<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Cat]</td>
<td>Expressive Arts @3PM</td>
<td>Herbalism Club @3:30PM</td>
<td>Resource Navigation</td>
<td>Feel Good Movie Day @3:30PM</td>
<td>Youth Chat (Gender Spectrum) @3PM</td>
<td>Game Night! @5PM</td>
</tr>
<tr>
<td>![Heart]</td>
<td>Self Care Sunday @4PM</td>
<td>Expressive Arts @3PM</td>
<td>Astrology Club @3PM</td>
<td>Mentoring Group @5PM</td>
<td>Feel Good Movie Day @3:30PM</td>
<td>Youth Chat (LGBTQ+ Dreaming) @3PM</td>
</tr>
<tr>
<td>![Heart]</td>
<td>Self Care Sunday @4PM</td>
<td>Expressive Arts @3PM</td>
<td>Herbalism Club @3:30PM</td>
<td>Resource Navigation</td>
<td>Feel Good Movie Day @3:30PM</td>
<td>Game Night! @5PM</td>
</tr>
<tr>
<td>![Heart]</td>
<td>Self Care Sunday @4PM</td>
<td>Expressive Arts @3PM</td>
<td>Astrology Club @3PM</td>
<td>Caregiver Jam (See Index for more info) @6PM</td>
<td>Feel Good Movie Day @3:30PM</td>
<td>Cooking Night @4:30PM</td>
</tr>
<tr>
<td>![Heart]</td>
<td>Self Care Sunday @4PM</td>
<td>Expressive Arts @3PM</td>
<td>Herbalism Club @3:30PM</td>
<td>Resource Navigation</td>
<td>Feel Good Movie Day @3:30PM</td>
<td>Tea Time with Ty @4PM</td>
</tr>
<tr>
<td>![Heart]</td>
<td>Self Care Sunday @4PM</td>
<td>Closed for Memorial Day</td>
<td>Herbalism Club @3:30PM</td>
<td>Resource Navigation</td>
<td>Feel Good Movie Day @3:30PM</td>
<td>Tea Time with Ty @4PM</td>
</tr>
</tbody>
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**DROP IN HOURS**
Mon - Fri: 3pm—7pm
Sat & Sun: 4pm—8pm

Services are available via phone, zoom, and by appointment.
**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:
- Yoga
- Meditation
- Mindfulness Activities
- Art
- Music Making
- Guitar
- Piano
- Puzzles
- Reading

**Expressive Arts**
Create art with others here at OSP!
- Painting
- Chalk art
- Origami
- Collaging
- Crocheting
- Book Making
- Sewing

Express yourself with the tools we have at the center and be a part of our growing art gallery.

**Memorial Day**
CLOSED

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**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!

**Astrology Club**
We will be discussing your Big Three (Sun, Moon, and Rising) Astrology from a self-care perspective, and more!

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**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.

**Resource Navigation**
Need help applying for jobs, scholarships or figuring out “Adult” stuff?*. We will be here to guide you through it!

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**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.

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**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.

*Please inform us of any food allergies, restrictions, and food texture aversions so we can accommodate accordingly*

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**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!

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**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!

**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.

**Game Night!**
Let’s have some board game/video game fun! We have lots of games to choose from:
- Uno
- Clue
- We Are Not Really Strangers
- Mario Kart
- Jump Force
- Smash Bros
- And more!