

SDAIHC Urban Youth Center — August 2026 Program Calendar

SERVING YOUTH 10 - 24YRS | OPEN M-F 11AM - 8PM | DROP-IN LOUNGE OPEN EVERY DAY AND OUTSIDE OF SCHEDULED ACTIVITIES

Week / Time	Monday	Tuesday	Wednesday	Thursday	Friday
Week of Aug 03 [A]	3	4	5	6	7
2:00–2:30	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In
2:30–3:30	Medicine Wheel Teaching 	Hand Drum Making 	Native Star Quilting 	Indigenous Plant Medicine 	Intertribal Dance Styles 
3:30–4:30	Emotion Regulation (DBT) 	Harm Reduction Education 	Healthy Relationships & Consent 	White Bison / Wellbriety Group 	Community Service Project 
4:30–6:00	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games
6:00–7:00	Lacrosse Skills & Drills	Traditional Foods Tasting	Nature Walk & Mindfulness	Swimming / Water Safety 	Sleep Hygiene Workshop 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career (TAY) 	Family Support & Care Plan Review 	Community Celebration / Closing Circle
Week of Aug 10 [B]	10	11	12	13	14
2:00–2:30	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In
2:30–3:30	Totem & Symbol Art 	Traditional Fishing Techniques 	Ledger Art & Pictographs 	Sweat Lodge Teaching (discussion) 	Moccasin Making 
3:30–4:30	Stress & Anxiety Management 	Social Media & Identity 	Grief, Loss & Resilience 	White Bison / Wellbriety Group 	Vision Board & Goal Setting 
4:30–6:00	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games
6:00–7:00	Frisbee & Disc Golf	Fry Bread & Healthy Alternatives 	Stretching & Breathwork 	Handball / Wall Ball	Dental Health Education 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career (TAY) 	Family Support & Care Plan Review 	Community Celebration / Closing Circle 
Week of Aug 17 [A]	17	18	19	20	21
2:00–2:30	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In
2:30–3:30	Warrior Society History 	Native Flute Introduction 	Sacred Hoop & Dream Catcher 	Heirloom Seed Ceremony 	Indigenous Hip Hop & Poetry 
3:30–4:30	Emotion Regulation (DBT) 	Harm Reduction Education 	Healthy Relationships & Consent 	White Bison / Wellbriety Group 	Community Service Project 
4:30–6:00	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games
6:00–7:00	Stretching & Breathwork 	Smoothie & Nutrition Lab 	Dance Fitness (Zumba-style) 	Track & Field Relay	Meal Prep & Budgeting 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career (TAY) 	Family Support & Care Plan Review 	Community Celebration / Closing Circle
Week of Aug 24 [B]	24	25	26	27	28
2:00–2:30	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In	Check-in & Snack / Self Check-In
2:30–3:30	Clan & Kinship Systems 	Birchbark / Bark Art 	Traditional Games (Stickball) 	Native American Church History (educational) 	Star Knowledge & Navigation 
3:30–4:30	Stress & Anxiety Management 	Social Media & Identity 	Grief, Loss & Resilience 	White Bison / Wellbriety Group 	Vision Board & Goal Setting 
4:30–6:00	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games	Individual Counseling / AOD / Board games
6:00–7:00	Mental Health & Brain Health 	Meal Prep & Budgeting 	Tai Chi & Balance	Jump Rope & Agility	Mental Health & Brain Health 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career (TAY) 	Family Support & Care Plan Review 	Community Celebration / Closing Circle
Week of Aug 31 [A]	31	Sep 01	Sep 02	Sep 03	Sep 04
2:00–2:30	Check-in & Snack / Self Check-In	SIGN UP HERE 			
2:30–3:30	Beading & Traditional Arts				
3:30–4:30	Emotion Regulation (DBT) 				
4:30–6:00	Individual Counseling / AOD / Board games				
6:00–7:00	Team Sports & Fitness				
7:00–8:00	Peer Mentorship Circle 				



