



# OFFICE OF CHILD AND YOUTH SUCCESS

*A City Where Children and Youth Thrive*



APRIL 2025

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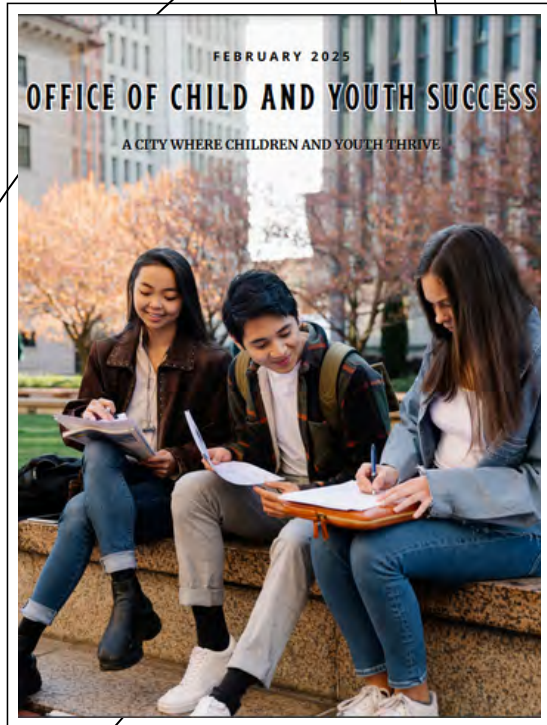
The youth Bulletin: For youth By youth

# STAY IN THE LOOP!



**YOUTH FOCUS**

- ✓ Stay Informed
- ✓ Learn & Grow
- ✓ Youth-Powered Content
- ✓ Community Connection
- ✓ Exclusive Resources



**YOUTH CRAFTED**

Don't miss out—sign up now and stay in the loop with all the latest updates and resources just for you!

 **Sign Up Today!** 



**NEWSLETTER | CITY OF SAN DIEGO OFFICIAL WEBSITE**

# Our 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.



# Our 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.

# About Us

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

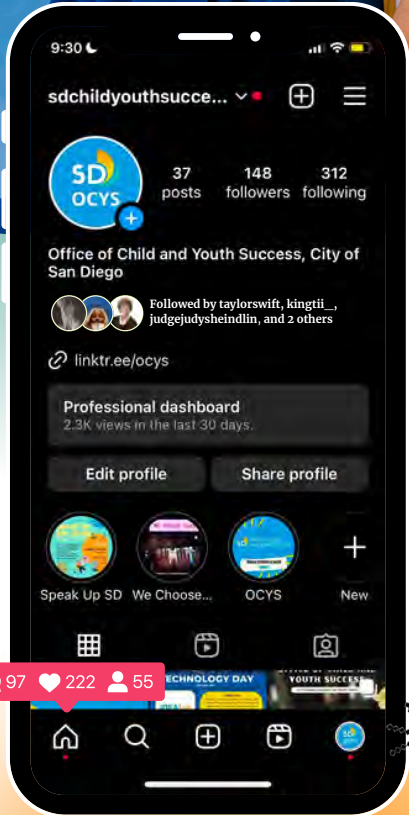
[LEARN MORE](#)



# Creators

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





# JOIN OUR COMMUNITY

Putting Youth, Young Adults, & Families at the Heart of Every Post!

## Stay in the know with OCYS

Where we connect with us on a personal level, share, and keep it real through trust, transparency, equity, and inclusion. This is a space where voices are heard, stories are valued, and meaningful conversations spark real change. Get your weekly updates, insights, and a space that's all about empowering youth and building a stronger community together!



# GET CONNECTED

## Internships & Volunteer Opportunities



### Internships

#### San Diego Youth Services

Intern with a variety of youth programs supporting at-risk young people, including mentoring, community outreach, and life skills training. Perfect for youth looking to work with peers and gain experience in social services.

#### San Diego Museum of Art

Assist with museum programs, educational events, and art exhibitions. A fantastic opportunity for youth passionate about the arts and culture. You'll work with professional artists and educators to help run the museum's youth programs.

