



Our Safe Place - East April 2024



Spring Valley East Community Center - 3845 Spring Drive, Spring Valley 91977 Room 13 (619-525-9903)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. LGBTQites Day	2. 3:30-4:30pm	3. Gayme Night	4. Expressive Arts @3pm	5. Movie Night @4pm	6. Nature Club @4pm
7. Self Care Sunday	8. LGBTQites Day	9. Balboa trip 3pm-5pm Caregiver Jam 5pm-6pm	10. Gayme Night	11. Karaoke Night @3pm	12. Movie Night @4pm	13. Nature Club @4pm
14. Self Care Sunday	15. LGBTQites Day	16. 3:30pm-4:30pm Resource Navigation 5pm-6pm	17. Gayme Night	18. Expressive Arts @3pm	19. Movie Night @4pm	20. Nature Day @4pm
21. Self Care Sunday	22. LGBTQites Day	23. 3:30pm-4:30pm Food Pantry Drive 12pm-2pm	24. Gayme Night	25. Family Dinner 4pm-6pm	26. Movie Night @4pm	27. Nature Club @4pm
28. Self Care Sunday	29. LGBTQites Day	30. 3:30pm-4:30pm Mentoring Group 5pm-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 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>LGBTQties Day</p> <p>Come kick back, connect with other LGBTQ+ youth, and build a support network. Bring a friend and enjoy hanging out in a safe and accepting space.</p>	<p>Workshops</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>GAYme Night</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>Expressive Arts</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>Movie Night</p> <p>Lights, camera, action!</p> <p>Join us every Friday 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>Nature Club</p> <p>Come join us every Saturday to spend time outside, gardening, plant talk, and enjoying the sun and breeze!</p> <p>For more information please contact :</p> <p>Gilbert Gontes (they/them) Youth Support Partner (619)502-2976</p>
<p>Contacts</p> <p>Have questions? Reach out to us!</p> <p>Cole Heiskala Youth Support Partner (He/Him) (619)502-2976</p> <p>Gilbert Gontes (they/them) Youth Support Partner (619)502-2976</p> <p>Jen Barnes (they/she) Drop-in Center Lead (619)466-9599</p>	<p>COVID-19 Considerations</p> <p>Our Safe Place provides hybrid services with both in-person and telehealth options through Microsoft Teams!</p> <p>We screen for COVID related symptoms, practice social distancing, and masks are encouraged in the drop-in center.</p> <p>Interested in one of our telehealth groups? Reach out for the link!</p>	<p>Mentoring Group (Coping Skills)</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 jbarnes@sdyouthservices.org</p>	<p>Caregiver Jam</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 at jilanit@sdyouthservice.org</p> <p>Need help applying for jobs, scholarships or figuring out "Adult" stuff?". We will be here to guide you through it!</p>	<p>Closures & Special events</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, 2220 Broadway! Rides can be provided as needed!</p> <p>Karaoke Night 04/11 Come express yourself With some Karaoke Singing</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>Balboa Trip 04/09 We will provide a ride to balboa for the free museum</p>	<p>Questions, Suggestions, & Support</p> <p>* 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!</p> <p>* Have suggestions on future workshops, expressive arts groups, or movie nights? Reach out to Gilbert or Joke to tell us your suggestions!</p> <p>* Have any questions or concerns about accessing our services or events? Email or call us, we are here for you!</p> <p>Gilbert—ggontes@sdyouthservices.org Cole—cheiskala@sdyouthservices.org Jen—jbarnes@sdyouthservices.org</p>	