

# SAN DIEGO AMERICAN INDIAN HEALTH YOUTH CENTER

## MARCH 2026

SERVING YOUTH 10 - 24 YRS | OPEN M-F 10AM - 7PM | DROP-IN LOUNGE OPEN OUTSIDE OF SCHEDULED ACTIVITIES

SUN	MON	TUE	WED	THU	FRI	SAT
01 COMPLETE REGISTRATION 	02  DIGITAL STORY WORKSHOP  HYBRID (AGES 10 - 17) 4:30 - 6 PM	03  WATER COLOR ART  HYBRID (AGES 10-17) 4 - 6 PM	04  DANCING FOR HEALING @ BALLARD CTR (AGES 10-24) 6 - 8 PM	05  BEADING CLASS W/STEVE GARCIA (AGES 10-17) 4 - 6 PM	06  WELLNESS WORKOUT W/LEANNE (AGES 10-17) 3 - 6 PM	07
08	09  WALK & KRAFT W/KAT (AGES 10-17) 3 - 5 PM	10  HEALING GARDEN (AGES 10-17) 3 - 5 PM	11  DANCING FOR HEALING @ BALLARD CTR (AGES 10-24) 6 - 8 PM	12  TUPE TOBACCO EDUCATION W/NUTRANALI (AGES 10-24) 4 - 6 PM	13  BOOK CLUB  HYBRID (AGES 10-17) 4 - 6 PM	14
15	16  DIGITAL STORY WORKSHOP HYBRID (AGES 18-24) 4:30 - 6 PM	17  ROCK ART  HYBRID (AGES 18-24) 4 - 6 PM	18  MOCCASIN CLASS W/STEVE GARCIA (AGES 10-17) 4 - 6 PM	19  BEADING CLASS W/STEVE GARCIA W/NUTR MARIAN (AGES 18-24) 4 - 6 PM	20  WELLNESS WORKOUT W/LEANNE (AGES 18-24) 3 - 5 PM	21
22	23  WALK & KRAFT W/KAT (AGES 18-24) 3 - 5 PM	24  HEALING GARDEN (AGES 18-24) 3 - 5 PM	25  DANCING FOR HEALING @ BALLARD CTR (AGES 10-24) 6 - 8 PM	26  BRIDGE TO INDEPENDENCE (AGES 18-24) 4 - 6 PM	27  BOOK CLUB  HYBRID (AGES 18-24) 4 - 6 PM	28
29	30  DIGITAL STORY WORKSHOP HYBRID (AGES 10 - 17) 4:30 - 6 PM	31  WATER COLOR ART  HYBRID (AGES 10-17) 4 - 6 PM				



HYBRID: IN-PERSON (YOUTH CENTER) / ONLINE: (ZOOM)

2560 1ST AVE., STE 103, SAN DIEGO, CA 92103 / 619.234.2158 EXT. 146

THIS PROGRAM IS IN-PART MADE POSSIBLE FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES AND SUPPORTED UNDER CONTRACT WITH THE COUNTY OF SAN DIEGO.



**BEADING CLASS:** PRESENTED BY A CULTURAL EDUCATOR, DESIGNED TO PRESERVE NATIVE AMERICAN VALUES AND PRACTICES USING VARIOUS TOOLS SUCH AS LOOMS, LANYARDS, LEATHER, AND DOWEL KEYCHAINS.

**BOOK CLUB:** AN EXCITING WEEKLY READING SESSION WHERE YOU CAN DIVE INTO AMAZING BOOKS, DISCOVER NEW FAVORITES, AND GROW YOUR LOVE FOR READING IN A FUN, RELAXED SPACE. “**HYBRID** WILL ALSO BE OFFERED”

**WALK & KRAFT W/KAT:** A SAFE SPACE TO TALK ABOUT MENTAL HEALTH, GET MOVING, AND MAKE COOL CRAFTS - LED BY OUR AWESOME LMFT, KAT.

**WATERCOLOR/GOURD ART:** UTILIZE VARIOUS COLOR PALETTES TO CREATE YOUR OWN UNIQUE ART PIECE WITH DESIGNS, STYLES AND COLORS THAT ARE UNIQUE TO NATIVE AMERICAN TRIBES. “**HYBRID** WILL ALSO BE OFFERED”

**DANCING FOR HEALING:** LEARN DIFFERENT POWWOW DANCE STYLES, PROTOCOL AND ETIQUETTE. A TIME TO RENEW AND PRESERVE NATIVE AMERICAN CULTURE AND HERITAGE.

**TUPE TOBACCO EDUCATION:** PREVENTION CLASS TO INCREASE AWARENESS AND LEARN THE DIFFERENCE BETWEEN TRADITIONAL AND CEREMONIAL TOBACCO-USE.

**WELLNESS WORKOUT W/LEANNE:** GET MOVING WITH OUR WELLNESS COORDINATOR. LEARN SIMPLE EXERCISES AND STRETCHES. ALSO TAKE SHORT WALKS DESIGNED TO KEEP YOU ACTIVE AND FEELING YOUR BEST.

**DIGITAL STORYTELLING:** THIS WORKSHOP WILL GUIDE YOU THROUGH A PROCESS, STARTING WITH A STORY CIRCLE AND ENDING WITH A FILM SHOWING WHERE PARTICIPANTS CAN SHARE THEIR FINAL STORIES. THE WORKSHOP IS DESIGNED FOR PARTICIPANTS AGES 18 TO 24 WITH ALL LEVELS OF COMPUTER SKILLS, AND YOU WILL HAVE GUIDES AND PEERS TO SUPPORT YOU THROUGH THE PROCESS. “**HYBRID** WILL ALSO BE OFFERED”

**HEALING GARDEN:** JOIN US AT THE HEALING GARDEN! WE WILL BUILD AND CONNECT TO OUR ANCESTRAL AGRICULTURAL PRACTICES, TEND TO AND GATHER CROPS, AND PARTICIPATE IN FUN, CREATIVE ACTIVITIES! RELATIVES FROM ALL WALKS OF LIFE WELCOME.

**MOCCASIN CLASS:** DISCOVER THE ART OF MOCCASIN-MAKING WITH THE GUIDANCE OF OUR ON-SITE INSTRUCTOR, UTILIZING A RANGE OF TOOLS AND MATERIALS TO UPHOLD TRADITION AND HERITAGE.

**FEATURED EVENTS:** SPECIAL EXPERIENCES DESIGNED TO FOSTER MEANINGFUL CONNECTIONS, PROMOTE HEALING, AND BUILD A STRONG SENSE OF COMMUNITY WITH FAMILY AND FRIENDS.