

SEPTEMBER 2025

# THE YOUTH BULLETIN

*A City Where Children and Youth Thrive*





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# Office of Child and Youth Success

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

## VISION

**All of San Diego's children and youth thrive, are empowered, and feel successful. They are supported by a coordinated network of City and community partners with a shared framework to provide high-impact and equitable programs, services, resources, and opportunities.**

**LEARN MORE** 

## MISSION

**The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by ensuring access to resources, services, and high-quality programs to support positive social, health, and educational outcomes for all children and youth.**

## 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](#)



# Suicide Prevention Month



There are people who want to help

Asking for help is a sign of strength

Suicide Prevention Month is about remembering those who lost their lives to suicide, and about preventing suicides from happening in the future through raising awareness and sharing resources. It also acknowledges all those who experience suicidal thoughts and people who have been impacted by suicide of loved ones.



You are not alone

## For those experiencing suicidal thoughts

- 24/7 988 Suicide & Crisis Lifeline
- Suicide Prevention Resource Center (SPRC).
- 24/7 San Diego County Access and Crisis Line (888) 724-7240 and live chat Mon-Fri 4 pm - 10 pm (Plus informational brochures and posters in many common languages in SD)
- 24/7 Youth Crisis Line (call or text)

## In-person support groups

- Hillcrest and Southbay Youth Center
  - Youth Services
  - Support Groups
- SDYS mental health services
  - Our Safe Place for LGBTQ+ youth
  - HERE Now

## MENTAL HEALTH EXPLORERS at HYC

Join a supportive group to explore the fundamentals of mental health and learn about self-care, community building, and effective coping strategies in a welcoming environment.



AGES 10-13  
4:30-5:30 pm

Facilitated by two clinicians  
**TUESDAYS**

BEHAVIORAL HEALTH SERVICES

514 Pennsylvania Ave.  
San Diego, CA 92103

For more information:  
imagine@thecenterand.org  
nash@thecenterand.org

## For those impacted by suicide of a loved one

- Help Guide for Coping with a Loved One's Suicide
- 10 Ways to Support a Loved One Who Has Lost Someone to Suicide
- 988 Lifeline
- Survivors of Suicide Loss (SOSL) support group for anyone who has lost a loved one to suicide

Healing is possible

## Educational Resources

- Warning signs and risk factors
- Parent resources
  - The 3 C's of suicide prevention
  - Parent Help Guide in English and Spanish

10 quotes to remember and spread





# COMMUNITY SPOTLIGHT

## BARRIO LOGAN

**Barrio Logan is one of San Diego's most culturally vibrant and historically significant neighborhoods.**

Have you visited Barrio Logan? Barrio Logan, once part of Logan Heights, became home to many Mexican-American families in the early 1900s. Over time, it grew into a hub of Chicano art, culture, and activism, known for its murals, galleries, shops, and diverse dining. Today, it proudly stands as one of only three official California Cultural Districts in San Diego County, celebrating its vibrant and resilient community. Check out these upcoming events and explore the Barrio Logan Community!

Barrio Logan has its very own transit center! Take the trolley or MTS bus!



**Libélula Books & Co.** is a LGBTQ+ and BIPOC-owned independent bookstore in Barrio Logan that hosts readings, panels, and creative events.



In April 1970, residents took a stand. When they found out a highway patrol station was planned for a promised park under the bridge, they occupied the land. They planted trees, brought in musicians, and began painting what would become the largest collection of Chicano murals in the world. That place is now known as **Chicano Park, a National Historic Landmark and symbol of resilience, art, and youth-led change.**



Discover the artists of the murals.



**The Chicano Park Museum and Cultural Center**, opened in 2022 in Barrio Logan, celebrates Chicano, Latino/a, and Indigenous history through exhibits, art, and community events. Located beside Chicano Park's world-renowned murals, it preserves the movement's legacy while serving as a cultural and educational hub.



