

January

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<p>2</p>  <p>2023 CLOSED to celebrate the New Year!</p>	<p>3</p> <p>Breakfast Club 9-11:30</p> <p>TedTalk Tuesday 1-2</p> <p>Safety Talks 2-3</p> <p>CalFresh Assist 3-4</p> <p>Tabletop Gaming Club 5-6</p>	<p>4</p> <p>Closed, Staff in Training 9am-3:30pm</p> <p>Re-Opening at 3:30pm</p> <p>Harbor Youth Board 4-5</p> <p>Anime Club 5-6</p>	<p>5</p> <p>Breakfast Club 9-12</p> <p>Affirmation Hour 1-2</p> <p>Building Confidence 2-3</p> <p>Budget Cooking 3-4:30</p> <p>Free Dinner! 4:30-5:30</p> <p>Sesame Chicken & Rice</p>	<p>6</p> <p>Breakfast Club 9-12</p> <p>Coping Skills 1-2</p> <p>Driver's Ed Prep 2-3</p> <p>MediCal Assist 3-4</p> <p>LGBTQ+ Support 4-5</p> <p>Homework Help 5-6</p>
<p>9</p> <p>Breakfast Club 9-12</p> <p>Mindful Minutes 1-2</p> <p>Affirmation Hour 2-3</p> <p>Cricut Crafting 3-4</p> <p>Financial Literacy 4-5</p> <p>Homework Help 5-6</p>	<p>10</p> <p>Breakfast Club 9-11:30</p> <p>Healthy Body, Healthy Mind 10:30-11:30</p> <p>TedTalk Tuesday 1-2</p> <p>Coping Skills 2-3</p> <p>Driver's Ed Prep 3-4</p> <p>Tabletop Gaming Club 5-6</p>	<p>11</p> <p>Breakfast Club 9-12</p> <p>Affirmation Hour 1-2</p> <p>Housekeeping 101 2-3</p> <p>Free Style Art 3-4</p> <p>Resume Help 4-5</p> <p>Anime Club 5-6</p>	<p>12</p> <p>Breakfast Club 9-12</p> <p>Driver's Ed Prep 1-2</p> <p>Affirmation Hour 2-3</p> <p>Budget Cooking 3-4:30</p> <p>Free Dinner! 4:30-5:30</p> <p>Chicken Tacos</p>	<p>13</p> <p>Breakfast Club 9-12</p> <p>Building Confidence 1-2</p> <p>Safety Talks 2-3</p> <p>Free Style Art 3-4</p> <p>LGBTQ+ Support 4-5</p> <p>Homework Help 5-6</p>
<p>16</p> <p>CLOSED For Martin Luther King Jr. Day</p> 	<p>17</p> <p>Breakfast Club 9-11:30</p> <p>Healthy Body, Healthy Mind 10:30-11:30</p> <p>TedTalk Tuesday 1-2</p> <p>Safety Talks 2-3</p> <p>Cricut Crafting 3-4</p> <p>ACT Youth Council 5-6</p>	<p>18</p> <p>Breakfast Club 9-12</p> <p>Building Confidence 1-2</p> <p>Creative Writing 2-3</p> <p>Housekeeping 3-4</p> <p>Harbor Youth Board 4-5</p> <p>Anime Club 5-6</p>	<p>19</p> <p>Breakfast Club 9-12</p> <p>Life Skills 1-2</p> <p>Building Confidence 2-3</p> <p>Budget Cooking 3-4:30</p> <p>Free Dinner! 4:30-5:30</p> <p>Baked Mac N' Cheese</p>	<p>20</p> <p>Breakfast Club 9-12</p> <p>Resume Help 1-2</p> <p>Mock Interviews 2-3</p> <p>Free Style Art 3-4</p> <p>LGBTQ+ Support 4-5</p> <p>Homework Help 5-6</p>
<p>23</p> <p>Breakfast Club 9-12</p> <p>Mindful Minutes 1-2</p> <p>Building Confidence 2-3</p> <p>Coping Skills 3-4</p> <p>Financial Literacy 4-5</p> <p>Homework Help 5-6</p>	<p>24</p> <p>Breakfast Club 9-11:30</p> <p>Healthy Body, Healthy Mind 10:30-11:30</p> <p>TedTalk Tuesday 1-2</p> <p>Job Skills 2-3</p> <p>Mock Interviews 3-4</p> <p>Tabletop Gaming Club 5-6</p>	<p>25</p> <p>Breakfast Club 9-12</p> <p>Cricut Crafting 1-2</p> <p>Coping Skills 2-3</p> <p>Creative Writing 3-4</p> <p>Resume Help 4-5</p> <p>Anime Club 5-6</p>	<p>26</p>  <p>POINT IN TIME COUNT 10AM-6PM</p>	<p>27</p> <p>Breakfast Club 9-12</p> <p>CalFresh Assist 1-2</p> <p>Affirmation Hour 2-3</p> <p>Free Style Art 3-4</p> <p>LGBTQ+ Support 4-5</p> <p>Homework Help 5-6</p>
<p>30</p> <p>Breakfast Club 9-12</p> <p>Mindful Minutes 1-2</p> <p>CalFresh Assist. 2-3</p> <p>MediCal Assist. 3-4</p> <p>Financial Literacy 4-5</p> <p>Homework Help 5-6</p>	<p>31</p> <p>Breakfast Club 9-11:30</p> <p>Healthy Body, Healthy Mind 10:30-11:30</p> <p>TedTalk Tuesday 1-2</p> <p>Affirmation Hour 2-3</p> <p>Driver's Ed Prep 3-4</p> <p>Tabletop Gaming Club 5-6</p>		<p>Agenda Items noted in RED are closed groups, or times where the Harbor is temporarily closed.</p>	<p>HARBOR HOURS</p> <p>Mon.....9-12, 1-6</p> <p>Tues.....9-12, 1-6</p> <p>Wed.....9-12, 1-6</p> <p>Thur.....9-12, 1-6</p> <p>Fri.....9-12, 1-6</p> <p>*Surgical face masks are required within our facility.</p>