#### Teen Science Cafe - UC

Intern in a science communication role, helping to organize and host teen science events. You'll work closely with scientists and other youth to explore STEM topics. Perfect for youth interested in science, public speaking, or event coordination.

Experience more, grow faster, impact bigger!

### Volunteer

#### Boys & Girls Clubs

Support programs focused on academic success, leadership, and healthy lifestyles for younger kids. Volunteer with peers to help younger youth succeed in school and life.

#### Corps of San Diego

Participate in community service projects ranging from environmental work to helping local nonprofits. A chance for youth to get hands-on volunteer experience and contribute to their community.

#### Girl Scouts San Diego

Assist with troop leadership, community outreach, and youth mentorship, supporting girls in leadership development. Perfect for youth looking to inspire others and build strong leadership skills.

# APPRENTICESHIP OPPORTUNITIES

## Apprenticeships: About

Apprenticeships are training programs that combine on-the-job training with classroom instruction to prepare participants for a specialized trade or skill ([source](#)). The nice thing about an apprenticeship is that you are paid while in the program. It's also quite common to receive a certification or license upon completion, showing you are qualified for jobs in that industry ([source](#)).

## Opportunities in San Diego

- [Hawthorne Technician Apprenticeship Program](#)
- [IronWorkers Local 229 Four Year Apprenticeship Program](#)
- [IronWorkers National Welding Certification Program \(WCP\)](#)
- [Sheet Metal Joint Apprenticeship Training Committee San Diego](#)
- [San Diego Metropolitan Transit System \(MTS\) Apprenticeship Programs](#)
- [MiraCosta College Tech and IT Apprenticeships](#)
- [Rise Up Industries' Reentry Program](#)
- [PHCC 4 year Plumbing Apprenticeship Program](#)
- [Strive Community Health Institute \(enrollment flyer and QR code\)](#)
- [Strive CA \(same as above for CA\)](#)

[Click here for informational flyers about each apprenticeship opportunity!](#)



# TALK THE TALK



Office of Child and Youth Success




This Spanish & English storytime incorporates books, songs & fun for young people and their caregivers!



## KeyNote™

Cradle-to-College Music Education

Join the San Diego Youth Symphony's CHIMES program for an 8-week session from March 26 to May 17, featuring bilingual English/Spanish music classes for children aged birth to 5 years.




ATHENAEUM  
MUSIC & ARTS LIBRARY

Bilingual open mic and showcase event on the first Friday of each month, including April 4 and May 2.

Podcast



ON CALL




[CLICK HERE](#)

Celebrate Día de los niños/Día de los libros @ the Library!

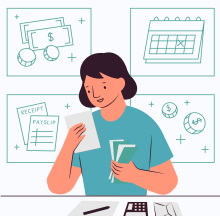




NATIONAL TEACH CHILDREN TO SAVE DAY | APRIL 24

# HOW TO \$AVE MONEY

## CALCULATE YOUR NET MONTHLY INCOME



- If you have a job, this is what you actually take home after taxes.
- No job? No problem! Income can come from other sources too, like an allowance.



## BUILD AN EMERGENCY FUND

- Starting out, your savings might double as your emergency fund. As your income grows, separate the two.
- A [High-Yield Savings Account](#) is a great place to keep your emergency fund.

## TRACK YOUR MONTHLY SPENDING

- Budgeting starts with tracking your spending, even on fun things like eating out. Break it into categories to see exactly where your money is going.



## PAY YOURSELF FIRST

- Start with \$10 or \$20 and increase as your income grows.
- Automate transfers to savings so your needs come first, and the rest goes to wants.



## ALWAYS TRACK YOUR MONEY & BUDGET



- Your expenses and/or income will inevitably change, so your budget plan will continue to evolve.



## STRUGGLING TO SAVE?

- Can you eat out less and cook more meals from home?
- Can you cut back on some of your wants or find cheaper alternatives?
- Can you find a cheaper phone plan, car insurance plan, etc.?

## 50/30/20 RULE

- Allocate 50% of your income to needs, 30% to wants, and 20% to savings.
- You can tweak the percentages based on your situation as these numbers may not be realistic for everyone.