SAN DIEGO COLLEGE OF CONTINUING EDUCATION


The **César E. Chávez Campus** in Barrio Logan commits to student success and community enrichment by providing tuition-free, accessible, equitable, and innovative quality education





# INTERNSHIPS &

# CAREER DEVELOPMENT

 Office of Child and Youth Success

**CALIFORNIA  
VOLUNTEERS**  
Office of the Governor

**California Volunteers** is the state office tasked with engaging Californians in service, volunteering and civic action to tackle our State's most pressing challenges.

 San Diego  
**Workforce  
Partnership**

**SD Work Force Partnership** creates partnerships and offers services for job seekers, businesses, and students to succeed. Explore their site to learn more.



Urban Corps provides paid job training, support services and a second chance to earn a high school diploma while offering a variety of professional services to the San Diego community.  
Corps members gain job skills through urban forestry, construction, recycling and other community projects.



**SAN DIEGO  
YOUTH SERVICES**

TAY Works! is a job development program designed for Transition Aged Youth between the ages of 16-24 that provides skill building workshops, one-on-one case management, and hands-on training.

**CSAC  
CALSOAP**  
SAN DIEGO AND  
IMPERIAL COUNTIES  
CONSORTIUM

Cal-SOAP is dedicated to providing information about postsecondary education and financial aid to elementary through high school students while raising their academic achievement levels.



# SAN DIEGO PUBLIC LIBRARY



## September is Library Card Sign-up Month!

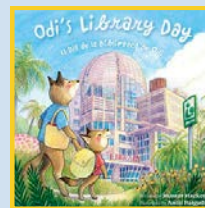
**Did you know** that youth of all ages can get a library card?

Youth younger than 18 years old can register for a library card by submitting the Library's online card application and a parental permission form.

### MY FIRST LIBRARY CARD

Children 5 and under can receive their very own library card featuring "Odi the Coyote" and a copy of the SDPL's first published book, *Odi's Library Day*.

Illustrated by former library staff, Anisi Baigude, follow her work [here](#).



To register for a library card [click](#)/[scan](#) the QR

## MEET THE STAFF

### Ady Huertas

Ady is the Program Manager of Youth, Family, and Equity services. She started working at the library at the age of 16! Ady feels as though her current job was created for her because her passion is to empower youth to thrive and finds ways to make library resources and programs more accessible and responsive to community needs. As an English language learner in her youth, the library was the place she went to find stories where she could see herself represented and connect with trustworthy library folks. Ady is dedicated to delivering access to all, *Odi's Library day*, is translated in Spanish by Ady to ensure that more readers can enjoy!



## Student EXCEL CARD

All TK - 12<sup>th</sup> grade students in a non-charter SDUSD are registered for a EXCEL account. With the EXCEL card, students can borrow up to 3 books, 5 eBooks, access the Library's online tutoring database and other online resources. There are no fines and fees with the EXCEL card!



For more info visit: [www.sandiego.gov/EXCEL](http://www.sandiego.gov/EXCEL)



## Do Your HW @ the Library

- Free hw assistance for students
- Free access to tutors/coaches
- Free access to learning materials, computers, online research tools, & more!

Check out the [site](#) for more information!



# Hispanic Heritage Month

September 15<sup>th</sup> through  
October 15<sup>th</sup>

Hispanic Heritage Month celebrates Hispanic + Latino communities and their contributions to US history and culture through pioneering, advocacy, art, food, and more. It also highlights their contributions to the US economy as entrepreneurs, athletes, artists, entertainers, scientists, public servants, and more.

## Local Resources and Orgs

Mana de San Diego

The Chicano Federation

Barrio Logan Child Development Center

Conmigo - YMCA Program

Barrio Logan College Institute

SWOL (Students Without Limits)



## How to Celebrate in San Diego

Food spots, events, and more including a weeks-long Día de los Muertos celebration, House of Spain, Chicano Park/Museum, Old Town's Fiesta de Patrias and more

Check out and support San Diego's Hispanic-Owned Businesses

Learn more about Hispanic/Latino history with educational resources

## Notable People

**Salvador Torres** is a Chicano artist who was raised in Barrio Logan where the Interstate 5 eventually bisected the neighborhood. He was instrumental in getting permission to paint murals in Chicano Park, and eventually was able to add his murals along with other artists.



