



December 2025

THE YOUTH BULLETIN

San Diego, 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 OCYS interns and staff
Kwincy Lambert and Brilly Gonzalez**

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!

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HERE!](#)



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[NEWSLETTER](#) | [CITY OF SAN DIEGO OFFICIAL WEBSITE](#)

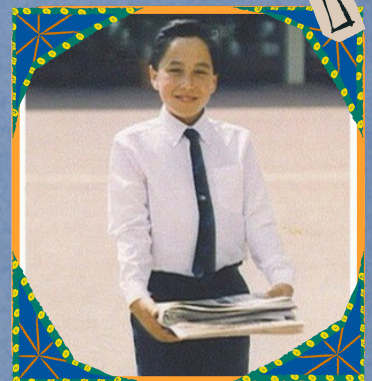
Mayor For A Day



Mayor Todd Gloria provides an opportunity for a youth to shadow him and gain an inside perspective of civic duties.

Mayor Gloria is currently accepting applications from youth K-12 interested in serving as the City of San Diego's Mayor for a day. Do not miss your opportunity to lead our fine city for a day!

Apply before the deadline **12/5/25 at 11:59 pm!**





GIVING BACK



As the holidays approach us, there are various ways that we can get involved and create a positive impact on our communities that do not require a financial donation. Consider giving back by donating your resources and time.

Try participating in:

- Local food drives
- Clothing drives
- Toy drives
- Community clean up days
- Volunteering at your library



Follow charitable organizations online to stay up to date on opportunities to invest your time in activities that best align with you. Check out the organizations below to see how you can get involved on the next volunteering opportunity!



Free Clothing & Toy Swap

Dec. 6th, 2025 | 10 am - 1 pm

La Mesa Library, 8074 Allison Ave

- Bring up to 1 grocery bag of clothes or toys to donate



Food Distribution



Feeding San Diego

12/13/2025 | 10 am - 12 pm

9477 Waples St., STE 100, SD, CA 92121

Friendship for Hope

12/18/2025 | 9 am - 12 pm

2727 E. 7th st., Nat. City, CA 919501

VFW Don Diego

12/18/2025 | 4 pm - 7 pm

2100 Logan Ave, SD, CA 92113

Dreams for Change

Every Wednesday | 10 am - 1 pm

5605 Imperial Ave, SD, CA 92114

City Farmers Nursery + SDYS Community Combine:

Now through Dec. 14th, 2025

3110 Euclid Ave, San Diego, CA

- Collecting tree ornaments, string lights, and tree toppers. All donations will go to foster group homes to ensure kids can decorate this holiday season.





A QUICK GUIDE FOR SENIORS & FUTURE COLLEGE STUDENTS

DECEMBER 2025

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

We hope you all had a wonderful Thanksgiving Holiday and spent time with your family, friends and had a little bit of down time. So now that you have successfully submitted your UC and CSU application and in some cases your Common Applications, what's next? In this issue we will focus on what you need to know for next steps planning after you have successfully submitted your college applications.

YOU SUBMITTED YOUR UC & CSU APPLICATIONS WHAT'S NEXT?

Congrats on submitting your UC and CSU applications! While the hard part is done, the next few months are just as important. Here's what to focus on now:

Check your email and set up applicant portals

- Each campus will send instructions to activate your portal. Use it to track your application, upload documents, view financial aid items, and eventually see decisions.

Tip: Check email (and spam) often and activate portals right away.

Monitor & Update your application

- UC: Report schedule changes, D/F grades, or major academic updates through your portal.
- CSU: Some campuses require supplemental updates or additional documents.

Tip: Respond quickly—missing information can delay or impact admission.

Complete FAFSA or California Dream Act App.

- Submit early and list all UC/CSU campuses.
- *The priority deadline is March 2.*

Tip: Check campus financial aid portals for extra forms like Cal Grant GPA verification.

