





Our Safe Place – South Bay

June 2020

All Groups will be virtual through “Zoom”
Please email for details

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. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Riddles) 4PM Movie Night & Discussion 6PM	2. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Story Sharing 6PM	3. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Career Aspirations) 4PM Trivia 6PM	4. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Pop Culture) 4PM Music Sharing 6PM	5. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Movie Night & Discussion 6PM	6. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (COVID Processing) 4PM Poetry Night 6PM
7. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Empowerment) 4PM Music Sharing 6PM	8. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Makeup Talk) 4PM Movie Night & Discussion 6PM	9. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Story Sharing 6PM	10. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Favorite Television) 4PM Makeup Tutorials 6PM	11. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (LGBTQ+ History) 4PM Trivia Night 6PM	12. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Movie Night & Discussion 6PM	13. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (COVID-19 Processing) 4PM Writing Workshop 6PM
14. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Flag Activity) 4PM Trivia Night 6PM	15. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Memes) 4PM Movie Night & Discussion 6PM	16. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Writing Workshop 6PM	17. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Idols) 4PM Makeup Tutorials 6PM	18. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Story Telling) 4PM Poetry Night 6PM	19. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Movie Night Discussion 6PM	20. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (COVID Processing) 4PM Music Sharing 6PM
21. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Coping Skills) 4PM Movie Night & Discussion 6PM	22. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Passions) 4PM Trivia Night 6PM	23. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Poetry Night 6PM	24. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Life After Covid) 4PM Music Sharing 6PM	25. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Safety) 4PM Movie Night & Discussion 6PM	26. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Makeup Tutorials 6PM	27. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (COVID-19 Processing) 4PM Movie Night & Discussion 6PM
28. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Show & Tell) 4PM Trivia Night 6PM	29. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Expression) 4PM Movie Night & Discussion 6PM	30. Morning Check-in 12/1PM Self-Care Session 2/3PM Youth Chat (Open Discussion) 4PM Poetry Night 6PM				

Monday-Sunday: 12pm - 8pm



Our Safe Place Group Index

South Bay Community Services—Trolley Trestle Youth Hub

746 Ada St. Chula Vista CA

619-628-2444

Youth Chat	Morning Check-in	Self-Care Session	Movie Night & Discussion	Poetry Night	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	Self-care at home activities include yoga, stretching, face masks, journaling, and meditation	We will all watch the same movie and have an online discussion about the story and impact of the movie/tv show	Share your favorite poem or create a poem to share. Using techniques like blackout poetry and other prompts	Test your knowledge with a game of LGBTQ+ Trivia on Kahoot
Story Sharing	Music Sharing	Makeup Tutorials			
Have a spooky story, an inspirational story, a funny story, here is the space to share	Share your favorite artists, bands, songs, playlists with the group and find new music to enjoy during your time at home	Let's follow along to some of the best makeup tutorials YouTube has to offer.			