His Instagram



**Melanie Barcenas** was the youngest player in the National Women's Soccer League (NWSL) when she signed with San Diego Wave at the age of 15 in 2023. She was born and raised in San Diego and is of Mexican American heritage.

**Dr. Fabiola Bagula**, is a prominent Mexican American figure in San Diego.

Once a teacher, coach, principal, senior director of equity, and deputy superintendent, she now holds San Diego Unified's first ever appointed Latina superintendent position. Dr. Fabi is deeply committed to our city's academic achievement. She states, "when students come to school, they should feel well, they should feel joy, and they should feel the curiosity of what it takes to learn."



**Manny Machado** (left) and **Fernando Tatis Jr** (right) both play for the San Diego Padres and represent Dominican heritage.



CELEBRATE • Celebra

# Nuestra Cultura

SEPTEMBER 15 - OCTOBER 15 | 15 DE SEPTIEMBRE - 15 DE OCTUBRE

Scan the QRcode to see a list of upcoming programs, booklists & more or visit:

*Escanea el código QR para ver una lista de los próximos programas, listas de libros y más o visita:*

[mysdpl.org/nuestracultura](https://mysdpl.org/nuestracultura)







Office of Child  
and Youth Success

# ALL THINGS EBT

CalFresh is a state program that awards one person up to \$292 a month for groceries. Essentially, it's a free debit card for groceries!!



BenefitsCal

Electronic Benefits Transfer or EBT is an electronic system that allows an individual to receive Supplemental Nutrition Assistance Program (SNAP) and to pay for food using SNAP benefits. Cal Fresh is one example of SNAP Benefits.



## Are there currently cuts to SNAP benefits?

Legislation passed in Congress on July 3, 2025 has created changes to an individual's SNAP accessibility. This includes stricter work requirements, limitations on future benefit increases, and changes to immigrant eligibility. Although these changes don't go into effect right away, some will not take effect for several years.

As of now, you can keep using your SNAP benefits as usual.

READ MORE »



Under the Museums for All program, local cultural institutions offer low-cost or free admission for EBT cardholders (with photo ID).

## Can I use my EBT Card at Farmer's Markets?

Many farmers' markets in San Diego participate in Market Match, offering dollar-for-dollar matching when you spend your CalFresh EBT at the market. To find local participating markets and learn more check out this link!

» LEARN MORE



Discounted Amazon Prime membership for SNAP recipients!



Need assistance  
paying for utilities?

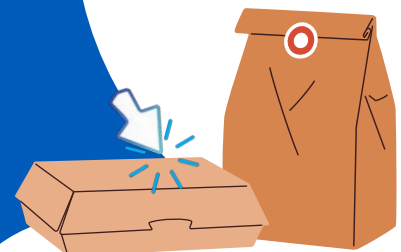
EBT members automatically qualify to receive 30% or more off your energy bill each month!



USAC  
Lifeline Support

Need assistance  
paying for Internet  
Service?

Lifeline is a federal program that lowers the monthly cost of phone or internet service.



Discounted Doordash Pass for SNAP recipients, as well as the ability to order using EBT for participating vendors.



# Youth Commission

## WHAT IS THE YOUTH COMMISSION?

The San Diego Youth Commission serves as an advisory body to the Mayor and City Council.

## WHO CAN JOIN?

Anyone between the ages of 14 - 25 years old that lives or goes to school in the City of San Diego, can serve as a youth commissioner.

## WHY YOU SHOULD JOIN?

Youth representation and voice is important in City decision making and allocation of resources. Without youth input, how will the people making decisions on behalf of youth know they are making the right decisions?

