

Upcoming

Relax & Refresh

For Service Providers

[Register here!](#) Space is limited to 65.

Friday, May 1st, 2026, 1:00-4:00 pm

In partnership between the San Diego DV Council, SoCal Safe Shelter Collaborative, and One Safe Place, we are giving those who work tirelessly serving domestic violence, human trafficking, sexual assault and other survivors of abuse and violence an afternoon of relaxation and wellness. Self-care is essential to preventing burn out and providing high quality, trauma informed care to survivors.

Event Location: One Safe Place South, 401 Miles of Cars Way, National City CA 91950 (Southwest corner of Live Well building)

Relaxing and Fun Activities

- Giveaways and Swag Bags
- Lunch
- Inspirational Speakers
- Yoga
- Networking
- Tours of One Safe Place
- Therapy Animal
- Craft Making
- Sugar Scrub
- Line Dancing
- Bubble Blowing
- Cooking Decorating

We will also have a **San Diego Blood Bank drive** if you would like to sign up.