SDAIHC Urban Youth Center — November 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 Nov 02	**2**	**3**	**4**	**5**	**6**
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge
2:30–3:30	Native American Heritage Month — Welcome	Native Music Through the Decades	Indigenous Language Revitalization	Native American Veterans Honor Song	First Nations Film & Discussion
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	Basketball League Kickoff	Three Sisters Soup Cook-Off	Yoga & Winter Wellness	Peon & 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 Nov 09	**9**	**10**	**11 — Veterans Day (CLOSED)**	**12**	**13**
11:00–8:00	Drop-In Lounge	Drop-In Lounge		Drop-In Lounge	Drop-In Lounge
2:30–3:30	Ledger Art & Resistance Drawing	Native Fashion & Contemporary Design		Peon Hand Game Tournament	Indigenous Spoken Word Open Mic
3:30–4:30	Stress & Anxiety Management	Social Media & Identity	CLOSED	White Bison / Wellbriety Group	Vision Board & Goal Setting
4:30–6:00	Individual Counseling / Homework	Individual Counseling / Homework		Individual Counseling / Homework	Individual Counseling / Homework
6:00–7:00	Nutrition & Cooking Class	Fry Bread & Healthy Swaps		Handball / Wall Ball	Book Club
7:00–8:00	Peer Mentorship Circle	White Bison Family Session		Family Support & Care Plan Review	Community Celebration / Closing Circle
Week of Nov 16	**16**	**17**	**18**	**19**	**20 ★**
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge
2:30–3:30	Gratitude in Native Tradition	Medicine Wheel Review & Reflection	Native Food Sovereignty Movement	Ghost Dance History & Resistance	★ College & Career Readiness Workshop featuring UCSD - Native American & Indigenous Student Alliance ★
3:30–4:30	Emotion Regulation	Harm Reduction Education	Healthy Relationships	White Bison / Wellbriety Group	
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	Nutrition & Gut Health	Dance Fitness	Pilates & Core	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 Nov 23	**23**	**24**	**25**	**26 — Thanksgiving (CLOSED)**	**27 — Holiday (CLOSED)**
11:00–8:00	Drop-In Lounge	Drop-In Lounge	Drop-In Lounge		
2:30–3:30	Native Doll & Toy Making	Corn Husking & Winter Food Prep	Beaded Ornament Making		
3:30–4:30	Stress & Anxiety Management	Social Media & Identity	Grief, Loss & Resilience	CLOSED	CLOSED
4:30–6:00	Individual Counseling / Homework	Individual Counseling / Homework	Individual Counseling / Homework		
6:00–7:00	Stretching	Harvest Feast Prep Cooking	Pilates & Core		
7:00–8:00	Peer Mentorship Circle	White Bison Family Session	College & Career		
Week of Nov 30	**30**	*Dec 01*	*Dec 02*	*Dec 03*	**SIGN UP HERE**
11:00–8:00	Drop-In Lounge				
2:30–3:30	Advent of Winter — Solstice Teachings Preview				
3:30–4:30	Emotion Regulation				
4:30–6:00	Individual Counseling / Homework				
6:00–7:00	Team Sports & Fitness				
7:00–8:00	Peer Mentorship Circle				

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

4510 VIEWRIDGE AVENUE, SAN DIEGO, CA 92123 / 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 ADN HUMAN SERVICES AND SUPPORTED UNDER CONTRACT WITH THE COUNTY OF SAN DIEGO.

