



# May 2022

### Take Control

This group focuses on anger- the ways to identify the emotion and healthy ways to express and cope with the emotion.

### Stress & Anxiety Busters

This group focuses on coping skills and positive ways to approach life's challenges.

### DEI

This group focuses on providing a safe space to discuss diversity, equality, and inclusion in everyday life.

### Contact Information

SAFY Youth Drop-In Center  
658 W. Market Street Suite 112  
Lima, Ohio 45801  
Phone (419) 695-3050  
We serve ages 12-17. Free to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chill Day	2 Stress & Anxiety Busters- 4:30pm-5:30pm	3 Diversity, Equity, and Inclusion- 4pm-5pm	4 Group Resumes 5/11/22	5 Games Night- 3pm-5pm	6 Snack Table Topics- 3pm-5pm	7 Chalk Murals! -1pm
8 Chill Day	9 Stress & Anxiety Busters- 4:30pm-5:30pm	10 Diversity, Equity, and Inclusion- 4pm-5pm	11 Take Control- 4:30pm-5:30pm	12 Games Night- 3pm-5pm	13 Snack Table Topics- 3pm-5pm	14 Scavenger Hunt! -2pm
15 Chill Day	16 Stress & Anxiety Busters- 4:30-5:30pm	17 Diversity, Equity, and Inclusion- 4pm-5pm	18 Take Control- 4:30pm-5:30pm	19 Games Night- 3pm-5pm	20 Snack Table Topics- 3pm-5pm	21 Picnic Lunch! -12pm
22 Chill Day	23 Stress & Anxiety Busters- 4:30pm-5:30pm	24 Diversity, Equity, and Inclusion- 4pm-5pm	25 Take Control- 4:30pm-5:30pm	26 Games Night- 3pm-5pm	27 Snack Table Topics- 3pm-5pm	28 Obstacle Course Day! -1pm
29 -Center Closed-	30 Memorial Day -Center Closed-	31 Diversity, Equity, and Inclusion- 4pm-5pm	1 Take Control- 4:30pm-5:30pm	2 Games Night- 3pm-5pm	3 Snack Table Topics- 3pm-5pm	4