

SUN 10/6	MON 10/7	TUES 10/8	WED 10/9	THURS 10/10	FRI 10/11	SAT 10/12
Drop-In Center open 4pm-8pm	<p>Healthy Relationships @ drop in center 5pm-6pm</p> <hr/> <p>Caregiver Support group 6pm-7pm</p>	<p>MCYC Peer Support Topic: What does a good friend look like? 5pm-6pm</p> <hr/> <p>CSEC prevention @ Polinsky Children's Center 6pm-7pm</p>	<p>Health and Wellness group 5pm-6pm</p> 	<p>Expressive Arts Group 5pm-6pm</p> 	Drop-In Center open 3pm-7pm	Drop-In Center open 4pm-8pm

SUN 10/13	MON 10/14	TUES 10/15	WED 10/16	THURS 10/17	FRI 10/18	SAT 10/19
Drop-In Center open 4pm-8pm	Healthy Relationships @ drop in center 5pm-6pm	<p>MCYC Peer Support Topic: Effective Communication 5pm-6pm</p> <hr/> <p>CSEC prevention @ Polinsky Children's Center 6pm-7pm</p>	<p>Health and Wellness group 5pm-6pm</p> 	<p>Expressive Arts Group 5pm-6pm</p> 	Drop-In Center open 3pm-7pm	Drop-In Center open 4pm-8pm

SUN 10/20	MON 10/21	TUES 10/22	WED 10/23	THURS 10/24	FRI 10/25	SAT 10/26
Drop-In Center open 4pm-8pm	Healthy Relationships @ drop in center 5pm-6pm <hr/> Caregiver Support Group 6pm-7pm	MCYC Peer Support Topic: Emotion Identification 5pm-6pm <hr/> CSEC Prevention @ Polinsky Children's Center 6pm-7pm	Health and Wellness group 5pm-6pm 	Expressive Arts Group 5pm-6pm 	Drop-In Center open 3pm-7pm	Drop-In Center open 4pm-8pm

SUN 10/27	MON 10/28	TUES 10/29	WED 10/30
Drop-In Center open 4pm-8pm	Healthy Relationships @ drop in center 5pm-6pm 	MCYC Peer Support Topic: Self Care 5pm-6pm <hr/> CSEC Prevention @ Polinsky Children's Center 6pm-7pm	Health and Wellness group 5pm-6pm



Group Descriptions

CSEC Prevention	Expressive Arts	MCYC Peer Support	Caregiver Support Group	Health and Wellness	Healthy Relationships
<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>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 activities and 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 psychoeducation on various health topics.</p>	<p>This group will help youth identify characteristics of a healthy relationship and unhealthy relationships. The group will focus on how to cultivate healthy relationships and what to do when there are unhealthy relationship dynamics.</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

