

SDAIHC Urban Youth Center — October 2026 Program Calendar

SERVING YOUTH 10 - 24 YRS | 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 Sep 28	SIGN UP HERE	Sep 29 *	Sep 30 *	1	2
11:00–8:00				Drop-In Lounge	Drop-In Lounge
2:30–3:30				Traditional Food Preparation 	Powwow Dance Practice / Regalia
3:30–4:30				White Bison / Wellbriety Group	Community Service Project 
4:30–6:00				Individual Counseling / Homework	Individual Counseling / Homework
6:00–7:00				Peon Hand Game Practice	Book Club 
7:00–8:00				Family Support & Care Plan Review 	Community Celebration / Closing Circle
Week of Oct 05	5	6	7	8	9
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge
2:30–3:30	Peon Hand Game (Kumeyaay)	Acorn Mush & Traditional Recipes	Native American Church Art (educational) 	Talking Stick Ceremony	Indigenous Tattoo & Body Art History
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 / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework
6:00–7:00	Traditional Games	Traditional Foods Harvest Prep	Pilates & Core Strength	Traditional Games	Book Club 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career 	Family Support & Care Plan Review	Community Celebration / Closing Circle
Week of Oct 12	12 ★ Indigenous Peoples Day	13	14	15	16
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge
2:30–3:30	Beading & Traditional Arts	Red Road Philosophy	Native Veteran Traditions & Honor Songs 	Decolonizing Your Diet 	Native American Film Screening
3:30–4:30	Emotion Regulation 	Harm Reduction Education 	Healthy Relationships & Consent 	White Bison / Wellbriety Group	Community Service Project 
4:30–6:00	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework
6:00–7:00	Team Sports & Fitness	Soccer	Stretching & Breathwork	Native Games (Double Ball)	Book Club 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career 	Family Support & Care Plan Review 	Community Celebration / Closing Circle
Week of Oct 19	19	20	21	22	23
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge
2:30–3:30	Winter Drawing 	Native Jewelry: Turquoise & Silver	Indigenous Architecture (longhouse, hogan, tipi)	Corn Pollen & Blessing Way Teaching	Native Hip Hop History
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 / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework
6:00–7:00	Ultimate Frisbee	Three Sisters Nutrition Lab	Dance Fitness	Basketball Tournament	Book Club 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career 	Family Support & Care Plan Review 	Community Celebration / Closing Circle
Week of Oct 26	26	27	28	29	30
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge
2:30–3:30	Ghost Story Traditions & Oral History	Indigenous Herbalism & Teas	Ribbon Skirt / Regalia Making	Native American Boarding School History	Land Acknowledgment Writing Workshop 
3:30–4:30	Emotion Regulation 	Harm Reduction Education 	Healthy Relationships 	White Bison / Wellbriety Group	Community Service Project 
4:30–6:00	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework
6:00–7:00	Cross-Country Walk / Hike	Harvest Feast Cooking	Yoga & Breathwork	Relay Races & Agility	Book Club 
7:00–8:00	Peer Mentorship Circle 	White Bison Family Session	College & Career 	Family Support & Care Plan Review	Community Celebration / Closing 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.



