

































Our Safe Place – Central

APRIL 2024



Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (858) 466-9599

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. LGBTQties Day 4pm-6pm 	2. Workshop Day 4pm-6pm 	3. Movie Night 	4. Expressive Arts Workshop 4pm-6pm 	5. GAYme Night 	6. Special Interest Saturday 4pm-5pm 
7. Self-Care Sunday 4pm-5pm 	8. LGBTQties day 4pm-6pm 	9. Field Trip to Comic-Con Museum @ Balboa Park 3pm-5pm 	10. Movie Night  Mentor Group 4pm-5pm	11. Expressive Arts Workshop 4pm-6pm 	12. GAYme Night 4pm-6pm 	13. Special Interest Saturday 4pm-5pm 
14. Self-Care Sunday 4pm-5pm 	15. LGBTQties day 4pm-6pm 	16. Workshop day 4pm-6pm 	17. Movie Night  Caregiver Jam	18. Expressive Arts Workshop 4pm-6pm 	19. GAYme Night 4pm-6pm 	20. Special Interest Saturday 4pm-5pm 
21. Self-Care Sunday 4pm-5pm 	22. LGBTQties day 4pm-6pm 	23. Workshop day 4pm-6pm 	24. Movie Night 	25. Expressive Arts Workshop 4pm-6pm 	26. GAYme Night 4pm-6pm 	27. Special Interest Saturday 4pm-5pm 
28. Self-Care Sunday 4pm-5pm 	29. LGBTQties day 4pm-6pm 	30. Workshop day 4pm-6pm 				

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>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>	<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>Workshop Day</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>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! <u>drinks and popcorn provided!</u></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>Special Interest Saturday</p> <p>By popular demand! Stop by and share your current special interest with your peers and staff. Everyone will get time to share!</p>
<p>Events/Closed</p>	<p>COVID-19 Considerations</p>	<p>Mentoring Group (Coping Skills)</p>	<p>Caregiver Jam</p>	<p>Questions, Suggestions, & Support</p>		
<p>Field Trip to Comic-Con Museum @ Balboa Park Join us as we visit the Comic-Con Museum for free museum Tuesday @ Balboa Park</p> <p>Food Pantry Drive 04/25 Youth will be driven to Feeding San Diego to grab food.</p> <p>Family Feast 04/21 Bring your family or Chosen family to come and have some food to eat at our Central location.</p> <p>Resource Navigation 04/14 Need help applying for jobs, scholarships or figuring out "Adult" stuff?". We will be here to guide you through it!</p>	<p>Our Safe Place is providing hybrid services with both in-person and teams options!</p> <p>We screen for COVID related symptoms and mask wearing is always welcomed.</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 safe space for LGBTQ+ specific needs and topics that will support your youth and families!</p> <p>Hoping to discuss a specific topic? Reach out beforehand and let us know :</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>Gaby—Gdiaz@sdyouthservices.org / 619-990-3651 Emma—eorozco@sdyouthservices.org / 619-871-8342 Jen—jbarnes@sdyouthservices.org / 619-466-9599 Kate—kdeberardinis@sdyouthservices.org</p>		