Keep Your Grades Strong

- Admission is conditional. Avoid senioritis—large drops in grades can affect your offer.

Tip: Ask for help early if school gets overwhelming.

Track New Achievements

- Keep a record of new awards, activities, jobs, or responsibilities – helpful for scholarships or campus requests.

Apply for Scholarships

- Deadlines come early, look for local, campus based, and national scholarships.

Tip: Small awards add up!

Research Housing Opportunities

- Some campuses open housing applications close before decisions. Explore residence halls, meal plans, and costs now.

Tip: Note priority housing dates.

Visit or Explore Campuses

- Use winter and spring for tours and admitted-student events. This helps when making your final choice.

Get Ready for Decision Season

- Expect decisions: UC: Mid-March CSU: January-April Start thinking about what matters most (programs, costs, distance, supportive services, etc.)

Stay Organized-And Celebrate!

- Use a planner or digital calendar to track requests and deadlines. Take pride in how far you've already come.

FINANCIAL AID & SCHOLARSHIP UPDATES:

- Carthage College California Scholarship | Deadline: December 3, 2025
- Niche \$50,000 No Essay Scholarship | December 31, 2025
- Ford Salute to Education Scholarship | February 13, 2026
- SD Foundation: Common Application Scholarship | March 2, 2026

College Spotlight

University of California San Diego (UCSD)
New Major: Cinematic Arts and Film Studies
Additional Majors: Academic Majors & Minors



CAREER SPOTLIGHT

CALLING ALL INSPIRING DIGITAL MEDIA ARTS AND FUTURE FILMMAKERS! INTERNSHIPS



- According to the Occupational Outlook Handbook 2025
- Quick Facts: Web Developers and Digital Designers
- Computer Programmers

2024 Median Pay (Per Year) (Per Hour)	<u>Web Developer & Digital Design</u> \$95,380 per yr. \$45.85 per hr. <u>Computer Programmers</u> \$98,670 per yr. \$47.44 per hr.
Typical Entry-Level Web Developers & Digital Design Computer Programming	Bachelors Degree (BS or BA) Research & STEM Focus (Bachelor of Science)
Work Experience in Occupation	None None None
On-the-job Training	None None None
Number of Jobs, 2024	214,900 121,200
Job Outlook, 2024-34	7% (Much faster than average) -6% (Decline)
Employment Change, 2024-34	15,500 -7,200

**NEW YORK UNIVERSITY
SPORTS MANAGEMENT (SPECIALIZING IN E-SPORTS)**

**UC SAN DIEGO RECREATION – STUDENT ACTIVITIES
UCSD E-SPORTS**



2026 IS NEAR!

Check out the checklist below to get
on track for the upcoming year:



GOAL PLANNING

- ☐ Make a 2026 vision board (physical or digital)
- ☐ Write out your top 5 goals and display them somewhere visible
- ☐ Year-end reflection: wins, fails, lessons learned
- ☐ Choose a theme or quote to live by
- ☐ Create a list of what your "leaving" in 2026



MONEY



- ☐ Start a monthly budget / saving tracker
- ☐ Open saving account or checking account
- ☐ Sell old clothes or unused items
- ☐ Set an amount you want to save by a specific date
- ☐ Cut out 1 - 3 unnecessary expenses



HEALTH



- ☐ Create an at home workout or gym routine
- ☐ Try a 30-day challenge
- ☐ Try guided meditation or deep breathing exercises
- ☐ Implement one full day of rest per week
- ☐ Create a monthly or bi-weekly self check-in for mental health

AREAS OF IMPACT



- ☐ Volunteer at a nonprofit or community center
- ☐ Join youth-led groups or committees
- ☐ Get involved in a social cause

SKILLSET DEVELOPMENT



- ☐ Attend a community workshop
- ☐ Learn a skill from a peer
- ☐ Learn a new tool or app
- ☐ Take a free online course
- ☐ Gain a new internship or job



HOBBIES



- ☐ Revisit an old hobby
- ☐ Try a brand new hobby with a friend
- ☐ Join a club
- ☐ Find a hobby for creativity, money, and health

SD YOUTH COMMISSION

WHAT IS THE YOUTH COMMISSION?



