































Our Safe Place – Central

April 2023



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1. Move Ya Body-ody-ody 4pm-5pm 
2. Self-Care Sunday 4pm-5pm 	3. Meet-up Monday Workshops 4-5 pm  On: Homecoming decorations	4. LGBTQties day 4pm-6pm 	5. Movie Night: The amazing spiderman 	6. Expressive Arts Workshop 4pm-6pm 	7. GAYme Night 4pm-6pm 	8.. Move Ya Body-ody-ody 4pm-5pm 
9. Self-Care Sunday 4pm-5pm 	10. Meet-up Monday Workshops 4-5 pm  On: Last homecoming decorations	11. LGBTQties day 4pm-6pm  Mentor Group 4pm-5pm	12. Movie Night: The amazing spiderman 2 	13. Expressive Arts Workshop 4pm-6pm 	14. GAYme Night 4pm-6pm 	15. HOMECOMING DANCE 4-8 pm 
16. Self-Care Sunday 4pm-5pm 	17. Meet-up Monday Workshops 4-5 pm  On: Recycle 101	18. LGBTQties day 4pm-6pm 	19. Movie Night: Spiderman homecoming 	20. Expressive Arts Workshop 4pm-6pm 	21. GAYme Night 4pm-6pm 	22. Move Ya Body-ody-ody 4pm-5pm 
23. Self-Care Sunday 4pm-5pm 30. Self care Sunday 4pm-5pm	24. Meet-up Monday Workshops 4-5 pm  On: Pronouns 101	25. LGBTQties day 4pm-6pm 	26. Movie Night: Spiderman: far from home 	27. Expressive Arts Workshop 4pm-6pm 	28. GAYme Night 4pm-6pm 	29. . Move Ya Body-ody-ody 4pm-5pm 

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>Meet Up Monday 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>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>Events/Closed</p>	<p>COVID-19 Considerations</p>	<p>Mentoring Group (Coping Skills)</p>	<p>Caregiver Jam</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 Gaby or Ro 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>		
<p>Homecoming Dance:</p> <p>Get ready to dance the night away at our inclusive LGBTQ+ Enchanted Forest homecoming! Everyone is welcome to join us for a fun-filled evening of music, refreshments, and celebration of all gender identities and sexual orientations. Come dressed in your favorite formal wear, or fairy wear, and be ready to express yourself in a safe and accepting environment. See you on the dance floor!</p> 	<p>Our Safe Place is providing hybrid services with both in-person and zoom options!</p> <p>We screen for COVID related symptoms and encourage and honor masks being worn!</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>			