



Our Safe Place—South Bay

March 2023


































SBCS—Trolley Trestle Youth Hub

746 Ada St., Chula Vista CA

619-628-2444

oursafeplace@csbcs.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>DROP IN HOURS Mon - Fri: 3pm—7pm Sat & Sun: 4pm—8pm</p> <p>Services are available via phone, zoom, and by appointment</p>			1.  Resource Navigation @3PM	2.  Feel Good Movie Day @3:30PM	3.  Youth Chat (Mental Health) @3PM	4.  Game Night! @5PM
5.  Self Care Sunday @4PM	6.  Expressive Arts @3PM	7.  Herbalism Club @3:30PM	8.  Mentoring Group @5PM	9.  Feel Good Movie Day @3:30PM	10.  Youth Chat (LGBTQ+ Icons) @3PM	11.  Tea Time with Ty @4PM
12.  Self Care Sunday @4PM	13.  Expressive Arts @3PM	14.  Photography Club @3PM	15.  Resource Navigation @3PM	16.  Feel Good Movie Day @3:30PM	17.  Cooking Night @4:30PM	18.  Game Night! @5PM
19.  Self Care Sunday @4PM	20.  Expressive Arts @3PM	21.  Herbalism Club @3:30PM	22.  Caregiver Jam (See Index for more info) @6PM	23.  Open Closet @3PM	24.  Youth Chat (LGBTQ+ Experiences) @3PM	25.  Tea Time with Ty @4PM
26.  Self Care Sunday @4PM	27.  Expressive Arts @3PM	28.  Photography Club @3PM	29.  Resource Navigation @3PM	30.  Feel Good Movie Day @3:30PM	31.  CLOSED FOR HOLIDAY	





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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Self-Care Sunday Have some tea, a snack, vent about the week and take a breather! We will have various self-care activities throughout the month. Options of what we can do:</p> <ul style="list-style-type: none"> • Yoga • Meditation • Mindfulness Activities • Art • Music Making • Guitar • Piano • Puzzles • Reading 	<p>Expressive Arts Create art with others here at OSP!</p> <ul style="list-style-type: none"> • Painting • Chalk art • Origami • Collaging • Crocheting • Book Making <p>Express yourself with the tools we have at the center and be a part of our growing art gallery.</p>	<p>Herbalism Club Are you curious about what plants you can use to make tea or to season your food? We are tending to an herbal garden and will be learning new skills together!</p> <p>Photography Club Bring your camera, phone, or just yourself to learn more about photography as an art, its history, and more!</p>	<p>Mentoring Group (Identities) If you are exploring what identity means to you, this is the space where we get to share and listen to each other's stories! We are holding a group discussion to bravely express our truths.</p> <p>Resource Navigation Need help applying for jobs, scholarships or figuring out "Adult" stuff?". We will be here to guide you through it!</p>	<p>Feel Good Movie Day Come join us for a chill, cozy movie day! We can watch something funny or enjoy the beautiful visuals of a film. Come with a movie in mind or choose one here. We have many streaming services to pick through on our TV.</p>	<p>Cooking Night Gather at OSP to learn how to make easy, affordable, and delicious meals with Youth Support Partners in our kitchen. We will provide the ingredients and tools. *Please inform us of any food allergies, restrictions, and food texture aversions so we can accommodate accordingly*</p> <p>Closed for Chavez-Huerta Day March 31st</p>	<p>Tea Time with Ty Come slow down and enjoy a fresh brew of tea with one of our Youth Support Partners, Ty (he/him). He specializes in mindfulness activities and is open to discussing thoughts, feelings, and current events. We have many teas to choose from!</p>
<p>QUESTIONS & SUPPORT</p> <p>Get set up with staff for 1:1 support on a variety of needs; housing, educational, recreational, linkages to affirming medical care, and more!!</p> <p>Get questions answered and information on how to access our services.</p> <p>Contact us at: oursafeplace@csbcs.org</p>			<p>Caregiver Jam Are you a parent or caregiver who needs resources to support your LGBTQ+ youth? Chat with our knowledgeable staff who hold lived experience within the community. We are here to help! This service is offered virtually. Email us to schedule a meeting!</p>	<p>Open Closet Need gender affirming clothing and accessories? Your community is here to help! At OSP we will have lightly used to brand new items for you to look through. Grab a bag and take your pick! The closet is open year round.</p>	<p>Youth Chats Holding space for you to check in openly about your mental health, LGBTQ+ idols and current events, and figure out what healing can look like through coping strategies. Every chat will begin with group agreements.</p>	<p>Game Night! Let's have some board game/ video game fun! We have lots of games to choose from:</p> <ul style="list-style-type: none"> • Uno • Clue • We Are Not Really Strangers • Mario Kart • Jump Force • Smash Bros • And more!