I joined the youth commission to empower other youth, to become more involved in civic engagement, and to be an advocate for policy change in my own community.

-SD Youth Commissioner

## WHAT IS THE ROLE OF A YOUTH COMMISSIONER?

- Provide advice to City elected officials on issues affecting youth and their communities.
- Amplify youth voices by ensuring they are actively considered in the decision-making process.
- Engage in empowering youth advocacy to shape policies that affect youth lives.
- Build skills and knowledge on public policy, leadership, and gain valuable learning opportunities.
- Participate in community engagement by coming together with like minded & diverse youth who are dedicated to making a positive impact in their City.



[Apply Today!](#)





# INVEST IN YOU



YMCA YOUTH & FAMILY SERVICES

## Free Financial Assistance Program For Young Adults

The YMCA's **Direct Cash Transfer Program** is a 12-month financial assistance program offering financial literacy workshops that equip young adults with the tools, money, and education they need to achieve their personal goals.

### Application Deadline:

**Monday September 15 at 12:00PM NOON.**

Applicants must be between ages **18-21** and at risk of homelessness in San Diego County. Selected applicants will be notified after the review process.



**QUESTIONS?** Contact:  
[dctprogram@ymcasd.org](mailto:dctprogram@ymcasd.org)  
(858)837-3091

**CLICK OR SCAN QR CODE TO  
COMPLETE THE APPLICATION**





# BACK TO SCHOOL

## SEPTEMBER 2025

It's back to school time and, for some, their first time in college. This month, we are focusing on how incoming college freshmen can make their first semester of a college a successful one and additional opportunities for scholarships and beyond.

Reality Changers prepares youth to become first-generation college graduates and agents of change in their communities.

### CAREER SPOTLIGHT

Hospitality: Professional Chef and Cooks

Utilities, Energy and Power: HVAC Technicians. (See below).

[Chefs and Head Cooks | Heating, Air Conditioning](#)

### Career Quick Facts: HVAC Technicians vs Professional Chef/Cook

#### Quick Facts:

HVAC Technicians & Professional Chef/Cook

[Heating, Air Conditioning, and Refrigeration Mechanic and Installer Career](#)

[VideoChefs and Head Cooks Career Video](#)

#### 2024 Median Pay

\$59,810 per year  
\$28.75 per hour

#### Education

High School Diploma or equivalent

#### Work Experience in a Related Occupation

None  
5 years or more

#### On-the-job Training

Long-term on-the-job training  
None

#### Number of Jobs, 2023

441,200  
187,100

#### Employment Change, 2023-33

40,100  
15,500

9% (Much faster than average)

## WHAT SHOULD YOU PACK FOR COLLEGE?

Heading off to college this fall? Whether you're moving into a dorm or student housing, packing smart is key to starting strong. Here's a detailed list of essentials to help you settle in and feel at home from day one:

### Bedding & Sleep Essentials

- Twin XL sheet set (2 sets recommended)
- Comforter or duvet
- 1–2 pillows + pillowcases
- Blanket or throw for naps or cold nights

### Academic Supplies

- Laptop or tablet w/ Digital pen (check college recommendations)
- Charging cords & extension cable
- Notebooks, folders, and binders
- Pens, pencils, highlighters, sticky notes
- Backpack or tote bag
- USB drive or external hard drive
- Desk organizer
- Calendar/planner

### Personal Hygiene & Bathroom Item

- Medication (prescriptions or over the counter)
- Shower caddy (portable for shared bathrooms)
- Flip-flops or shower shoes (shower use)
- Towels (2 bath, 2 hand, 1 washcloth)
- Toothbrush, toothpaste, floss
- Shampoo, conditioner, body wash, deodorant
- Razor, shaving cream, hairbrush/comb
- Nail clippers, tweezers, personal grooming tools
- First-aid kit

### Laundry & Cleaning Supplies

- Laundry basket or pop-up hamper
- Detergent (Powder or Sheets), fabric softener
- Disinfecting wipes, all-purpose cleaner, paper towels
- Small broom & dustpan or handheld vacuum

