



Our Safe Place— South Bay

February 2022

Purple= ZOOM Groups
(email for codes)
Red: Drive-Thru 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
		1. Vision Board + Chat @5pm Caregiver Jam @7pm	2. Youth Chat (Open Discussion) @5PM Caregiver Jam @6pm	3. Movie Night @4pm Caregiver Jam @7pm	4. *Drive-Thru Service 12-7pm Caregiver Jam @ 7pm	5. Drive-Thru Services 12-8pm
6. Virtual Art Space @ 3pm	7. Non-Binary Talk Group @6pm Caregiver Jam @ 7pm	8. Spanglish Group @5pm Caregiver Jam @7pm	9. Youth Chat (Open Discussion) @5PM Caregiver Jam @6pm	10. Movie Night @4pm Caregiver Jam @7pm	11. Drive-Thru Services 12-8pm	12. Drive-Thru Services 12-8pm
13. Virtual Art Space @ 3pm	14. Guided Meditation Monday @6pm Caregiver Jam @7pm	15. Vision Board + Chat @5pm Caregiver Jam @7pm	16. Youth Chat (Open Discussion) @5PM Caregiver Jam @6pm	17. Movie Night @4pm Caregiver Jam @7pm	18. Drive-Thru Services 12-8pm	19. Drive-Thru Services 12-8pm
20. Virtual Art Space @ 3pm	21. Non-Binary Talk Group @6pm Caregiver Jam @ 7pm	22. Spanglish Group @5pm Caregiver Jam @7pm	23. Youth Chat (Open Discussion) @5PM Caregiver Jam @6pm	24. Movie Night @4pm Caregiver Jam @7pm	25. Drive-Thru Services 12-8pm	26. Drive-Thru Services 12-8pm
27. Virtual Art Space @ 3pm 	27. Guided Meditation Monday @6pm Caregiver Jam @ 7pm	28. Vision Board + Chat @5pm Caregiver Jam @7pm				

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



Our Safe Place Group Index

ALL Activities Virtual on
ZOOM (email for codes)

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

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746 Ada St. Chula Vista CA

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Movie Night	Virtual Art Space	Non-Binary Talk Group	Youth Chat	Spanglish Group	Vision Board + Chat
We will all watch the same movie and have an online discussion about the story and impact of the movie/tv show	Create art with others from home, share art that you have been working on. Contact OSP if you are in need of art supplies to use at home!	A place to talk about non-binary gender identity, ask questions about non-binary experiences and hang out with other enbys!	Peer-led support group to discuss topics such as: gender identity, coming out, mental health, skill building and more!	A space to connect with fellow Spanglish speakers about language and Latine/x Culture.	Learn how to vision board and talk about future goals!
Guided Meditation Monday	Caregiver Jam	Drive-Thru			Questions/Needs??
Take some time to breathe and relax with a guided meditation + talk about tips for soothing anxiety and stress.	<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: oursafespace@csbcs.org</p>	<p>Friday & Saturday OSP will be open from 12-8pm for emergency resources (housing referrals, food resources) *Exception of 2/4/22 which will be 12-7pm</p> <p>All other OSP services will be available Sunday-Thursday</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>Please share ideas on groups you want to see!!</p> <p>oursafespace@csbcs.org</p>