





Our Safe Place – South Bay

September 2020

Purple= Zoom Groups
(email for details)
Blue= Onsite Groups

South Bay Community Services—Trolley Trestle Youth Hub 746 Ada St., Chula Vista CA 619-628-2444 oursafeplace@csbcs.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. Puzzling 4PM Glam Up 5PM	2. Youth Chat (Coping Skills) 4PM Game Night 4PM	3. Open Art Studio 4PM TikTok Talk 5PM	4. Youth Chat (Open Discussion) 4PM Salt Painting 5PM	5. Board Games 4PM 
6. Board Games 4PM	7. Youth Check-in 3PM Trivia 4PM	8. Open Art Studio 4PM Glam Up 5PM	9. Youth Chat (Navigating Virtual Education) 4PM Game Night 4PM	10. Karaoke 4PM TikTok Talk 5PM 	11. Youth Chat (Open Discussion) 4PM Movie Night 5PM	12. Self-care Session 3PM Game Night 5PM
13. Self-care Session 3PM Pictionary 5PM	14. Youth Check-in 3PM Trivia 5PM	15. Homework Help 3PM Glam Up 5PM 	16. Youth Chat (Processing 2020) 4PM Game Night 6PM	17. TikTok Talk 4PM Scattergories 6PM	18. Youth Chat (Open Discussion) 4PM Movie Night 6PM	19. Self-care Session 3PM Game Night 5PM
20. Self-care Session 3PM Pictionary 5PM 	21. Youth Check-in 3PM Trivia 5PM	22. Homework Help 3PM Glam Up 5PM	23. Youth Chat (Activists) 4PM Game Night 6PM 	24. TikTok Talk 4PM Scattergories 6PM	25. Youth Chat (Open Discussion) 4PM Movie Night 6PM	26. Self-care Session 3PM Game Night 5PM
27. Self-care Session 3PM Pictionary 5PM	28. Youth Check-in 3PM Trivia 5PM	29. Homework Help 3PM Glam Up 5PM	30. Youth Chat (Open Discussion) 4PM Game Night 6PM			

Monday-Sunday: 12pm - 8pm



Our Safe Place Group Index

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Youth Chat	Youth Check-in	Game Night	Movie Night	Glam Up	Trivia
Peer-led support group to discuss topics such as: gender identity, coming out, mental health, skill building and more!	Let's check-in over the phone about your mental health? How are you coping? We will chat about healthy coping skills and positive self-talk	Wednesdays are virtual game nights at OSP! Join in on your phone to play Jackbox Tv and other games online	We will all watch the same movie and have an online discussion about the story and impact of the movie/tv show	Tuesday nights are for expressing yourself through skin care, makeup, and hair. Teach and learn about self-care through glam	Test your knowledge with a game of LGBTQ+ Trivia on Kahoot
TikTok Talk	Self-Care Session	Pictionary	Scattergories	Homework Help	Board Games
On Thursdays we give youth a space to share and discuss their favorite TikToks of the week	Self-care at home activities include yoga, stretching, face masks, journaling, and meditation	Test your drawing skills with a draw and guessing game!	Come play this creative-thinking, category-based game with friends	School is back in session. Join us for assistance with your new classes	Disconnect from technology, explore, teach, learn new card games and board games with your peers
Open Art Studio	Karaoke	Salt Painting	Puzzling		
Come create your own work of art that expresses your unique talents and imagination.	Karaoke is a fun way to break outside of your comfort zone and enjoy time with your peers	Use a combination of salt and watercolor to create unique art pieces.	Work together to piece together beautiful puzzles		