 **HYBRID: IN-PERSON (YOUTH CENTER) / ONLINE: (TEAMS)**
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



Medicine Wheel Teaching 	A visual and spiritual teaching tool where we will learn its core meaning and how it was used to teach, heal, and guide indigenous and native communities.	Dental Health Education 	Learn the importance of oral hygiene, healthy dental habits, and preventive care.
Emotional Regulation 	Learn to recognize, understand, and manage your emotions rather than being overwhelmed by them through activities and discussion.	Warrior Society History 	Research and learn about different warrior stories and lessons for life skills.
Lacrosse Skills & Drills	Drills to develop coordination and team building.	Stretching & Breathwork	Learn alternative skills to regulate the nervous system.
Peer Mentorship Circle 	Discussion to support each other's professional and personal growth through shared experiences and collaborative learning.	Peer Mentorship Circle 	Together with the Cultural Mentor explore interpersonal and careers skills.
Hand Drum Making	Learn how to make a Native hand drum using simple materials like cardboard, balloons, or wood for a functional and decorative instrument.	Native Flute Introduction 	Learn the history and significance of Native Flute.
Harm Reduction Education 	Focused on equipping individuals with skills and tools to reduce harm through education.	Smoothie & Nutrition Lab 	Learn recipes for an enriching lifestyle.
Traditional Foods Tasting	Discussion to highlight traditional and cultural dishes.	Sacred Hoop & Dream Catcher 	Learn the history and significance of sacred hoops and dream catchers.
White Bison Family Session	Families affected by alcohol and substance use, that recognize and incorporate traditional cultural teachings and practices.	Dance Fitness	Learn alternative mobility exercises for a healthy lifestyle.
Native Star Quilt 	Learn about Indian textile art as a symbol of honor, generosity, and cultural continuity.	Heirloom Seed Ceremony 	Learn the history and significance of heirloom seed ceremony.
Healthy Relationships & Consent 	Learn how to identify and practice how to create healthy relationships and consent.	Track & Field Relay	Learn alternative mobility exercises to a healthy lifestyle.
Nature Walk & Mindfulness	A walk to Balboa Park to practice mindfulness for mental health.	Indigenous Hip Hop & Poetry 	Explore and learn indigenous hip hop & poetry.
College & Career 	Learn about different colleges and research on how to connect with your dream career.	Meal Prep & Budgeting 	Learn how to create healthy meals economically.
Indigenous Plant Medicine 	Learn and research different Native plants and how they are traditionally used.	Clan & Kinship Systems 	Learn the history and significance of clan and kinship systems.
Swimming/Water Safety 	Through research, learn safety rules when swimming and where your local beach and pool are located.	Stress & Anxiety Management 	Learn alternative skills to reduce and prevent stress and anxiety that will work for you.
Family Support & Care Plan Review 	Discussion to identify family needs and create a plan to ensure we can connect them to the care they need.	Mental Health & Brain Health 	Learn about the brain to plan your mental health journey through prevention lenses.
Intertribal Dance Style	Learn and practice different Intertribal Dance Style.	Birchbark/Bark Art 	Learn the history and significance of Birchbark/Bark Art.
Community Service Project 	Research a passion project to plan a community project to give back.	Social Media & Identity 	Learn how you can express your identity through social media.
Sleep Hygiene Workshop 	Create your own night routine and learn new skills for a restful night.	Traditional Games (Stickball)	Learn the different traditional games like stickball to grow team player and life skills.
Community Celebration/Closing Circle	Family Night to share a cultural meal from our Nutritionist.	Grief, Loss & Resilience 	Learn different skills to address grief, loss, and resilience.
Totem and Symbol Art 	Featuring carved figures representing family, ancestors, and animals to tell stories.	Tai Chi & Balance 	Learn alternative mobility exercises for your health and overall wellness.
Frisbee and Disc Golf	Outdoor activity to promote mental health and well-being by improving fitness and overall health.	Native American Church History 	Together we learn and discuss the complexities and history of Native American Church.
Traditional Fishing Techniques 	Techniques passed down through generations that promote cultural heritage.	Jump Rope & Agility	Learn alternative mobility exercises for your health and overall wellness.
Fry Bread and Healthy Alternatives 	Explore healthier ingredient choices and cooking methods to promote cultural traditions and balanced nutrition.	Star Knowledge & Navigation 	Learn the history and significance of star knowledge and navigation.
Ledger Art and Pictographs 	Learn the history and cultural significance of storytelling through drawings and symbols.	Vision Board & Goal Setting 	A craft activity to plan out your goals in a visual and creative practice.
Grief, Loss and Resilience 	Build healthy coping skills and emotional resilience through supportive discussion.	Beading & Traditional Arts	Learn traditional Native Beading and Arts.
Sweat Lodge Teaching (discussion) 	Introducing traditional teachings, history, and significance to promote spiritual wellness.	Handball/ Wall Ball	Improve hand-eye coordination, agility, teamwork, and physical fitness while enjoying a fun and engaging sport.
Team Sports & Fitness	Learn alternative mobility exercises for your health and overall wellness.	Moccasin Making	Hands-on cultural workshop where participants learn the traditional art of making moccasins while exploring their history and craftsmanship.