

Safe Space For Youth

LGBTQ YOUTH AGES 13-23

DROP-IN CENTER

MONDAY-FRIDAY 3-6PM

SATURDAY & SUNDAY 11AM-5PM

GROUPS

MONDAY AGES 10-13

WEDNESDAY AGES 13-17

THURSDAY 20SOMETHINGS 8-9PM

POC AGES 13-18 6-7:30PM

FRIDAY AGES 17-21

OFFERS FREE



YOUTH MENTORS



COMPUTER LAB



WORKSHOPS



FREE WIFI



REFERRAL SERVICES



OUTLETS FOR
PHONE CHARGERS



SNACKS



TV



LIFE SKILLS
FOR INDEPENDENCE



VIDEO GAMES



SHOWER &
TOILETRIES



LAUNDRY
FACILITIES

Funding provided by Sacramento County Mental Health Services Act (Prop. 63) Innovation funds and administered by Sierra Health Foundation: Center for Health Program Management.

(916) 442-0185 YOUTH@SACCENTER.ORG

SPOT

SACRAMENTO
LGBT
COMMUNITY CENTER

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LGBT
COMMUNITY CENTER

WEEKLY YOUTH SCHEDULE

MONDAY

NOON - 6PM: Computer Lab (main floor)

3-6PM: Drop-In Center (Ages 13-23)

6-7:30PM: Youth Group (Ages 10-13)

TUESDAY

NOON - 6PM: Computer Lab (main floor)

3-6PM: Drop-In Center (Ages 13-23)

WEDNESDAY

NOON - 6PM: Computer Lab (main floor)

3-6PM: Drop-In Center (Ages 13-23)

6-7:30PM: Youth Group (Ages 13-17)

6-7PM: Coming Out Group (2nd & 4th Wed.)

THURSDAY

NOON - 6PM: Computer Lab (main floor)

3-6PM: Drop-In Center (Ages 13-23)

6-7:30PM: Youth of Color Group (Ages 13-18)

8-9PM: 20 Somethings Group (Ages 20-29)

FRIDAY

NOON - 6PM: Computer Lab (main floor)

3-6PM: Drop-In Center (Ages 13-23)

7-8:30PM: Youth Group (Ages 18-23)

SATURDAY

11AM - 5PM: Drop-In Center (Ages 13-23)

SUNDAY

11AM - 5PM: Drop-In Center (Ages 13-23)

4:30-6:30PM: Trans* Group (2nd & 4th Sat.; Ages 18+)



(916)
442-0185



1927 L St.
Sacramento



saccenter.org



youth@
saccenter.org



TheQSpot
Sacramento



The Q-Spot specializes in providing lesbian, gay, bisexual, transgender and queer youth with a safe space and develop skills to make positive life choices regarding their own health and well-being. Funding provided by Sacramento County Mental Health Services Act (Prop. 63) Innovation funds and administered by Sierra Health Foundation: Center for Health Program Management.