Strive for Progress, not Perfection
The Harbor on Main...Let us walk with you

What's New for January?

Safe Space Businesses:

The Harbor Youth Board is trying to identify LGBTQ+ Friendly Businesses around Lake County that are safe spaces for LGBTQ+ customers and employees! All recognized businesses will receive a Safe Space decal to show in their window, designed by local LGBTQ+ Youth! If you know a business that's a safe space, have them fill out this form to

receive a decal!

FILL OUT FORM HERE!



Lake County Pride Prom:

The Harbor will be hosting an LGBTQ+ Pride Prom this June for local LGBTQ+ Youth! Do you want to be involved in the process of planning this prom? Stop by the Harbor's Youth Board Meetings this month to participate in the discussion!
(1/4 - 4 pm, 1/18 - 4 pm)

New Activity Class - Healthy Body, Healthy Mind:

This Nutrition, Mental Wellness, and Fitness class will be hosted by our new PSC, Jasmine! Engage in light fitness, such as yoga, jogging, or dance, learn how to eat healthy and nutritiously, and end every class with a freshly made healthy fruit smoothie!

January is National Mental Wellness Month.

January's Mental Wellness Month highlights the importance of integrating both emotional and physical health.

There are many different activities and groups that we have at the Harbor to promote and help one's mental wellness!

Coping Skills - Learn the skills and activities to do when one is becoming overwhelmed to help maintain the balance between thoughts and emotions in stressful times. Staff will help create a mental wellness plan for you to refer to!

Mindful Minutes - Practice grounding mindfulness exercises to help ease anxiety and improve your mindfulness!

Affirmation Hour - Practice self-affirmations with Harbor staff!

Building Confidence - Learn how to boost your self-esteem and become a more confident you!

Healthy Body, Healthy Mind - Learn how to have a healthier mind by having a healthier body! In this wellness class hosted by our PSC Jasmine, you will engage in a light group exercise, learn about nutritious meals, and finish the class with a fresh, healthy smoothie!

LGBTQ2S+ Support Group - Are you an LGBTQ2S Youth? Check out our LGBTQ2S+ Peer Support group! Meet new friends in a safe space and engage in activities to boost mental wellness and help plan for local LGBTQ+ events!

Budget Cooking for January

01/05	01/12	01/19	01/26
Sesame Chicken & Rice	Chicken Tacos	Baked Mac N' Cheese	No Cooking Class :(

We wish everyone a Happy New Year!

Stay tuned to see what

The Harbor Youth Resource Center has planned
for this new year!



Follow Us Online!



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*Strive for Progress, not Perfection
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150 S. Main Street, Lakeport CA

(707) 994-5486

Mon-Fri | 9am-12pm, 1pm-6pm