



Our Safe Place—South Bay

May 2023



SBCS—Trolley Trestle Youth Hub

746 Ada St., Chula Vista CA

619-628-2444

oursafeplace@csbcs.org

@sbcs.ospsouth

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





Our Safe Place Group Index

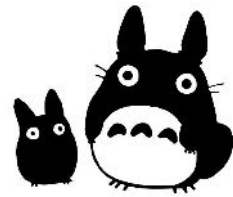


Our Safe Place is a drop-in center for youth up to the age of 21

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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>Memorial Day CLOSED</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>Astrology Club We will be discussing your Big Three (Sun, Moon, and Rising) Astrology from a self-care perspective, 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>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: oursafespace@csbcs.org Instagram: @sbcspouth</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!