



Our Safe Place—South Bay April 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. Game Night! @5PM
2. Self Care Sunday @4PM	3. Expressive Arts @3PM	4. Herbalism Club @3:30PM	5. Mentoring Group @5PM	6. Feel Good Movie Day @3:30PM	7. Youth Chat (LGBTQ+ Dreaming) @3PM	8. Tea Time with Ty @4PM	
9. Self Care Sunday @4PM	10. Expressive Arts @3PM	11. Photography Club @3PM	12. Resource Navigation @3PM	13. Feel Good Movie Day @3:30PM	14. Youth Chat (Privilege) @3PM	15. LGBTQ+ Homecoming 4-8PM	
16. Self Care Sunday @4PM	17. Expressive Arts @3PM	18. Herbalism Club @3:30PM	19. Caregiver Jam (See Index for more info) @6PM	20. Feel Good Movie Day @3:30PM	21. Youth Chat (Gender Spectrum) @3PM	22. Game Night! @5PM	
23. Self Care Sunday @4PM	24. Expressive Arts @3PM	25. Photography Club @3PM	26. Resource Navigation @3PM	27. Feel Good Movie Day @3:30PM	28. Cooking Night @4:30PM	29. Tea Time with Ty @4PM	
30. Self Care Sunday @4PM							





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 • Sewing <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 Part 2) Last conversation we had a fruitful talk about coming out and intersectional identities. Come through to continue to learn from each others unique Experiences in a brave space.</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.</p> <p>*Please inform us of any food allergies, restrictions, and food texture aversions so we can accommodate accordingly*</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>Queer Homecoming April 15th! Talk to a YSP for more info and transportation :)</p>
<p>QUESTIONS & SUPPORT Get set up with staff for 1:1 support on a variety of needs; housing, educational, recreational, linkages to affirming</p> <p>Contact us at: oursafeplace@csbcs.org</p> <p>Or get in touch with our Youth Support Partners: Andres (They/Them)—alopez@csbcs.org Jules (They/Them)—jdeguzman@csbcs.org Ty (He/Him)—tcrespo@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>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!