



Our Safe Place– Central December 2020



Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102 (619) 871-8342

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Free For All 3pm-6pm Parent Drop-In 6:30pm-7:30pm	2 Workshop Wed! @ 5pm Packing 101 Parent Drop-In 6:30pm-7:30pm	3 Parent Drop-In 6:30pm-7:30pm	4 The Topic Is... Coping Skills @5	5 Mindfulness Wellness Meditation
6 Self-Care Sunday @ 2pm	7 #adulging101 @ 4pm - 6pm @ DIC Parent Drop-In 6:30pm-7:30pm	8 Free For All 3pm-6pm Parent Drop-In 6:30pm-7:30pm	9 Hump Day @ 5PM Parent Drop-In 6:30pm-7:30pm	10 Self-Compassion Series @5pm Parent Drop-In 6:30pm-7:30pm	11 The Topic Is.. Misgendered @5	12 Mindfulness Wellness Meditation
13 Self-Care Sunday @ 2pm	14 #adulging101 @ 4pm - 6pm @ DIC Parent Drop-In 6:30pm-7:30pm	15 Free For All 3pm-6pm Parent Drop-In 6:30pm-7:30pm	16 Workshop Wed! @ 5pm Binding 101 Parent Drop-In 6:30pm-7:30pm	17 Parent Drop-In 6:30pm-7:30pm	18 The Topic Is... Covid and the Holiday@5	19 Mindfulness Wellness Meditation
20 Self-Care Sunday @ 2pm	21 #adulging101 @ 4pm - 6pm @ DIC Parent Drop-In 6:30pm-7:30pm	22 Free For All 3pm-6pm Parent Drop-In 6:30pm-7:30pm	23 Hump Day @ 5PM Parent Drop-In 6:30pm-7:30pm	24 Christmas Eve DIC OPEN 12pm-4pm	25 Christmas Day DIC OPEN 12pm-4pm	26 Mindfulness Wellness Meditation
27 Self-Care Sunday @ 2pm	28 #adulging101 @ 4pm - 6pm @ DIC Parent Drop-In 6:30pm-7:30pm	29 Free For All 3pm-6pm Parent Drop-In 6:30pm-7:30pm	30 Workshop Wed! @ 5pm Parent Drop-In 6:30pm-7:30pm	31 Self-Compassion Series @5pm Parent Drop-In 6:30pm-7:30pm		

Drop-In Center Hours:
Sat - Mon: 12pm - 8pm
Tues - Fri: 3:30pm - 8pm
 (Services are available via phone, zoom, and by appointment from Monday-Sunday, 12pm-8pm)



Our Safe Place Group Index

Mel Martellaro (They/Them)
Lead Youth Support Partner
(619) 871-8342

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

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Self-Care Sundays Lets ZOOM in on what we can do for Self-Care during the chaos</p> 	<p>#adulthood Education and resources on how to apply for healthcare, college, resumes, etc... On Site At 2220 Broadway Drop-in</p> <p>Parent Drop-In 6:30pm-7:30pm Via Zoom</p>	<p>Free For All Friday Zoom @3pm—6pm</p> <p>The Topic Is... Psychoeducational Group Discussion</p> <p>Parent Drop-In 6:30pm-7:30pm Via Zoom</p>	<p>Hump Day a sex positive ZOOM EDUCATION Series for sexual health and education!</p> <p>Work shop Wednesdays @ 4pm</p> <p>Parent Drop-In 6:30pm-7:30pm Via Zoom</p>	<p>Parent Drop-In 6:30pm-7:30pm Via Zoom</p> <p>Self-Compassion Series Premier @5pm</p> <p>Christmas Eve DIC OPEN 12pm-4pm</p>	<p>The Topic Is... Psychoeducational Group Discussion @5pm</p> <p>Christmas Day DIC OPEN 12pm-4pm</p>	<p>Mindfulness Meditation Wellness ZOOM Series</p> <p>*Hours will vary depending on activity—contact Mel and to receive an invite!</p> <p>(Yoga, grounding, meditation and mindfulness activities)</p>

Due to the recent COVID-19 pandemic, Our Safe Place will be operating on a needs only basis. That means that at the physical drop-in location we will be providing showers, hygiene items, pick up your gender affirming items, and/or grab a snack. However, we want to ensure you have a safe place to get connected with staff and peers, so we have created activities and meeting spaces via ZOOM! Staff will send ZOOM invites to those who would like to join in the morning before the activity! **Please contact Mel at 619.871.8342 between the hours of 12pm and 8pm** for more information, how to access groups or to get set up with staff for check-ins. Thank you all for your understanding, please stay safe and wash those hands!