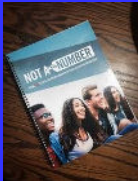

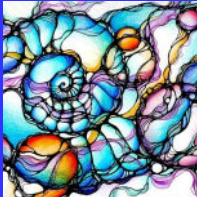







# Drop-In Center Groups Calendar

# JANUARY

MON 1/1	TUES 1/2	WED 1/3	THURS 1/4	FRI 1/5	SAT 1/6
<p>ICARE Closed Happy New Year!</p>	<p>CSEC prevention @ Polinsky Children's Center 6pm-7pm</p>  <p>Not a Number 5pm-6:30pm</p>	<p>MCYC Peer Support 5pm-6:30pm</p> 	<p>Growing Through Self Creation Workshop 5pm-6:30pm</p> 	<p>Drop-In Center open 3pm-7pm</p>	<p>Drop-In Center open 4pm-8pm</p>

SUN 1/7	MON 1/8	TUES 1/9	WED 1/10	THURS 1/11	FRI 1/12	SAT 1/13
Drop-In Center open 4pm-8pm	Wellness and Active group 5pm-6:30pm 	CSEC prevention @ Polinsky Children's Center 6pm-7pm  Not a Number 5pm-6:30pm	MCYC Peer Support 5pm-6:30pm 	Growing Through Self Creation Workshop 5pm-6:30pm 	Caregiver Support Group 5pm-6:30pm 	Drop-In Center open 4pm-8pm

SUN 1/14	MON 1/15	TUES 1/16	WED 1/17	THURS 1/18	FRI 1/19	SAT 1/20
Drop-In Center open 4pm-8pm	ICARE closed Martin Luther King Jr. day	CSEC prevention @ Polinsky Children's Center 6pm-7pm  Not a Number 5pm-6:30pm	MCYC Peer Support 5pm-6:30pm 	Growing Through Self Creation Workshop 5pm-6:30pm 	Drop-In Center open 3pm-7pm	Drop-In Center open 4pm-8pm

SUN 1/21	MON 1/22	TUES 1/23	WED 1/24	THURS 1/25	FRI 1/26	SAT 1/27
Drop-In Center open 4pm-8pm	Wellness and Active group 5pm-6:30pm 	Not a Number 5pm-6:30pm  CSEC Prevention @ Polinsky Children's Center 6pm-7pm	MCYC Peer Support 5pm-6:30pm 	Growing Through Self Creation Workshop 5pm-6:30pm 	Drop-In Center open 3pm-7pm	Drop-In Center open 4pm-8pm

SUN 1/28	MON 1/29	TUES 1/30	WED 1/31
Drop-In Center open 4pm-8pm	Wellness and Active group 5pm-6:30pm 	Not a Number 5pm-6:30pm  CSEC Prevention @ Polinsky Children's Center 6pm-7pm	MCYC Peer Support 5pm-6:30pm 

## Group Descriptions

CSEC Prevention	Growing Through Self Creation Workshop	MCYC Peer Support	Caregiver Support Group	Wellness and Active Group	Not a Number
<p>This group will provide a safe space for youth to process experiences they have had and/ or ask questions pertaining to CSEC. Staff will discuss many topics including how to recognize red flags, safety planning, consent, psychoeducation about CSEC, and more.</p>	<p>Six weeks of programming put on by the organization, Girls Rising Above Child Exploitation (GRACE). The sessions involve a particular creative focus often times including art techniques such as acrylic paint pouring, sketching, collage, guided paint sessions and more.</p>	<p>A group for youth that focuses on empowerment and trauma healing related to trafficking, CSEC and complex trauma. The focus of the group is on self-esteem, self-worth, identity, self-care, safe coping, relationships, and community building.</p>	<p>The caregiver support group is designed to provide support to caregivers of youth who have been or are at risk of being sexually exploited. The group provides a supportive environment where parents and caregivers can learn and practice new skills to manage stress and relate to and learn from other parents going through similar situations. Caregivers will learn about various topics including education on CSEC, Risk Factors, effects of trauma, self-care and much more!</p>	<p>The purpose of this group is to engage youth in positive physical activities to promote wellness of the whole person. There will be a variety of activities offered. Some of these activities include yoga, kick boxing, meditation, and much more. The youth will have the opportunity to find positive outlets and coping skills.</p>	<p><i>Not a Number</i> is an interactive child trafficking and exploitation prevention curriculum designed to provide youth with information and skills in a manner that inspires them to make safe choices. Youth learn to identify and utilize healthy support systems that may decrease their vulnerabilities.</p>

**Drop- In Center Hours:**

**Mon- Fri, 3pm-7pm**

**Sat-Sun, 4pm-8pm**

**For more information on I CARE or the groups we offer, please call:**

**619-521-2250**

