



Our Safe Place— South Bay

June 2022






Purple= ZOOM Groups
(email for codes)
oursafeplace@csbcs.org
Black: Drop-in Services

SBCS—Trolley Trestle Youth Hub

746 Ada St., Chula Vista CA

619-628-2444

oursafeplace@csbcs.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		HAPPY PRIDE MONTH!!!!	1. Discussing HRT @1PM Caregiver Jam @6pm	2. Job Hunt and preparedness @4PM Caregiver Jam @6pm	3. Youth Chat (Exploring Gender) @5PM Caregiver Jam @ 6pm	4. Painting @1PM Youth Chat (Open Discussion) @3PM
5. Art Space @ 3pm Youth Chat (Open Discussion) @ 5PM	6. Navigating Gender Affirming Services @5pm	7. Caregiver Jam @ 6pm Youth Chat (Navigating Family) @7PM	8. Discussing HRT @1PM Caregiver Jam @6pm	9. Job Hunt and preparedness @4PM Caregiver Jam @6pm	10. Youth Chat (Exploring Gender) @5PM Caregiver Jam @ 6pm	11. Coming out Prep @1pm Movie Night @3PM Youth Chat (Open Discussion) @5PM
12. Self Care Sunday @3pm Youth Chat (Open Discussion) @ 5PM	13. Non-Binary Talk Group @ 4pm	14. Caregiver Jam @6pm Youth Chat (Navigating Family) @7PM	15. Resource Navigation @1PM Caregiver Jam @6pm	16. Job Hunt and preparedness @4PM Caregiver Jam @6pm	17. Youth Chat (Exploring Gender) @5PM Caregiver Jam @ 6pm	18. Painting @1PM Youth Chat (Open Discussion) @5PM
19. Art Space @ 3pm Youth Chat (Open Discussion) @ 5PM	20. Navigating Gender Affirming Services @5pm	21. Caregiver Jam @ 6pm Youth Chat (Navigating Family) @7PM	22. Resource Navigation @1PM Caregiver Jam @6pm	23. Book Club @4PM Caregiver Jam @6pm	24. Youth Chat (Exploring Gender) @5PM Caregiver Jam @ 6pm	25. Coming out Prep @1pm Movie Night @3pm Youth Chat (Open Discussion) @5PM
26. Self Care Sunday @ 3pm Youth Chat (Open Discussion) @ 5PM	27. Non-Binary Talk Group @ 4pm 	28. Caregiver Jam @ 6pm Youth Chat (Navigating Family) @7PM	29. Discussing HRT @1PM Caregiver Jam @6PM	30. Book Club @4PM Caregiver Jam @6pm		

Drop-In Hours
Sunday-Monday
12pm-8pm



Our Safe Place Group Index

Our Safe Place is a drop-in center for youth up to the age of 21

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Self-Care Sunday: Have some tea, a snack, vent about the week and take a breather! We will have various self-care activities throughout the month,</p> <p>Youth Chat (Open Discussion) Peer led support group to discuss various topics related to gender and sexuality</p>	<p>Non-Binary Talk Group A place to talk about non-binary gender identity, ask questions about non-binary experiences and hang out with other enbys!.</p> <p>Navigating Gender Affirming Services Thinking about gender affirming services like HRT or other kinds of medical transition? Come and talk to us!</p>	<p>Youth Chat (Navigating Family) Peer led support for navigating challenging family dynamics, learning how to ask for support, or coming out to family.</p>	<p>Resource Navigation Need help applying for jobs, scholarships or figuring out "Adult" stuff?". We will be here to guide you through it!</p> <p>DISCUSSING HRT: A time for youth and YSP to talk openly about HRT and access/resources to get HRT and what comes along with that. For people wanting more information, who are curious, or who may have a loved one starting HRT or interested in receiving HRT.</p>	<p>Job Hunt and Preparedness Come to get help looking for jobs, creating a resume, getting resources for jobs, and help with job interviews, etc. Anything job related, we are here to help!</p> <p>Book Club Let's read!!!</p>	<p>Youth Chat (Exploring Gender): Peer-led support group to discuss gender identity for those who are wanting space to explore gender without feeling pressure of "figuring it out".</p>	<p>Coming out prep Peer-led support group to discuss topics such as how to approach coming out, having an emergency plan, determining the level of safety in your environment, etc.</p> <p>Movie Night We will all watch the same movie and have a discussion about the story and impact of the movie/TV show.</p> <p>Painting Space for expressive art through painting!</p>
Sunday (cont.)		Questions/Needs?	Caregiver Jam		SPECIAL EVENT!	OurSafePlace@csbcs.org
<p>Art Space Want to explore a craft, work on a creative project or doodle to your hearts content? Come hang out during our Art Space hour!</p>		<p>Get questions answered or information on how to access our services!!</p> <p>Get set up with staff for 1:1 support on a variety of needs; housing, educational, recreational, linkages to affirming medical care, and more!!</p>	<p>Come join with other LGBTQ+ Family and Caregivers as we create a space of support to tackle LGBTQ+ specific needs and topics that will support your youth and family!!</p>	<p>Our Caregiver Team will bring in various themes and topics to support the dialogue.</p> <p>Please let us know of any specific needs!!</p> <p>For information contact: oursafeplace@csbcs.org</p>		

Contact us at:
oursafeplace@csbcs.org