


February 2017

Healthy Relationships: Our Voices Our Choices

Daily

Academic Enrichment for youth needing personalized tutoring.

SNACKS (Self-Care through Nutrition Awareness and Creative Kitchen Skills) programming where youth learn about and how to prepare healthy foods from 3:30 PM to 5:00 PM.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 AIR Leaders 4:00 PM to 5:00 PM Creative Arts <i>Games & Discussion</i> 5:00 PM to 6:00 PM	2 Youth Council 4:30 PM to 6:00 PM HEAL 5:00 PM to 6:00 PM	3 AIR Leaders 4:00 PM to 5:00 PM Community Gardening 4:00 PM to 5:00 PM Culture Keepers <i>Mind Mapping</i> 5:00 PM to 6:30 PM	4
5	6 Youth Council Exec. Meeting 4:00 PM to 5:00 PM Culture Keepers <i>Traditional Marriage Ceremony</i> 5:00 PM to 6:00 PM	7 I Strengthen My Nation <i>Healing Words</i> 5:00 PM to 6:00 PM	8 Youth Center CLOSED Staff Development	9 Youth Council 4:30 PM to 6:00 PM HEAL 5:00 PM to 6:00 PM	10 AIR Leaders 4:00 PM to 5:00 PM Community Gardening 4:00 PM to 5:00 PM THRIVE <i>#NotAlone</i> 5:00 PM to 6:00 PM	11 MICUNAY <i>Motivational Interviewing and Culture for Urban Native American Youth</i> 11:00 AM to 1:00 PM
12	13 Youth Council Exec. Meeting 4:00 PM to 5:00 PM Culture Keepers <i>Making of Dance Regalia & Story Pt. 1</i> 5:00 PM to 6:00 PM	14 I Strengthen My Nation <i>Two Wholes</i> 5:00 PM to 6:00 PM	15 AIR Leaders 4:00 PM to 5:00 PM Creative Arts <i>Aromatherapy Rice Bags</i> 5:00 PM to 6:00 PM QPR Training (Question, Persuade, and Refer) 6:00PM – 7:00 PM	16 Youth Council 4:30 PM to 6:00 PM HEAL 5:00 PM to 6:00 PM	17 AIR Leaders 4:00 PM to 5:00 PM Community Gardening 4:00 PM to 5:00 PM Culture Keepers <i>Bracelet Ceremony</i> 5:00 PM to 6:30 PM	18 Community Gardening Days 9:00 AM to 11:00 AM
19	20 Youth Center CLOSED 	21 I Strengthen My Nation <i>Leading Your Dreams</i> 5:00 PM to 6:00 PM	22 AIR Leaders 4:00 PM to 5:00 PM Creative Arts <i>Healthy Relationships Art Therapy</i> 5:00 PM to 6:00 PM Community Night 6:00 PM to 8:00 PM	23 Youth Council 4:30 PM to 6:00 PM HEAL 5:00 PM to 6:00 PM	24 AIR Leaders 4:00 PM to 5:00 PM Community Gardening 4:00 PM to 5:00 PM THRIVE <i>Inclusive Wellness</i> 5:00 PM to 6:00 PM	25 MICUNAY <i>Motivational Interviewing and Culture for Urban Native American Youth</i> 11:00 AM to 1:00 PM
26	27 Youth Council Exec. Meeting 4:00 PM to 5:00 PM Culture Keepers <i>Making of Dance Regalia & Story Pt. 2</i> 5:00 PM to 6:00 PM	28 I Strengthen My Nation <i>When Boredom Strikes</i> 5:00 PM to 6:00 PM				

Youth Center Hours: Monday through Friday 1:00 PM- 7:30 PM

2560 First Ave., Suite #103, San Diego, Ca. 92103

619.234.2158 Ext. 149 | youthcenter@sdaihc.com

For programming details please go to www.sdaihc.com/community/youth-families

The Youth Center is a department of the San Diego American Indian Health Center and is sponsored by the County of San Diego.



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