



**Purple= ZOOM
Groups only
(email for codes)**

Our Safe Place – East March 2023

Virtual services via zoom only (619) 871-8342



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. Movie Night: Wendell & Wild 4-6 pm 	2. Expressive Arts Workshop: Knitting 4pm—6pm 	3. GAYme Night 4pm-6pm 	4. ANIME CLUB 4pm-7pm 
5. Self-Care Sunday 4pm-5pm 	6. LGBTQties day 4pm-6pm 	7. Tuesday Workshops 4pm-5 pm WORKSHOPS On: Healthy relationships	8. Movie Night: Pinocchio 4-6 pm 	9. Expressive Arts Workshop: Collaging 4pm—6pm 	10. GAYme Night 4pm-6pm 	11. ANIME CLUB 4pm-7pm 
12. Self-Care Sunday 4pm-5pm 	13. LGBTQties day 4pm-6pm 	14. Tuesday Workshops 4pm-5 pm WORKSHOPS On: YASSSify	15. Movie Night: The Box Trolls 4-6pm 	16. Expressive Arts Workshop: Homecoming Decorations 4pm-6pm 	17. GAYme Night 4pm-6pm 	18. ANIME CLUB 4pm-7 pm 
19.. Self-Care Sunday 4pm-5pm 	20. LGBTQties day 4pm-6pm 	21. Tuesday Workshops 4pm-5 pm WORKSHOPS On: Recycle 101	22. Movie Night: Kubo and the Two Strings 4-6 pm 	23. Expressive Arts Workshop: Gardening 4pm-6pm 	24. GAYme Night 4pm-6pm 	25. ANIME CLUB 4pm-7pm 
26. Self-Care Sunday 4pm-5pm 	27. LGBTQties day 4pm-6pm 	28. Tuesday Workshops 4pm-5 pm WORKSHOPS On: Boundaries 101	29. Movie Night: Chicken Run 4-6 pm 	30. Expressive Arts Workshop: 4pm-6pm 	31. CLOSED 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>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>Tuesday Workshops</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>Movie Night Join us at to watch movies every Wednesday</p> <p>Mentoring Group (Coping Skills) 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>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>CLOSED Chavez-Huerta Day March 31st.</p>	<p>Anime Club</p> <p>Come join us every Saturday to nerd out watch, and discuss different anime shows, movies, and fan theories!</p> <p>For more information please contact :</p> <p>Gilbert Gontes (They/Them) Youth support partner (619)502-2976</p>
<p>Contacts</p> <p>Get questions answered or information on how to access groups!</p> <p>Joke Ilanit Youth Support Partner (she/her) (619)502-2977</p> <p>Kate DeBerardinis (She/Her) Program Manager (619) 455-7176</p> <p>Jen Barnes (They/she) Drop-in Center Lead (619)466-9599</p> <p>Gilbert Gontes (They/Them) Youth Support Partner (619)502-2976</p>	<p>COVID-19 Considerations</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>Caregiver Jam</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 : Joke Ilanit si- lanit@sdyouthservice.org</p>	<p>Questions, Suggestions, & Support</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>Gilbert—ggontes@sdyouthservices.org Joke—jilanit@sdyouthservices.org Jen—jbarnes@sdyouthservices.org Kate—kdeberardinis@sdyouthservices.org</p>		