The 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.

WHY YOU SHOULD JOIN?

Youth representation is important and without youth input, how will the people making decisions on behalf of youth know they are making the right decisions.

WHAT IS THE ROLE OF A YOUTH COMMISSIONER?

- Provide advice to City elected officials
- Amplify youth voices!
- Engage in empowering youth advocacy.
- Build skills and knowledge on public policy, leadership, and gain valuable learning opportunities.
- Participate in community engagement to make a positive impact on your City.



For more info. email: OCYS@sandiego.gov



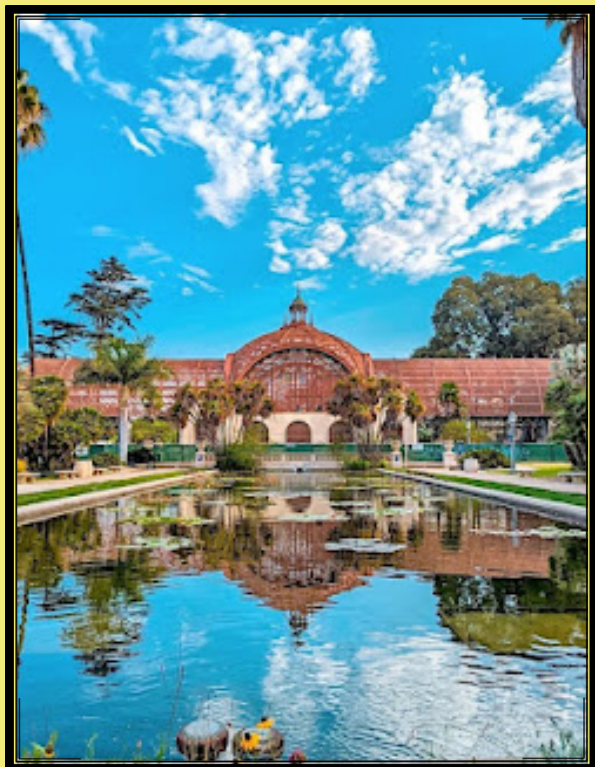
Apply Today!



Balboa Park



Office of Child
and Youth Success



Balboa Park: San Diego's Cultural Playground
Originally founded in 1868, Balboa Park reflects San Diego's story. Balboa Park isn't just a park; it's home to 18 museums, the newly renovated free Botanical Garden, the world-famous San Diego Zoo, Spanish Village Arts Center, and year-round events.

Rich in culture, creativity, and community. Whether you're exploring a museum, walking through historic architecture, or catching a festival, there's always something happening here.



HIDDEN GEMS



Zoro Garden Butterfly Grotto

A hidden sunken garden tucked behind the Fleet Center. Chill here with friends, sketch, or watch butterflies float around this peaceful nook.

📍 Not far from the Natural History Museum!



BALBOA PARK

- Take advantage of resident free Tuesdays and enjoy free admission at one of the participating museums! Learn more on the [site](#).



- Hop on a free tram to get around and explore the park thoroughly



- Check out the international cottages to learn more about the diverse cultures within San Diego



Japanese Friendship Garden

Not exactly "hidden," but still underrated. Wander koi ponds, bridges, and bonsai displays in one of the park's most peaceful spots.

Bring a journal or sketchbook, as this place inspires creativity. Don't miss the Cherry Blossom festival this upcoming spring!

December NIGHTS

DECEMBER 5-6, 2025 | FREE ADMISSION

SAN DIEGO'S BIGGEST HOLIDAY CELEBRATION IS BACK!
DECEMBER NIGHTS IS A TWO-DAY FESTIVAL THAT LIGHTS UP
BALBOA PARK WITH FOOD, MUSIC, CULTURE, AND
COMMUNITY.