## SOURCES & RESOURCES

- [50/30/20 Budget Calculator](#)
- [How to Save Money](#)
- [Saving on a Tight Budget](#)
- [Emergency Funds](#)
- [Saving Tips](#)



Learning to save and manage money early helps you handle finances responsibly. Without these skills, financial mistakes are more likely. No matter your current level of responsibility, you can apply these tips now and build on them as you take on more.

# Building Bridges



## IMPORTANCE:

Mentorship is when someone supports and guides you, offering advice and encouragement to help you reach your goals. It's like having a personal coach, giving you tips on everything from school to your future career. Having a mentor can boost your confidence, help you learn new skills, and open doors to amazing opportunities. It's all about getting support from someone who's ready to help you succeed!

## THE BENEFITS:

- **Build Confidence:** Having a mentor who listens and guides can boost self-esteem and help them navigate challenges.
- **Develop Skills:** Whether it's time management, communication, or industry-specific knowledge, mentors offer hands-on skills that shape their future.
- **Expand Networks:** Through mentorship, youth connect with professionals who can open doors to new opportunities and career pathways.
- **Cultivate Positive Relationships:** Mentors offer valuable guidance in life and work, forming connections that last a lifetime.

## FIND A MENTOR:

- **San Diego Youth Mentorship Network:** Career and personal growth through mentorship, workshops, and exploration
- **The Monarch School Project:** Academic, emotional, and career support for at-risk youth
- **San Diego Workforce Partnership:** Industry mentorship, leadership, and internships for youth
- **Boys To Men:** Emotional growth, leadership, and life skills for young boys
- **Junior Achievement of San Diego:** Financial literacy, career prep, and entrepreneurship programs

## BE A MENTOR:

- **Big Brothers Big Sisters of San Diego County:** Youth are matched with mentors based on shared interests and goals
- **San Diego Youth Services:** Youth receive mentorship for personal growth, academic success, and career readiness
- **RISE San Diego Mentorship Program:** Youth can join mentorships for academic, career, and personal growth with local professionals
- **Mana de San Diego:** Empowers young Latinas through mentorship, education, and leadership development

# Sustaining San Diego

Celebrate Earth Day, April 22! Keep Keep San Diego looking beautiful! Do your part to protect the Earth. San Diego's unique geography is home to beautiful beaches, hiking trails, mountain views, and a diverse animal life.



**Reduce waste! Donate, upcycle and thrift.**



**Compost food scraps. Toss in your green bin or compost in your yard.**



**Support local farmers. Shop at local farmers markets or join a CSA (community supported agriculture).**



**Discover nature. Enjoy nature at your local parks and trails.**

## Why San Diego Needs YOU to Go Green

San Diego isn't just where we live—it's where we surf, skate, snack, and chill. But if we want to keep it clean and cool, we've all gotta do our part. Keeping beaches trash-free means safer spots to hang and swim. Shopping at farmers markets supports local growers and helps the planet. And yeah—tossing your trash right and keeping drains clear stops pollution from messing up our ocean vibes. Bottom line? Small actions add up. Whether you're grabbing tacos, hitting the boardwalk, or heading to school, your choices make a difference. Let's keep SD fresh for everyone!



### San Diego 350

This organization is seeking dedicated volunteers to support its engaging workshops, webinars, and community events focused on climate change and sustainable living. Volunteers will play a key role in educating and inspiring local residents to take meaningful action toward a more sustainable future.

#### Current Actions:

- Backing youth-led campaigns like Youth v. Oil and school eco-clubs
- Organizing direct actions, including rallies and strikes
- Hosting youth leadership programs, including a summit and seasonal sessions



### Kobey Swap Meet

- **Waste Reduction & Recycling** – By promoting the resale of secondhand goods, it reduces landfill waste and supports the circular economy.
- **Lower Carbon Footprint** – Selling used items extends their life cycle, minimizing the energy and materials required to produce new products.
- **Sustainable Shopping** – It encourages a culture of reusing and repurposing, reducing demand for fast fashion
- **Community Engagement & Awareness** – The swap meet fosters a local culture of sustainability, where individuals can exchange, upcycle, and trade goods in an eco-friendly manner.



