

AUGUST '25

OFFICE OF CHILD AND YOUTH SUCCESS

A City Where Children and Youth Thrive



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Office of Child and Youth Success

The Office of Child & Youth Success serves as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

VISION

Through trust, transparency, equity, and inclusion, the City of San Diego, Office of Child and Youth Success will coordinate a network of community stakeholders that will provide a shared framework to deliver high impact solutions to challenging circumstances for young people empowering them to thrive in the community they serve.

MISSION

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services and high-quality programs to improve social, health, and educational outcomes.

[LEARN MORE >](#)

CREATORS

**Each of our monthly newsletters are created by the OCYS Interns:
Amy Gianetto, Kwincy Lambert, and Tessa Garrison.**

Stay Connected

The Office of Child and Youth Success newsletters are carefully crafted by the talented Employ & Empower Youth interns! Subscribe and follow us on Instagram to stay current on youth resources and more!

SUBSCRIBE
HERE! 

FOLLOW US
HERE! 

NEWSLETTER | CITY OF SAN DIEGO OFFICIAL WEBSITE



Office of Child
and Youth Success

Back-to-School Season: HELPERS



Food Assistance

- Food 4 Kids Backpack Program
- Feeding San Diego programs for kids

Tutoring and Homework Help

- Neighborhood House Association Homework Center
- School on Wheels Student Services

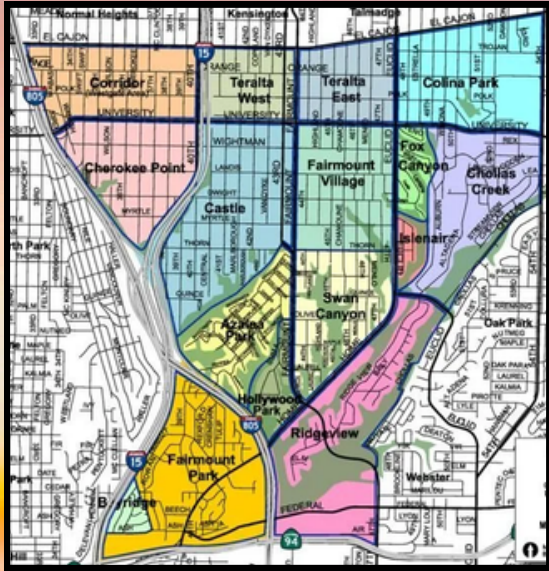
Higher Education: San Diego Promise

- Free education for up to 2 years for qualifying students (San Diego City, Miramar, and Mesa community colleges)
- Read more about eligibility requirements!

Drives (For Donations Only)

- Stuff the Bus School Supplies Drive for Students Experiencing Homelessness
- Home Start Backpack and Supply Drive
- Jewish Family Service Back to School Backpack Drive

NEIGHBORHOOD SPOTLIGHT: CITY HEIGHTS



City Heights is a diverse and densely populated urban neighborhood in central San Diego. It has a large number of Vietnamese, Somali, Cambodian, Laotian, and Latino residents. During the 1930s, 40s, and 50s, it became largely a middle-class white suburb. People of color were segregated in south and east San Diego through housing discrimination.

With the construction of the College Grove Mall, business along University Avenue and El Cajon Boulevard declined. This led City Heights to be rezoned as increasingly multi-family, with the hope that more residents could help business survive.

In response to these declines, nonprofits formed such as the **City Heights Community Development Corporation (CHCDC)** and **Mid-City Community Advocacy Network (Mid-City CAN)** – check out what they do here!

The I-15 freeway was built in the late 1950s, cutting directly through City Heights. Hundreds of homes were purchased ahead of construction, but they were boarded up rather than torn down.

White residents moved out of the area and investment in the area declined. Because of the resulting cheap rents and more multi-family housing, there was a large influx of Southeast Asian immigrants and Somali refugees following the Vietnam War and Somali Civil War.

Redevelopment of City Heights began and continued through the late 1990s and early 2000s, including the building of new public facilities like schools and a library and hundreds of affordable housing units. Still, new housing developments were criticized by some as only serving middle-income people.

Read more [here](#) and [here](#)!

In the late 20th century, the area had many low-income residents. Churches acted as community centers that residents could lean on for resources. In the 1970s and 80s, City Heights saw a spike in crime that got really bad in 1990, leading to increased police intervention and the creation of anti-gang programs which often targeted Somali men for loitering.

More middle- and upper-class Hispanic and Asian residents have moved there, but the number of (especially low-income) Black residents have declined. Rents and property costs have increased as well, giving rise to a concern about gentrification. There are still many Asian, African, and Latin American refugees and immigrants there.