EXPECT INTERNATIONAL FOOD VENDORS, LIGHT DISPLAYS, LIVE
MUSIC AND DANCE, FREE MUSEUM ENTRY, SHOPPING FROM
LOCAL ARTISANS, AND MORE.



DON'T MISS JUNIOR THEATRE AT DECEMBER NIGHTS!

SAN DIEGO JUNIOR THEATRE'S "JT ON TOUR" WILL BE PERFORMING BOTH NIGHTS AT
THE VILLAGE ARTS CENTER STAGE DURING DECEMBER NIGHTS. COME SUPPORT LOCAL
YOUTH PERFORMERS, CATCH LIVE HOLIDAY-THEMED SETS.

SWING BY THE FAMILY ZONE INSIDE THE MUNICIPAL GYM TO EXPLORE THE MAGIC OF
THE SEASON WITH OCYS & SDPL.

✦ FOR THE KIDS: EVERY CHILD WILL RECEIVE A FREE WINTER-THEMED COLORING BOOK
AND CAN CRAFT THEIR VERY OWN SNOWFLAKE CROWN—THE PERFECT ACCESSORY
FOR A FESTIVE ADVENTURE.

Get in the spirit of the
holidays and celebrate a
fun selection of activities
at your local library.
Check out the site below
to see what's happening
near you!



Upcoming Events

Dec. 6th

[Winter Carnival](#)

Park De La Cruz 3911 Landis St, San Diego, CA 92105

11:30 am - 2:00 pm

Free family event with games, face painting, light brunch, and a resource fair.

Dec. 7th

[Rainbow Spaces & GLSEN: Rainbow Skate](#)

700 Orange Ave, Coronado, CA 92118

5 pm - 7 pm

Free ice skating for youth up to ages 24, Cookies and hot chocolate will be provided!

Dec. 8th

[PAC ARTS Reel Voices: Youth Filmmaker Showcase](#)

San Diego Central Library (Neil Morgan Auditorium)

6:00 pm - 8:00 pm

Celebrate the creativity and voices of youth filmmakers. Free admission with [RSVP!](#)

Dec. 13th

[Green Corridor Holiday](#)

Palm Ave & Division St, National City, CA 91950

9:00 am - 12:00 pm

Free family friendly event filled with holiday music & cheer, arts & crafts, and toy giveaway.

Dec. 13th

[Barrio Logan Snow Day Mercado](#)

1101 Cesar Chavez Parkway, SD 92113

12:00 pm - 6:00 pm

Free family friendly event filled with holiday music & cheer, arts & crafts, and toy giveaway.

Dec. 14th

[Play Day + Winter Market](#)

Museum of Contemporary Art, 700 Prospect St, La Jolla

11:00 am - 5:00 pm

Free all ages event, enjoy a play day that extends into live vinyl DJ performances, good bites, and check out the [ESP Showcase!](#)

2026 YOUTH-LED CAREER EXPO



Calling all youth job seekers, ages 16 to 24! Explore your career options at the Promise Zone's annual Career Expo.

TUESDAY, MARCH 3, 2026

10 A.M. - 1 P.M.

Balboa Park Club
2150 Pan American Rd.
San Diego, CA 92101

WEBSITE LINK:



Join us at the highly anticipated Youth-Led Career Expo! This event presents an incredible opportunity for youth job seekers, ages 16 to 24, to connect with companies, apprenticeship programs, and nonprofits to explore a wide range of career options and resources. Don't miss out on this fantastic chance to kick-start your professional journey!



Please contact promisezone@sandiego.gov with questions.



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

KINSHIP SUPPORT PROGRAM

YMCA YOUTH & FAMILY SERVICES

If you're a grandparent or other relative raising a child in your family, you're not alone. The Y is here to help!

