pm
Ricky



Mindfulness Group*
3:30pm - 4:30pm
Brianna

Employment Support
Chats
6:00pm - 7:00pm
Ricky

WED 9/8

My Life, My Choice @
PCC*
3:30pm - 4:30pm
Denise

MCYC Peer Support*
5:30pm - 7:00pm
Emon



Caregiver Support
5:30pm - 7:00pm
Ali

THURS 9/9



Independent Living
Skills Group*
4:30pm - 5:30pm
Emon

My Life, My Choice
5:30pm - 6:30pm
CC

FRI 9/10

Movie Night
5:30pm - 7:00pm
YSP



SAT 9/11

Pregnant & Parenting
Youth Support*
11:00am - 11:30am
Ali

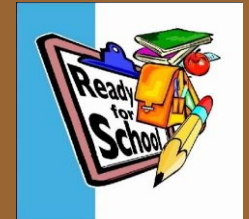
Employment Support
Chats
11:00am - 12:00pm
Ricky

Closing the Gap
1:00pm - 2:00pm
Ali

Employment Support
Chats
6:00pm - 7:00pm
Ricky

SUN 9/12

Homework Help*
1:00pm - 2:30pm
Brianna



MON 9/13	TUE 9/14	WED 9/15	THURS 9/16	FRI 9/17	SAT 9/18	SUN 9/19
<p>Homework Help* 3:30pm - 5:00pm Brianna</p> <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>Mindfulness Group* 3:30pm - 4:30pm 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>Independent Living Skills Group* 4:30pm - 5:30pm Emon</p>  <p>My Life, My Choice 5:30pm - 6:30pm CC</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>Homework Help* 1:00pm - 2:30pm Brianna</p> 

MON 9/20	TUES 9/21	WED 9/22	THURS 9/23	FRI 9/24	SAT 9/25	SUN 9/26
<p>Homework Help* 3:30pm - 5:00pm Brianna</p> <p>Growing Through Self Creation Workshop* 5:30pm - 6:30pm GRACE, Ali & Emon</p> 	<p>Pregnant & Parenting Youth Support* 11:00am - 11:30am Ali</p>  <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Mindfulness Group* 3:30pm - 4:30pm 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>Independent Living Skills Group* 4:30pm - 5:30pm Emon</p>  <p>My Life, My Choice 5:30pm - 6:30pm CC</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>Homework Help* 1:00pm - 2:30pm Brianna</p> 

MON 9/27	TUES 9/28	WED 9/29	THURS 9/30	
<p>Homework Help* 3:30pm - 5:00pm Brianna</p> <p>Growing Through Self Creation Workshop* 5:30pm - 6:30pm GRACE, Ali & Emon</p> 	<p>Pregnant & Parenting Youth Support* 10:00am - 11:00am Ali</p>  <p>Employment Support Chats 11:00am - 12:00pm Ricky</p> <p>Mindfulness Group* 3:30pm - 4:30pm 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>Independent Living Skills Group* 4:30pm - 5:30pm Emon</p> <p>My Life, My Choice 5:30pm - 6:30pm CC</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 align="center">My Life, My Choice *</p> <p>“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 align="center">Growing Through Self Creation Workshop w/ GRACE*</p> <p>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.</p>	<p align="center">Employment Support Live Chats via Zoom</p> <p>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 align="center">Movie Day/Night</p> <p>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 align="center">Game Day/Night</p> <p>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 align="center">Mindfulness Group*</p> <p>The purpose of this group will be to educate our youth about methods of mindfulness. In working with youth, we have found that many of them are interested in learning about methods of mindfulness/coping strategies that do not include meditation. Many youth have also identified an interest in crystals and holistic healing via herbs.</p>	<p align="center">MCYC Peer Support*</p> <p>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.</p>
<p align="center">Independent Living Skills Group*</p> <p>The purpose of this group is to help youth learn skills that will support them in their everyday lives to be self sufficient and self reliant. This group will also youth learn valuable life skills that will support decreasing their vulnerabilities to exploitation. Youth in this group will practice things like grocery shopping, doing laundry, cooking, budgeting, etc. Topics will rotate and also be informed by ongoing service partners needs.</p>	<p align="center">Pregnant & Parenting Support*</p> <p>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!</p> <p align="center">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">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>