### Important Documents

- Student ID, driver's license/state ID
- Insurance card (medical, dental, etc.)
- Bank info/checkbook
- Social Security Card (copy)

### Room Essentials

- Desk lamp
- Powerstrip/surge protector
- Small Fan
- Under-bed storage bins or drawers
- Command hooks
- Trash can and trash bags
- Microwave/Mini Fridge

## FINANCIAL AID & SCHOLARSHIP UPDATES:



Deadline: September 15, 2025

[Cooke Scholarship](#) | Deadline: November 14

[National Space Club and Foundation](#) | Deadline: November 17, 2025



# COLLEGE ACCESS PROGRAMS 2025-2026



## College Bound Webinars

**Time: 6:00pm-7:00pm PST**

8/27/25 - FSA ID/Financial  
Aid for Seniors

9/10/25 - UC PIQs and  
College Essay

10/15/25 - College  
Applications  
(CSU/UC Admissions)

11/5/25 - Financial Aid and  
FSA ID FAQs

12/10/25 - All About  
Scholarships

1/21/26 - Community College  
Admissions

2/4/26 - Understanding  
Financial Aid Packages

3/11/26 - So You Got  
Accepted...Now What?

4/15/26 - How to Accept  
Your Financial Aid

5/13/26 - Financial Aid for  
11th Graders

## Jumpstart Senior Year

**Conferences open to all high  
school seniors and families**

9/06/25

8am-12pm @ Oceanside High

9/20/25

8am-12pm @ SD City College

## Future Fest College and Career Fair

2/28/26

9am-12pm @ Grossmont College

## 1:1 College and Financial Aid Advising Cal-SOAP College Readiness Coaches (CRCs) provide college/financial aid advising and application assistance

Available at select schools in  
the following school districts:  
GUHSD, OUSD, SDUSD,  
and SUHSD.