WHO WE SERVE:

We serve Kinship caregivers that are raising a family member's child (also those that are not related, but like family). We serve Kinship caregivers that have a child placed by Child and Family Well-Being (CFWB) and those that have no CFWB involvement.

WHAT FAMILIES CAN EXPECT TO RECEIVE:

- Convenient services including home visits and flexible meeting times.
- An assessment of your needs & resources to support you in raising your Kin child.
- Information about parenting children that have experienced trauma.
- Supportive services that walk you through complicated systems and application processes.

SERVICES INCLUDE:

Kinship Navigation— Assistance navigating systems and accessing resources to support you in raising a relative's child. Kinship Navigators can help access resources for needs such as:

- Guardianship & Adoption
- Public Benefits
- Childcare & Basic Needs Items
- Education & Mental Health Services
- Enrichment activities

Support Groups—weekly groups providing peer support, training by Grossmont College, childcare, and a light meal.

Family Events—quarterly regional events for networking and fun.

Respite Care—a break or rest for caregivers age 55 and over.

CONTACT US:

CALL: 877-YMCA-4-KIN (877-9622-4-546)

EMAIL: kinshipyfs@ymcasd.org

¡SE HABLA ESPAÑOL!

IN PARTNERSHIP WITH:



**LIVE WELL
SAN DIEGO**

2026 Summer Internships

The Child Mind Institute's Youth Mental Health Academy (YMHA) is a **paid, community-based career development program** for high school and early college students. It gives students from traditionally underserved communities, including BIPOC and LGBTQIA+ teens, an opportunity to **gain valuable knowledge and experience in the mental health field**.

By providing mentorship and training to high school students in underserved communities, we aim to inspire and cultivate tomorrow's mental health leaders — but we can't do it alone. **We are seeking organizations to provide internships for groups of 5+ students in person in California or remotely anywhere in the United States during summer 2026.**

Internship Details

- Internships will be 80 to 100 hours (e.g., 16–20 hours/week for five weeks).
- Must occur between mid-June to mid-August 2026.
- Can be with organizations focused on clinical work, research, community outreach, media, technology, or public policy in mental health and related fields.
- Work setting can be in-person, remote, or hybrid.

YMHA interns can support organizations with: Community outreach, peer-to-peer support, social media, desktop research, workshop facilitation, youth feedback and advisory, youth supervision, planning, and hosting events, data analysis, administrative tasks — and more!



Interns with **Pass It Forward** supported the Inglewood Therapeutic Sports Program.



Interns with **Bully Talk** brought anti-bullying information and resources to children and schools.

GET INVOLVED

If your organization is interested in hosting interns in summer 2026, please email YMHAIternships@childmind.org or [click here to schedule a meeting](#).

For more information visit childmind.org/youth-mental-health-academy



2026 Summer Internships

About the Interns

- Primarily 16–19 years old
- Located across California: Bay Area, Inland Empire, Kern, Los Angeles, Sacramento, San Diego
- Completed the 2025 Youth Mental Health Academy summer program
- Received Adolescent Crisis Response training

Internship Support

- YMHA pays interns a stipend of up to \$2,000 for their work.
- Interns will have access to YMHA mentors and professional development workshops.
- The YMHA team will assist in the onboarding process for your site and provide open office hours for both interns and hosts to address questions or issues.

Process & Timeline

The Youth Mental Health Academy will work with internship partners to understand their organizational needs and onboarding requirements to facilitate the matching process with our students during spring 2026.

JAN 2026

Finalize internship partners

FEB 2026

Share available opportunities with interns

MARCH & APRIL 2026

Internship matching process

MAY & JUNE 2026

Site introductions and intern orientation

JULY & AUGUST 2026

YMHA internship



Interns with Eastern Harmony Mental Health helped bring awareness to their communities.



GET INVOLVED

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For more information visit childmind.org/youth-mental-health-academy