### #ClimateActionCorps

The California Climate Action Corps (CCAC) actively engages youth in San Diego through various initiatives:

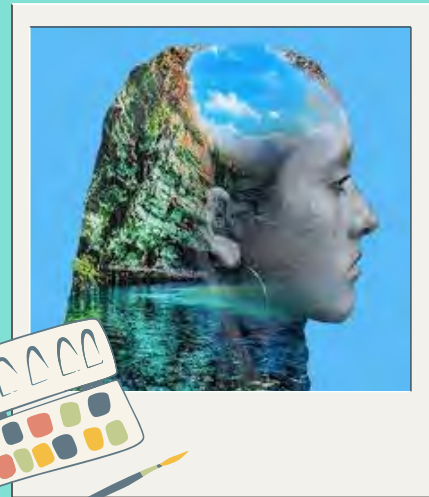
**Fellowship Opportunities:** CCAC offers paid, 11-month fellowships where youth gain hands-on experience in urban greening, waste recovery, and wildfire resiliency—building skills and leadership in climate action.

**Community Climate Action Days:** Fellows, volunteers, and community members to participate in activities like tree planting, invasive species removal, and environmental education, directly involving youth in tangible climate action efforts.

# Engaging Spaces

## BALBOA PARK THE SAN DIEGO MUSEUM OF ART

The Young Art 2025 is an exhibition of art from K-12th grade students in the San Diego and Tijuana regions. The 2025 exhibition will be held at the Museum of Photographic Arts at The San Diego Museum of Art from April 5-May 18.



Sat, May 03, location to be shared with RSVP's. Join San Diego Rainbow Spaces on Saturday May 3rd for their 5th annual Inclusive prom. Masquerade and dance the night away with your fellow creatures of mystery.



Study & Chill @ the Library!



The F.A.N.C.Y. Teen Girls Expo is designed to create an environment that builds young leaders. This is your opportunity to connect with others and get the skills you need to feel empowered to continue to conquer life's challenges!



# TURN YOUR PASSION INTO POSITIVITY

Youth empowerment is critical for allowing children and teens the courage to explore their interests and potential without being swayed by society's opinions on what success looks like. Providing resources to youth, which permits them to foster their passions and assist with a positive change in their lives and the lives of others, is essential to becoming a positive contributor to our society.



## Road to Entrepreneurship

- 1 **Identify Your Passion and Idea**
  - Identify what you're passionate about or the problem you want to solve by considering your skills, interests, and market demand.
- 2 **Market Research**
  - Conduct market research to assess demand, understand your target customers' needs, and analyze competitors to identify what makes your idea unique.
- 3 **Develop a Business Plan**
  - Create a clear roadmap by outlining your goals, product or service details, target audience, marketing strategy, and financial projections to guide your business development.
- 4 **Build Your Brand**
  - Choose a memorable business name and logo, and establish a professional, consistent online presence through social media and a basic website.
- 5 **Funding and Budgeting**
  - Identify startup costs, develop a budget, and explore funding options such as personal savings, family or friend loans, crowdfunding, or grants for young entrepreneurs.
- 6 **Register Your Business**
  - choose an appropriate business structure (e.g., sole proprietorship, LLC), then complete legal registrations and obtain any necessary permits or licenses.
- 7 **Launch and Market**
  - Start small by testing your product or service with friends, family, and your community, use social media for cost-effective marketing, and gather feedback to refine your offering.
- 8 **Grow and Improve**
  - Continuously improve using customer feedback, build relationships through networking and partnerships, and adapt your business to evolving market trends.
- 9 **Stay Motivated and Resilient**
  - Entrepreneurship comes with challenges, so stay flexible, persistent, and open-minded, and celebrate small wins to keep yourself motivated.

## Local Spotlight!

Dalesean Lynch, a passionate changemaker, created a nonprofit organization to inspire youth leadership and give back to his community. Dalesean tapped into city resources and partnered with other nonprofits to fundraise and host impactful community events; sponsoring high schoolers to go to prom and an annual Christmas toy drive.

His journey shows what's possible when ambition meets community support. Dalesean's story is a blueprint for young leaders everywhere—yes, that means you!