## Cash for College Workshops

**In-person workshops for  
FAFSA/CADAA assistance  
offered @ multiple locations**

10/18/25 - 9:00am - 12:00pm

11/15/25 - 9:00am - 12:00pm

1/24/26 - 9:00am - 12:00pm

2/21/26 - 9:00am - 12:00pm

## Virtual Cash for College Workshops

**Virtual workshops for  
FAFSA/CADAA assistance  
offered via Zoom platform**

10/29/25 - 5:00pm - 7:00pm

11/19/25 - 5:00pm - 7:00pm

1/28/26 - 5:00pm - 7:00pm

2/25/26 - 5:00pm - 7:00pm

**REGISTER FOR EVENTS @**

**<https://www.calsoapsandiego.org/workshops>**

## FOLLOW US!

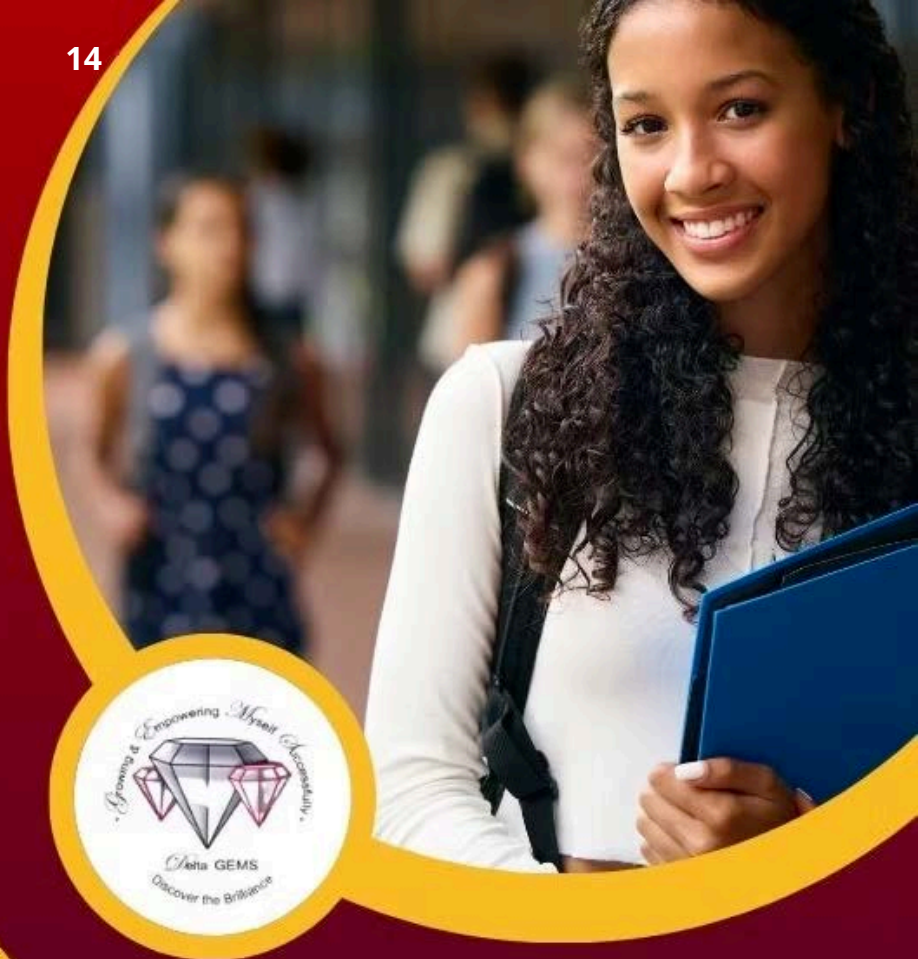




# Delta G.E.M.S. 2025-26

- Group Activities
- College & Career Preparation
- Leadership Development
- Delta G.E.M.S. Curriculum
- Mentorship

14



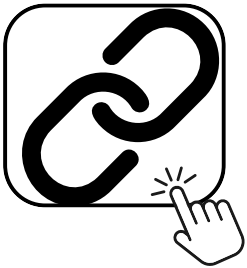
**REGISTER  
NOW**



<https://form.jotform.com/252235782756162>



**[WWW.DSTSANDIEGO.ORG](http://WWW.DSTSANDIEGO.ORG)**



**Don't miss  
this exciting  
opportunity!**

The goals for Delta GEMS are:

1. To instill the need to excel academically;
2. To provide tools that enable girls to sharpen and enhance their skills to achieve high levels of academic success;
3. To assist girls in proper goal setting and planning for their futures in high school and beyond, and
4. To create compassionate, caring, and community-minded young women by actively involving them in service learning and community service opportunities.

"The Delta G.E.M.S. program is designed to capture the dreams of African American females between the ages of 14 and 18, specifically in grades 9 and 12."

"The Delta GEMS program provides a roadmap for college and career planning through activities that offer opportunities for self-reflection and individual growth."

**IMPORTANT INFORMATION:** The application deadline is **September 23, 2025, 5 p.m.** Please complete the online application using this student application [link](#) and the parental/guardian forms using this [link](#) to [keahagan68@att.net](mailto:keahagan68@att.net). If you have questions or concerns, please feel free to reach out to Kea Hagan, Chair (619) 994-6421.



# PROJECT READY 2.5

## PATHWAYS TO SUCCESS

### ENROLLMENT OPEN NOW

#### Education Youth Advocacy Program

The Urban League of San Diego County and Doors of Change are partnering to support youth who face multiple barriers, including housing and learning challenges.

Ages 14-24

Free!  
Incentives!  
Gift Cards!  
Mobile Devices!



Safe Shelter & Housing Assistance



Access to Basic Needs (i.e. Food, Clothing...)