Acorn Mush & Traditional Recipes	Explore cultural importance of traditional foods and Indigenous knowledge passed down through generations.	Basketball Tournament	Learn teamwork through sports to encourage a balanced and healthy lifestyle.
Beading & Traditional Arts	Learn traditional Native Beading and Arts.	Book Club	Book club to explore life skills and learn from shared experiences through our peers.
Corn Pollen & Blessing Way Teachings	Explore traditional gardening practices, nutrition, and cultural connections to the land.	Cross-Country Walk/Hike	Outdoor activity to promote mental health and well-being by improving fitness and overall health.
Decolonize Your Diet	Learning alternative ingredients for a well-rounded nutritional meal.	Dance Fitness	Participants will leave with simple techniques they can use to support mindfulness, relaxation, grounding, and a greater sense of well-being.
Ghost Story Traditions & Oral History	Explore origins, spiritual meaning, and its role in Indigenous history and resilience.	Harvest Feast Cooking	Learn about seasonal ingredients, food traditions, and the cultural importance of gathering and sharing meals.
Indigenous Architecture	Learn architecture through the lens of Indigenous practices and ways of living.	Native Games	Experience teamwork, movement, and traditional play.
Indigenous Herbalism & Teas	Educational workshop about Indigenous herbalism and teas.	Peon Hand Game Practice	Learn traditional games like stickball for team building.
Indigenous Tattoo & Body Art History	Learn art history through the lens of Indigenous artists.	Pilates & Core Strength	Workshop focused on Pilates, core strength, balance, and flexibility, with an emphasis on healthy movement and overall wellness.
Land Acknowledgment Writing Workshop	Learn the historical significance of Land Acknowledgment and how to creatively write.	Relay Race & Agility	Learn alternative mobility exercises for your health and overall wellness.
Native American Boarding School History	Learn history from the Native American Boarding School and the impact it had on tradition.	Soccer	Outdoor activity to promote mental health and well-being by improving fitness and overall health.
Native American Church Art	Art activity to learn about Native American Church.	Stretching & Breathwork	Activity to promote mental health and well-being by improving fitness and overall health.
Native American Film Screening	Explore Native artist in film and in pop culture today.	Team Sports & Fitness	Sports to improve fitness and promote team building.
Native Hip Hop History	Explore Native hip hop history and the impact on culture.	Three Sister Nutrition Lab	Explore traditional knowledge and how seasonal foods work together.
Native Jewelry: Turquoise & Silver	Make your own jewelry piece while learning the history of turquoise and silver.	Traditional Foods Harvest Prep	Learn traditional foods and the importance of respecting the land and natural resources.
Native Veteran Traditions & Honor Songs	Honoring Native Veterans while learning traditions and songs.	Traditional Games	Learn different traditional games like stickball to grow life skills.
Peon Hang Game (Kumeyaay)	Learn Native traditional games to learn life skills.	Ultimate Frisbee	Frisbee game to learn team building skills.
Powwow Dance Practice/Regalia	Practice Powwow Dance and learn to create your own regalia.	Yoga & Breathwork	Learn alternative exercises to improve mobility and overall wellbeing.
Red Road Philosophy	Explore spiritual teaching, community harmony, and respect for the natural world.	College & Career (TAY) Ages 18 - 24	Explore college and career development skills tailored to your needs.
Ribbon Skirt/Regalia Making	Learn basic sewing skills to create your own regalia pieces.	Community Celebration/Closing Circle	Learn alternative skills to reduce and prevent stress and anxiety that will work for you.
Talking Stick Ceremony	Learn the history of Talking Stick Ceremony.	Family Support & Care Plan Review	A craft activity to plan out your goals in a visual and creative practice.
Traditional Food Preparation	Explore traditional foods with a hands-on activity to create your own recipe.	Peer Mentorship Circle	Families affected by alcohol and substance use, that recognize and incorporate traditional cultural teachings and practices.
Winter Drawing	Craft activity to promote creativity and traditional teachings through art.	White Bison Family Session	Participants will leave with greater confidence in their abilities, practical tools for planning their next steps, a renewed sense that their culture, voice, and dreams that are valuable parts of their future.
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.
Emotion Regulation	Learn to recognize, understand, and manage your emotions rather than being overwhelmed by them through activities and discussion.	Stress & Anxiety Management	Learn alternative skills to reduce and prevent stress and anxiety that will work for you.
Grief, Loss & Resilience	Learn different skills to address grief, loss, and resilience through supportive discussion.	Vision Board & Goal Setting	A craft activity to plan out your goals in a visual and creative practice.
Harm Reduction Education	Focused on equipping individuals with skills and tools to reduce harm through education.	White Bison / Wellbriety Group	Families affected by alcohol and substance use that can learn to recognize and incorporate traditional cultural teachings and practices.
Healthy Relationships & Consent	Learn how to identify and practice how to create healthy relationships.	Drop-In Lounge	A safe, and supportive space where Native youth can connect, create, learn, and build meaningful relationships with others. Youth are invited to drop in, spend time with peers, participate in arts and crafts, read books, and engage in activities that celebrate culture, creativity, and community. (Ages 10 – 24)
		Individual Counseling/Homework	Individual counseling with screening/assessments as needed for youth and young adults as a way to connect them to our resources and services.