City Heights Performance Annex & IDEA Lab


- The Performance Annex has a black box venue and theater which opens up to an outdoor amphitheater space.
- It offers music, dance, and theater classes.
- It's located right near the City Heights/Weingart Library.



AJA Project

- The AJA Project provides art programming to youth through participatory photography, allowing youth to represent their lives and experiences through photography.
- **Fun fact:** "AJA" is an acronym for the Spanish phrase "autosuficiencia juntada con apoyo," meaning "supporting self-sufficiency."

CREATIVE OPPORTUNITIES FOR YOUTH (CITY HEIGHTS)

 Office of Child and Youth Success



Feature: Little Saigon Cultural and Commercial District

City Heights is home to Little Saigon, a place honoring the history, culture, and contributions of Vietnamese residents who escaped the Vietnam War and built a new life for themselves in San Diego.

Little Saigon Stories

A "youth educational program" that teaches Vietnamese American youth to "capture the stories of Vietnamese refugees and immigrants" of the Little Saigon District.

City Heights: Resource Hub

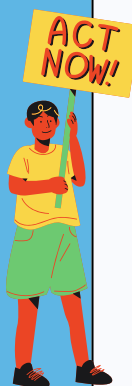
Youth Empowerment (A City Heights local nonprofit)

- Offers lived-experience mentorship programs, in-school and after-school
- Youth reentry programs for justice-involved youth following incarceration
- Classes for parents that serve as support groups for parents struggling to connect with or understand their children



ELEVATE Youth

- “An advocacy program for youth between 6th-12th grade who live in the City Heights area”
- “Elevate Youth provides various supportive services to youth with or at-risk of developing substance use disorders, while advocating for trauma-informed services and policies”
- Check out other youth development and advocacy programs supported by SAY San Diego.



Students Without Limits

- Programs:
 - Educational and mentorship program for immigrant youth
 - Character program for all underserved students
- Open enrollment, year-round!
 - Visit their Instagram, @swolremote, to register



Healthy Kids Program

There are high rates of asthma attacks for children living in City Heights because of high levels of air pollution. A lot of the housing there was built before 1979, meaning they could have lead-based paints which can cause serious health problems in children. This program helps families test their children for lead poisoning, eliminate environmental health hazards, and protect children from toxins.



Other Resources

- City Heights Resource Guide
- City Heights Recreation Center
- SAY San Diego Mid-City Family Resource Center
 - Contact info



EARN WHILE YOU LEARN

Explore real, paid hands-on training programs for young people—many with no degree required.

READ MORE



The San Diego Associated General Contractors (AGC) Apprenticeship Program offers practical on-the-job training combined with classroom instruction.



State of California
Department of
Industrial Relations

Search available apprenticeship programs by selecting a county and an occupation group. This useful tool serves as a database for open opportunities in your area.



Explore lucrative apprenticeship opportunities in San Diego County's Building Trades Unions and start your career in high-demand trades today.

SKILLEDTRADESBC

Find your trade quiz!



FARMERS Market

WHOLE FOODS, WHOLE YOU

Farmers markets in San Diego offer more than just produce—they are a hub for community, connection, and clean eating. With affordable prices, nutrient-dense foods, homemade secret recipes, and one-of-a-kind local products, these markets make healthy choices accessible to everyone. Every visit supports local farmers, small businesses, and the neighborhoods they serve. So bring a friend, grab a snack, and fuel your body with real, whole foods grown close to home.

Whole Foods

Natural, minimally processed foods that are close to their original form.

Key traits:

- No artificial ingredients or preservatives
- Often nutrient-dense and fiber-rich
- Supports overall health and energy

Examples of Whole Foods:

- Fresh fruits and vegetables
- Whole grains (brown rice, oats, quinoa)
- Legumes (beans, lentils, peas)
- Nuts and seeds
- Eggs, fish, lean meats (unprocessed)

Alkaline Foods

Foods that help raise the body's pH level (reduce acidity)

Key traits:

- Thought to help balance internal pH
- Often overlaps with raw, plant-based foods
- Mostly fruits, vegetables, and plant-based proteins

Examples of Alkaline Foods:

- Leafy greens (kale, spinach, arugula)
- Cucumbers, celery, zucchini
- Lemons and limes
- Avocados
- Bell peppers, broccoli, sea moss

Many San Diego farmers markets accept **CalFresh/SNAP EBT, and WIC** - making fresh, healthy food more accessible to everyone.

Through Market Match, shoppers using **EBT** can receive up to \$10 per day in matching dollars to buy additional farm-fresh fruits and vegetables. Just visit the market info booth to learn how it works and which items qualify.

