



Our Safe Place – Central March 2023



Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (858) 466-9599

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. Movie Night: Minions : the rise of Gru 4pm-6pm 	2. Expressive Arts Workshop 4pm-6pm 	3. GAYme Night 4pm-6pm 	4. Move Ya Body-ody-ody 4pm-5pm 
5. Self-Care Sunday 4pm-5pm 	6. Meet-up Monday Workshops 4-5 pm  On: Hygiene 101	7. LGBTQties day 4pm-6pm 	8. Movie Night: The Sea Beast 4pm-6pm 	9. Expressive Arts Workshop 4pm-6pm 	10. GAYme Night 4pm-6pm 	11. Move Ya Body-ody-ody 4pm-5pm 
12. Self-Care Sunday 4pm-5pm 	13. Meet-up Monday Workshops 4-5 pm  On: Recycle workshop	14. LGBTQties day 4pm-6pm  Mentor Group 4pm-5pm	15. Movie Night: Trolls 4pm-6pm 	16. Expressive Arts Workshop 4pm-6pm 	17. GAYme Night 4pm-6pm 	18. Move Ya Body-ody-ody 4pm-5pm 
19.. Self-Care Sunday 4pm-5pm 	20. Meet-up Monday Workshops 4-5 pm  On: Homecoming decorations PT.1	21. LGBTQties day 4pm-6pm 	22. Movie Night: Home 4pm-6pm 	23. Expressive Arts Workshop 4pm-6pm 	24. GAYme Night 4pm-6pm 	25. Move Ya Body-ody-ody 4pm-5pm 
26. Self-Care Sunday 4pm-5pm 	27. Meet-up Monday Workshops 4-5 pm  On: Homecoming Decorations PT.2	28. LGBTQties day 4pm-6pm 	29. Movie Night: Free pick 4pm-6pm 	30. Expressive Arts Workshop 4pm-6pm 	31. CLOSED For Chavez- Huerta Day 	

Drop-In Center Hours:
Sat - Sun: 4pm - 8pm
Mon - Fri: 3pm - 7pm

(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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Self Care Sunday</p> <p>In what ways do you practice self care? This an opportunity to practice or learn new ways to do self care, this also a chance to learn new coping skills. If there are new skills or self care tools you would like to learn, please reach out to us to let us know so we can plan for a future event!</p>	<p>Workshop Day</p> <p>A time to explore, learn and answer any questions surrounding the life skill topic of the day. If you are interested in learning about a specific life skill, please feel free to let us know so we can plan it!</p>	<p>LGBTQties Day</p> <p>Come spend time with your LGBTQ+ peers. Kick back, connect with other LGBTQ+ youth, and build a support network for sharing experiences. Bring a friend or friends and enjoy hanging out in a safe and accepting space.</p>	<p>Movie Night</p> <p>Lights, camera, action!</p> <p>Join us at to watch movies every Wednesday for A movie night where we will watch fun, cozy, thrilling or educational movies! <u>drinks and popcorn provided!</u></p>	<p>Expressive Arts Workshop</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>GAYme Night</p> <p>OSP's In person or virtual 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>BODY-ODY-ODY</p> <p>Come get your groove on for body-ody-ody night.</p> <p>Where we will be having fun friendly competition playing just dance and the winner gets a prize!</p>
<p>Closed dates / Events</p>	<p>COVID-19 Considerations</p>	<p>Mentoring Group (Coping Skills)</p>	<p>Caregiver Jam</p>	<p>Questions, Suggestions, & Support</p>		
<p>Closed for march 31st for Chavez-Huerta day.</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>Mentees will discuss their own coping skills as well as learn more ways regulate their emotions. Learn about mindfulness and what it looks like in practice, as well as the differences between stated of mind.</p> <p>Interested in becoming a Mentor? Please reach out to Jen Barnes jbarnes@sdyouthservices.org</p>	<p>Come join with other LGBTQ+ family and caregivers as we create a safe space for LGBTQ+ specific needs and topics that will support your youth and families!</p> <p>Hoping to discuss a specific topic? Reach out beforehand and let us know :</p>	<ul style="list-style-type: none"> * If you are interested in receiving support and/or services, such as: housing, education, affirming medical care, coping skills, and more, please reach out to the staff by phone or email! * Have suggestions on future workshops, expressive arts groups, or movie nights? Reach out to Gilbert or Joke to tell us your suggestions! * Have any questions or concerns about accessing our services or events? Email or call us, we are here for you! <p>Gaby—Gdiaz@sdyouthservices.org / 619-990-3651 Roisin—rmackenzie@sdyouthservices.org / 619-871-8342 Jen—jbarnes@sdyouthservices.org / 619-466-9599 Kate—kdeberardinis@sdyouthservices.org</p>		