Advent of Winter – Solstice Teachings Preview	This workshop offers an opportunity to reflect and create goals for a new season.	**Basketball League Kickoff**	Learn teamwork through sports to encourage a balanced and healthy lifestyle.
Beaded Ornament Making	Participants will create their own unique ornaments with care, creativity, and intention.	**Book Club**	Book club to explore life skills and learn from shared experiences through our peers.
College & Career Readiness Workshop Ft. UCSD	Join us for an opportunity to ask questions and learn about college & career tips with the UCSD Native American & Indigenous Student Alliance. Crafts and snacks will be provided.	**Cross-Country Walk**	Outdoor activity to promote mental health and well-being by improving fitness and overall health.
Corn Husking & Winter Food Prep	Explore traditional practices, nutrition, and cultural connections to the land.	**Dance Fitness**	Participants will leave with simple techniques they can use to support mindfulness, relaxation, grounding, and a greater sense of well-being.
First Nations Film & Discussion	Through film and guided discussion, learn First Nations histories, traditions, and contemporary experiences.	**Fry Bread & Healthy Swaps**	This workshop combines food, culture, and wellness by introducing creative ingredient swaps and healthier preparation options.
Ghost Dance History & Resistance	Explore the movement's role in Indigenous resilience, cultural preservation, and resistance while honoring the strength, faith, and traditions.	**Harvest Feast Prep Cooking**	Learn traditional foods and the importance of respecting the land and natural resources.
Gratitude in Native Tradition	Learn to honor the gifts of the Earth, practice appreciation, and discover how gratitude can nurture balance, respect, and a deeper sense of connection.	**Handball/Wall Ball**	Explore alternative activities to promote mobility and overall well-being.
Indigenous Language Revitalization	Explore the importance of preserving and revitalizing Indigenous languages as a vital part of cultural identity, heritage, and community connection.	**Nutrition & Cooking Class**	Learn about seasonal ingredients, food traditions, and the cultural importance of nutrition.
Indigenous Spoken Word Open Mic	A welcoming space for Native artists and community members to share their experiences, honor cultural identity, and uplift Indigenous perspectives.	**Nutrition & Gut Health**	Learn the importance of nourishing foods, traditional Indigenous food knowledge, and everyday habits.
Ledger Art & Resistance Drawing	Explore the history of Native American ledger art, a powerful form of storytelling.	**Peon & Traditional Games**	Learn traditional games like stickball for team building.
Medicine Wheel Review & Reflection	A visual and spiritual teaching tool where we will learn the core meaning and how it was used to teach, heal, and guide Indigenous and native communities.	**Pilates & Core**	Workshop focused on Pilates, core strength, balance, and flexibility, with an emphasis on healthy movement and overall wellness.
Native American Heritage Month	Celebrate the rich histories, cultures, traditions, and contributions of Native American and Indigenous communities.	**Stretching**	Activity to promote mental health and well-being by improving fitness and overall health.
Native American Veterans Honor Song	Join us in honoring the courage, service, and sacrifices of Native American veterans through the power of traditional songs and cultural teachings.	**Team Sports & Fitness**	Sports to improve fitness and promote team building.
Native Doll & Toy Making	Alternative storytelling with Indigenous traditions inspired through doll making.	**Three Sister Soup Cook Off**	Explore traditional knowledge and how seasonal foods work together.
Native Food Sovereignty Movement	Explore traditional foods with a hands-on activity to create your own recipe while learning about Food Sovereignty.	**Yoga & Winter Wellness**	Learn alternative exercises to improve mobility and overall wellbeing.
Native Fashion & Contemporary Design	Explore fashion and traditional clothing, contemporary design, patterns, and adornment.	**Community Service Project**	Research a passion project to plan a community project to give back.
Native Music Through the Decades	Explore Native American music, from traditional songs and drumming to contemporary artists and musical styles.	**Emotion Regulation**	Learn to recognize, understand, and manage your emotions rather than being overwhelmed by them through activities and discussion.
Peon Hand Game Tournament	Learn Native traditional games to learn life skills.	**Grief, Loss & Resilience**	Learn different skills to address grief, loss, and resilience through supportive discussion.
College & Career (TAY) **Ages 18 - 24**	Explore college and career development skills tailored to your needs.	**Harm Reduction Education**	Focused on equipping individuals with skills and tools to reduce harm through education.
Community Celebration/ Closing Circle	Learn alternative skills to reduce and prevent stress and anxiety that will work for you.	**Healthy Relationships**	Learn how to identify and practice how to create healthy relationships.
Family Support & Care Plan Review	A craft activity to plan out your goals in a visual and creative practice.	**Social Media & Identity**	Learn how you can express your identity through social media.
Peer Mentorship Circle	An open space to learn and seek guidance for your own personal and professional growth.	**Stress & Anxiety Management**	Learn alternative skills to reduce and prevent stress and anxiety that will work for you.
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.	**Vision Board & Goal Setting**	A craft activity to plan out your goals in a visual and creative practice.
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)	**White Bison / Wellbriety Group**	Families affected by alcohol and substance use that can learn to recognize and incorporate traditional cultural teachings and practices.
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.		