To see which markets accept benefits and offer Market Match, visit:

[San Diego Farmer's Markets](#)



LEAD THE WAY

SD Office of Child
and Youth Success



Offers a space to influence
youth mental health policy
and programs.

youth will

Youth Will organizes action teams that
enable youth to directly address issues
they care about.

Take this Leadership Style Quiz!

Leadership doesn't always mean being the loudest
voice. Discover your leadership style and explore
ways to connect with others like you!

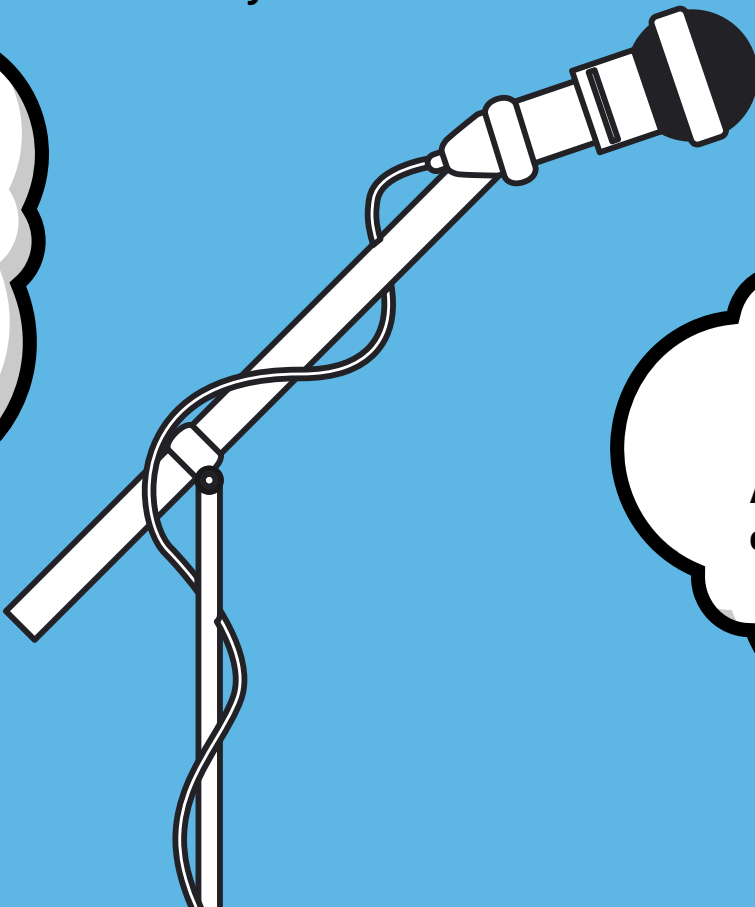


Join the City of San Diego Youth
Commission to participate in local
government and address City officials
with ideas and concerns.



**SAN DIEGO
DIPLOMACY
COUNCIL**

A space for globally-minded teens to
connect, collaborate with peers, and
formulate innovative solutions to
global challenges



**youth
will** —



End of Summer Event:

CELEBRATING THE YOUTH WHO ARE SHAPING SAN DIEGO

SATURDAY, AUGUST 9TH, 4:30PM – 6:30PM

**Event for youth organizers to connect with
organizations and each other!**

**Scan QR
Code to
RSVP:**



**Location: San Diego MADE Factory, 2031 Commercial St,
San Diego, CA 92113**

RSVP link: bit.ly/youthcelebration25

YOUR VOICE. YOUR POWER. YOUR FUTURE.

RISING LEADERS TRAINING INSTITUTE

Chicano Federation's Rising Leaders Training Institute (RLTI) is a four-month program designed to build up the next generation of leaders. As a fellow, you'll work for social justice, uplift your community, and help build a more just future, alongside mentors and peers who believe in the power of collective action.

EXPLORE TOPICS LIKE:

- Leadership & Advocacy Skills
- Government Structures
- Health & Wellness
- Immigration & Border Policy
- Environmental Justice
- Upward Mobility

REQUIREMENTS

- 18-25 years old
- Latine or Chicanx Identity
- Live in San Diego County
- Committed to attending all sessions
- Have a desire to bring positive change to your community!

NEW DEADLINE: August 8, 2025
(considered on a rolling basis; apply ASAP)

WHEN & WHERE



Every other Saturday
10:00 AM - 2:30 PM
Start Date: August 16, 2025
Graduation: December 6, 2025



Southeastern Live Well Center
5101 Market St,
San Diego, CA 92114

FOR MORE INFORMATION

Jesus Martin Gallegos-Muñoz
Community Organizing Coordinator
jgallegos@chicanofed.org

APPLY TODAY!