Take the leap: Whether it's a nonprofit or a business, your ideas can spark real change. Start today—your community is waiting for your leadership!

# National Minority Health Month



April is National Minority Health Month

Raise awareness, take action, and help build healthier communities!



## Where to Get Health Support

## Important Health Topics

### Everyone Deserves Health Care

- Help your community stay healthy —find free clinics, share resources, and encourage check-ups!

### It's Okay to Talk About Mental Health

- Break the stigma—talk about mental health, share resources, and remind others it's okay to ask for help!

### Stay Healthy and Strong

- Stay active, eat well, and bring friends along—wellness is better together

### Family Health Centers of San Diego:

Get affordable healthcare for you and your family, including medical, dental, and mental health services. Find a center near you online.

### San Diego Black Health Associates:

They support African American health through wellness programs and education. Learn about healthy living, join events, and check their website for workshops

### Latino Family Counseling Center:

They offer mental health services for the Latino community, including therapy and counseling for teens and families. Call or visit their website for more info

### San Diego Public Library:

Get free health programs, workshops, and screenings to support a healthier lifestyle—visit your local library for events and resources

**CLASSES  
START  
JULY 1st  
2025**

## MISSION

To ready all graduates for post-secondary success by providing a flexible, equitable, high-quality and personalized virtual learning program.

## VISION

To empower students with an enthusiasm for life long learning and G.R.I.T. needed to succeed in all post-high school pursuits.

## STUDENT LEARNER OUTCOMES

Growth  
Mindset  
Resilience  
Independence  
Transformation



## OUR ACHIEVEMENTS

- 94% Student Retention Rate
- 95% Course Completion Rate

### Counties Served:

- San Diego
- Riverside
- Orange
- Imperial

### More Info or to Register:

[www.sdma.elev8schools.org](http://www.sdma.elev8schools.org)

**(833) 980-1354**



**SCAN ME!**

*Registration Link  
&  
Registration Form  
(with course list)  
will be ready  
March 2025*

## Academic Enrichment Program

### Requirements for Enrollment

- 1.) Speak with your Counselor to determine the necessary courses.
  
- 2.) Students can take 5 credits(one semester) at a time and can earn up to 10 credits. With prior admin approval, up to 15 credits will be allowed.
  
- 3.) Students must finish 5 credits(one semester) before beginning another.

#### Determine if online learning is for you:

- Do you have access to a computer or tablet?
- Do you have access to a reliable internet connection?
- Are you willing to spend more than 4 hours per day to complete schoolwork?
  - In a traditional school, you spend about 60 hours in a class for a single semester course. Our coursework requires a similar time commitment.
- If you are taking summer school classes at your school or with another public program, you cannot enroll with our program. No dual enrollment.
- Students do NOT have to withdraw from their school of residence.



#### WHY CHOOSE US?

Students can retake/recover credits  
Students can take classes to get ahead

Our school is WASC accredited  
Our classes are UC A-G approved\*  
We have NCAA approved class options

Coursework is 100% online  
There are NO textbooks  
Students work at their own pace  
The program is FREE  
The tutoring is FREE  
Extended Hours M-F from 8am - 9pm

\*Visit <https://hs-articulation.ucop.edu/agcourselist>

#### More Info or to Register:

[www.sdma.elev8schools.org](http://www.sdma.elev8schools.org)

**(833) 980-1354**



**SCAN ME!**

*Registration Link  
&  
Registration Form  
(with course list)  
will be ready  
March 2025*



# Upcoming Events!

## Guided Nature Walks

Wednesday, April 2, 2025

1 Father Junipero Serra Trail

9:30 - 11:30am

## Wildlife Tracking Expeditions

Every 1st Saturday (April 5, 2025)

Father Junipero Serra Trail

8:30 - 10:30am

## Star Gazing!

Friday, April 4, 2025

2 Father Junipero Serra Trail

5:30 - 7:30pm

## Spring Egg Hunt!

Saturday, April 12, 2025

North Park Recreation Center

10:00am - 1:00 pm

## Bunny Hop and Go!

Saturday, April 12, 2025

Paradise Hills Recreation Center

10:00am - 12:00pm