

































# Our Safe Place – East

## May 2023



Spring Valley East Community Center - 3845 Spring Drive, Spring Valley 91977 Room 13

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. LGBTQies Day @3pm 	2. Tuesday workshops @4pm  On: breaking stereotypes	3. GAYme Night @4pm 	4. Expressive Arts Crocheting @4pm 	5. Movie Night Harry Potter Sorcerer's stone 	6. ANIME CLUB @4pm 
7. Self-Care Sunday @4pm 	8. LGBTQies Day @3pm 	9. Tuesday Workshops @4pm  On: Healthy Relationships	10. GAYme Night @4pm 	11. Expressive Arts Empower posters @4pm 	12. Movie Night Harry Potter The chamber of Secrets 	13. ANIME CLUB @4pm 
14. Self-Care Sunday @4pm 	15. LGBTQies Day @3pm 	16. Tuesday Workshops @4pm  On: Coming Out Forever??	17. GAYme Night @4pm  Mentor Group @6pm	18. Expressive Arts collaging @4pm 	19. Movie Night Harry potter And the Prisoner of Azkaban 	20. Anime Club @4pm-8pm 
21. Self-Care Sunday @4pm 	22.. LGBTQies Day @3pm 	23. Tuesday Workshops @4pm  On: Depression	24. GAYme Night @4pm  Caregiver Jam @6pm	25. Expressive Arts Makeup Practice @4pm 	26. Movie Night Harry potter And the Goblet of Fire 	27. ANIME CLUB @4pm 
28. Self-Care Sunday @4pm 	29. <b>Closed for Memorial Day</b>	30. Tuesday Workshops @4pm  On: Boundaries 101	31. GAYme Night @4pm 			

**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><b>Self Care Sunday</b></p> <p>In what ways do you practice self care? This is an opportunity to practice or learn new self care tips and 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><b>LGBTQties Day</b></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 and enjoy hanging out in a safe and accepting space.</p> <p><b>Closed on 05/29</b> OSP will be close in observance of memorial day</p>	<p><b>Tuesday Workshops</b></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 a workshop on your topic!</p>	<p><b>GAYme Night</b></p> <p>GAYme night is a chance to socialize with others and have a little friendly competition! Every week we'll play a different game which include games on the Xbox, Nintendo switch, PlayStation, as well as board games, trivia, and card games.</p>	<p><b>Expressive Arts</b></p> <p>Come check out our creative space with peers where we'll explore different forms 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, and reflect on different ways that we can all grow through our art.</p>	<p><b>Movie Night</b></p> <p>Lights, camera, action!</p> <p>Join us on movie-watching Wednesday for a night of thrills, chills, romance, action, adventure, drama, and every now then an educational movie.</p> <p><u>Drinks and Popcorn are provided!</u></p>	<p><b>Anime Club</b></p> <p>Come join us every Saturday to nerd out, watch, draw, read and discuss different anime shows, movies, and fan theories!</p> <p>For more information please contact:</p> <p>Gilbert Gontes (they/them) Youth Support Partner (619)502-2976</p>
<p><b>Contacts</b></p> <p>Have questions? Reach out to us!</p> <p><b>Joke Ilanit</b> Youth Support Partner (she/her) (619)502-2977</p> <p><b>Gilbert Gontes</b> (they/them) Youth Support Partner (619)502-2976</p> <p><b>Jen Barnes</b> (they/she) Drop-in Center Lead (619)466-9599</p> <p><b>Kate DeBerardinis</b> (she/her) Program Director (619) 455-7176</p>	<p><b>COVID-19 Considerations</b></p> <p>Our Safe Place provides hybrid services with both in-person and zoom options!</p> <p>We screen for COVID related symptoms, masks are optional in the drop-in center.</p> <p>Interested in one of our zoom groups? Reach out for the zoom link and password!!</p>	<p><b>Mentoring Group (Coping Skills)</b></p> <p>Mentees will discuss their own coping skills as well as learn more ways to regulate their emotions. Practices such as mindfulness will be discussed and taught, as well as the differences between states of mind.</p> <p>Interested in becoming a Mentor? Please reach out to Jen Barnes at <a href="mailto:jbarnes@sdyouthservices.org">jbarnes@sdyouthservices.org</a></p>	<p><b>Caregiver Jam</b></p> <p>Come join with other parents and caregivers of LGBTQ+ kiddos as we create a safe space for LGBTQ+ specific needs and topics that will support yourself, your youth and families!</p> <p>Hoping to discuss a specific topic? Reach out to Joke Ilanit at <a href="mailto:jilanit@sdyouthservice.org">jilanit@sdyouthservice.org</a></p>	<p><b>Snacks and beverages</b></p> <p>We always ask and Provide our youth with snacks and beverages</p>	<p><b>Questions, Suggestions, &amp; Support</b></p> <ul style="list-style-type: none"> <li>* 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!</li> <li>* Have suggestions on future workshops, expressive arts groups, or movie nights? Reach out to Gilbert or Joke to tell us your suggestions!</li> <li>* Have any questions or concerns about accessing our services or events? Email or call us, we are here for you!</li> </ul>	