**The Chicano
Federation**



CONNECT & CULTIVATE: A YOUTH NETWORKING EXPERIENCE



San Diego youth (ages 16–24) are invited to a free, youth-centered networking event focused on career growth and connection.



At this youth-centered networking event, you will learn about networking best practices, creating compelling elevator pitches and local organizations.



You will have the chance to put your new skills into action by connecting with peers and professionals from diverse and exciting fields!

COMPLETE THIS FORM TO REGISTER!

Thursday, August 7 | 3:00 - 5:30 PM |
5101 Market Street, San Diego



LIVEWELLSD.ORG

THE COUNTY OF SAN DIEGO HEALTH AND
HUMAN SERVICES AGENCY (HHSA) INVITES
YOU(TH) TO PARTICIPATE IN THIS YEAR'S...

SCOOP FROM YOU(TH) CHALLENGE:

PIECE OF MIND

Art is a powerful way you can explore your emotions, increase self-esteem, promote emotional resilience, and contribute to your overall wellbeing.

For this reason, the 2025 *Scoop From You(th) Challenge: "Piece of Mind,"* invites **San Diego youth and young adults (ages 12-25)** to use art to...

- Share your personal experiences with mental health
- Help reduce stigma around mental health
- Build a supportive network
- Empower yourself and others to seek out support & resources

EXPRESS YOURSELF THROUGH...

Graphic Design, Painting, Illustration, Poetry, Short Story, Dance, Music, Performance, Film, Photography, and/or Animation

Deadline to Submit: August 30th, 2025

through LiveWellSD.org/ScoopFromYouth

CHALLENGE INFORMATION:

Visit LiveWellSD.org/ScoopFromYouth to learn more and get started!

HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at Engage.BHS@sdcounty.ca.gov

#GetTheScoop #YouthChallengeSD #SFYCPieceOfMind



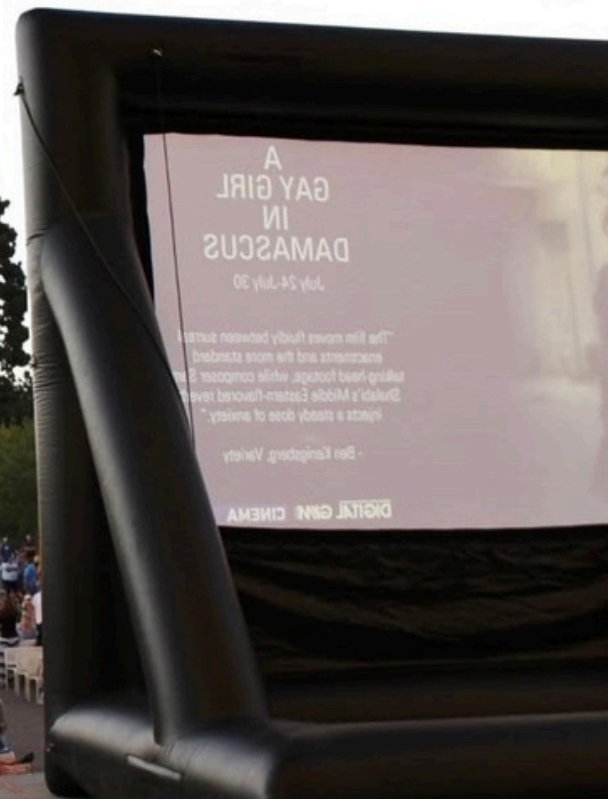
ARTS

IN CALIFORNIA PARKS

Cine En El Parque is a free outdoor film screening series celebrating Chicano Cinema at San Diego's historic Chicano Park.

Saturdays, August 9-30

Media Arts
MEDIA ARTS CENTER SAN DIEGO



AUGUST 2025

Upcoming events



THUR
AUG 3



Dog Days Of Summer

10:00AM - 3:00PM

425 Santa Fe Dr. Encinitas, CA

F - S
AUG 1 - 3



Latin American Market

10:00 AM - 8:00 PM

4133 Taylor Street San Diego, CA

SAT
AUG 16



Lemon Festival

11:00 AM - 6:00 PM

353 3rd Avenue, Downtown San Diego,
Chula Vista, California 91910

SUN
AUG 17



Americas Finest City Half Marathon & 5k

6:00 AM - 11 AM

Balboa Park

Pan American W Rd, San Diego, CA 92101

SAT
AUG 23



17th Edition Brazilian Festival

1:00 PM - 10:00 PM

Waterfront Park 1600 Pacific Highway