**SOUTH BAY YOUTH CENTER**

Virtual and Remote Support for LGBTQIA+ Young People

**1-ON-1 CHECK-INS**
Connect with a member of the youth team
- Tuesdays & Thursdays
  - 2-4:00 PM

**ARE YOU A YOUNG HUMAN IN NEED OF ADDITIONAL SUPPORT OR RESOURCES?**

GENDER IDENTITY VIA ZOOM
- Ages 10-13
  - Tuesdays 4:30-6:00 PM
- Ages 14-18
  - Fridays 4:30-6:00 PM

**SIGN UP**
Email us at: southbayyouth@thecentersd.org

**WEEKLY GROUPS**

**GENERAL SBYC ALL-AGES ZOOM GROUP**
- Thurs 4:00PM-5:00PM

**SIGN UP**
Email us at: southbayyouth@thecentersd.org

**EMERGENCY SERVICES**

ARE YOU A YOUNG HUMAN IN NEED OF ADDITIONAL SUPPORT OR RESOURCES?

- Food assistance
- Housing assistance
- Mental Health Support

**SIGN UP**
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**SOUTH BAY YOUTH CENTER**

**INSTAGRAM & FACEBOOK**

@SOUTHBAYYOUTHCENTER

Monday-Friday
10:00 AM - 6:00 PM

Check in with staff
Stay updated on virtual services
Sign in for weekly Live Streams

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**CONTACT US FOR:**
- Food assistance
- Housing assistance
- Mental Health Support

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