College & Career Readiness



Life Skills, Social Justice, Leadership Skills & Mentorship

SCAN HERE



**Register Now!**



<https://sdul.org/csi-pr-2-5-pathways-to-success/>



Urban League  
San Diego County

kea@sdul.org  
(619) 266- 6237  
www.sdul.org



CaseManager@doorsofchange.org  
(760) 415 - 0009  
www.doorsofchange.org





# Back to School Blues

- Monthly live webinars
- 45 minutes
- Join from anywhere (it's virtual)
- Space is limited — sign up now!



**Register here**



**Emily Muscato**

**Behavioral Health Coach  
BrightLife Kids**

## About the webinar

**Date: Thursday, September 11th**

**Time: 12:00pm-12:45pm**

School can bring more than just stress—it can bring sadness, low energy, and feeling stuck. In this webinar, we'll explore gentle ways to support kids through tough school days, friendship struggles, and big feelings about the world around them.

# Discover



## FALL 2025 COLLEGE & CAREER PROGRAMS

### COLLEGE PREP

- **UC San Diego Info Session**  
Virtual  
9/2/2025 @ 6:00 - 6:30 PM
- **UC Application Process**  
Virtual  
9/8/2025 @ 6:00 - 7:00 PM
- **Preparing for Your Senior Year**  
Skyline Hills Library  
9/13/25 @ 11:00 AM - 12:00 PM
- **UC Berkeley Info Session**  
Virtual  
9/16/2025 @ 4:15 - 4:45 PM
- **Personal Insight Questions**  
Rancho Peñasquitos Library  
9/23/25 @ 4:30 - 5:30 PM

### MEET THE STAFF

- **Overview of the UC System**  
Virtual  
9/23/2025 @ 5:00 - 5:30 PM
- **A - G College Readiness**  
Rancho Peñasquitos Library  
9/30/25 @ 4:30 - 5:30 PM
- **UC Application Process**  
Virtual  
9/30/2025 @ 6:00 - 7:00 PM
- **UC Application Process**  
Otay Mesa-Nestor Library  
10/7/2025 @ 4:15 - 5:15 PM
- **UC Application Process**  
Virtual  
10/15/2025 @ 4:00 - 5:00 PM
- **Financial Aid Information**  
Logan Heights Library  
11/1/25 @ 11:00 AM - 12:00 PM
- **Financial Aid Information**  
Central Library - Teen Center  
12/9/25 @ 4:00 - 5:00 PM

### More information at



[mysdpl.org/discoveru](https://mysdpl.org/discoveru)

### Career Prep

- **Work Etiquette & Professionalism**  
Skyline Hills Library  
9/3/25 @ 4:00 - 5:30 PM
- **Interview Skills**  
Skyline Hills Library  
11/22/25 11:00 AM - 12:30 PM



# Upcoming Events



9/06

## Family Safety Day: Hanging with Heroes



Join us for Family Safety Day! A FREE, fun-filled event with real heroes, superheroes, safety demos & more—fun for the whole family! **Saturday, September 6, 2025 | 10 a.m - 1 p.m**

9/13

## Fiestas Patrias: Celebrate Mexican Independence



Join Old Town San Diego State Historic Park for this family-friendly celebration of Mexican culture and history! **Saturday, September 13, 2025 | 11 a.m. - 4 p.m. | Free Family Event**

9/19

## Daniel Tiger @ San Diego Railroad Museum



Bring the whole family for a fun-filled day featuring a visit from the beloved costume character, Daniel Tiger, along with a special story time. Enjoy free book giveaways and more! **Kids 12 and under get in for free. Friday, September 19, 2025 | 9:30 a.m - 12 p.m**

9/21

## Blanket Sounds



Blanket Sounds, kicks off with live music, art installations, and more! Musical performances include jazz, soul, Latin fusion, and more. **Free family friendly event, all ages welcome! Saturday, September 21 | 3 p.m**

9/27

## San Diego Sustainable Food Festival



Community celebration of global flavors & culinary innovation, showcasing local chefs and vendors, with a focus on seasonal ingredients, sustainable practices, and eco-friendly food ways. **Saturday, September 27, 2025 | 11 a.m - 5 p.m.**