


































Our Safe Place– Central May 2023



Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (619) 972-8983

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. Meet-up Mondays Workshops 4-5pm  On: Breathing 101	2. LGBTQties Day 	3. Movie Night: Shark Tale 	4. Expressive Arts Workshop 4pm–6pm 	5. GAYme Night 4pm–6pm 	6. Move Ya Body-ody-ody 4pm-5pm 
7. Self-Care Sunday @4pm-5pm 	8. Meet-up Mondays Workshops 4-5pm  On: Acrylic paint techniques.	9. LGBTQties Day 	10. Movie Night: Lorax  Caregiver Jam @ 6-7pm	11. Expressive Arts Workshop 4pm–6pm 	12. GAYme Night 4pm–6pm 	13. Move Ya Body-ody-ody 4pm-5pm 
14. Self-Care Sunday @4pm-5pm 	15. Meet-up Mondays Workshops 4-5pm  On: Volunteering 101	16. LGBTQties Day  Mentor Group 4-5 pm	17. Movie Night: Chupa 	18. Expressive Arts Workshop 4pm–6pm  Mentor group 4-5pm	19. GAYme Night 4pm–6pm 	20. Move Ya Body-ody-ody 4pm-5pm 
21. Self-Care Sunday @4pm-5pm 	22. Meet-up Mondays workshops 4-5pm  On: Makeup 101	23. LGBTQties Day 	24. Movie Night: Over the Hedge 	25. Expressive Arts Workshop 4pm–6pm 	26. GAYme Night 4pm–6pm 	27. Move Ya Body-ody-ody 4pm-5pm 
28. Self-Care Sunday @4pm-5pm 	29. Closed for Memorial Day 	30. LGBTQties Day 	31. Movie Night: Over the moon 			

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Meet up Mondays</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>Memorial Day CLOSED</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! drinks and popcorn provided!</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>Move ya 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>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>
Contacts	COVID-19 Considerations	Mentoring Group (coping skills)	Caregiver Jam	<p align="center">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>Get questions answered or information on how to access groups!!</p> <p>Get set up with staff for 1:1 check-ins!!</p> <p>Contacts: Roisin Mackenzie (They/Them) Youth Support Partner (619) 871-8342</p> <p>Gaby Diaz (She/Her) Youth Support Partner (619) 990-3651</p> <p>Jen Barnes (She/They) 619-466-9599</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>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 space of support to tackle LGBTQ+ specific needs and topics that will support your youth and family!!</p> <p>Our Caregiver Team will bring in various themes and topics to support the dialogue.</p>			