



Student Services – CENTRAL REGION

Organization	Services	Eligibility	Contact	Location
San Diego Housing Commission	Providing Housing Solutions for families in the form of: <ul style="list-style-type: none"> Rental assistance Affordable rentals Affordable housing Loan Services Assistance with Section 8 Housing 	<i>Please call for eligibility</i>	(619)231-9400	1122 Broadway, Suite 300 San Diego, CA 92101
SAY SAN DIEGO	<p>Project Keep</p> <ul style="list-style-type: none"> o 16-week program o Provided in English & Spanish o Partners with foster & kinship parents to: <ul style="list-style-type: none"> Improve child behavior Decrease stress Build a supportive caregiver network: <ul style="list-style-type: none"> Parent education Peer support On-site childcare Up to 8 hours of annual training Weekly incentives for participants 	<ul style="list-style-type: none"> Foster parents & kinship caregivers of children ages 5–18 	<p>Moniesha Cole (858)565-4148 x 278 mcole@saysandiego.org</p>	<p>Main Office 8755 Aero Drive, Suite 100 San Diego, CA 92123</p> <p>Mid-City Family Resource Center 4275 El Cajon Blvd. San Diego, CA 92105</p>
San Diego Youth Services	<p>Adoption Support Services</p> <p>O Provides:</p> <ul style="list-style-type: none"> Monthly support groups for family members Movie nights & family festivals Saturday enrichment outings & social skills groups Mentorship/tutoring (volunteer program) Attachment & adoption focused therapy Parent coaching, family advocacy, & some respite funding Resources & referrals Specialized workshops <p>O Creates community of adoptive families as well as safe, sensitive, & lasting homes</p>	<ul style="list-style-type: none"> Families from every region of San Diego County who: <ul style="list-style-type: none"> Are in the process of adopting Have already adopted infants, children and teens 	<p>Ilene Tibbitts (619) 221-8600 x2240 tibbitts@sdyouthservices.org</p> <p>En Español Erica Topete (619) 221-8600 x2245 etopete@sdyouthservices.org</p> <p>Katiana Quintero (619) 221-8600 x2241 kquintero@sdyouthservices.org</p>	<p>San Diego Youth Services Main Office 3255 Wing St. San Diego, CA 92110</p> <p>San Diego Youth Services Golden Hill Youth Center 2220 Broadway. San Diego, CA 92102</p>
San Diego Youth Services	<p>Resource Family Agency</p> <ul style="list-style-type: none"> o 24/7 support & guidance, o Training for resource families: <ul style="list-style-type: none"> Rescuing a child Creating a safe home Breaking cycles of abuse Information sessions with those involved in foster care <ul style="list-style-type: none"> Help understand the role of love, stability, & trauma-informed parenting o Uses approval process for families: <ul style="list-style-type: none"> Prepares them to meet the needs of children through the trauma-informed model Unifies requirements for all families Provides easier transition for children Process for annual review & update of qualification o Weekly Clinical Case Management: <ul style="list-style-type: none"> Prepares resource families for home certification Supports ongoing licensing compliance Matches needs with those of child /sibling set Provide support 	<ul style="list-style-type: none"> Resource families Those who wish to apply to be a Resource Family 	<p><i>Foster Parent Recruitment Coordinator</i></p> <p>Alicia Kawamoto akawamoto@sdyouthservices.org</p> <p>Information Sessions</p>	<p>San Diego Youth Services Main Office 3255 Wing St. San Diego, CA 92110</p>



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	<ul style="list-style-type: none"> Assist in health & wellness record keeping, Availability by email, phone or text, On-call Clinical Case Manager available 24/7 <p>O Additional supports:</p> <ul style="list-style-type: none"> Monthly trainings & support meetings Informal meet-ups with other families 			
Promises 2Kids	<p>Camp Connect</p> <p>o Opportunity for siblings in foster care to maintain relationship</p> <ul style="list-style-type: none"> 4 day summer camp & monthly day camps <p>o Links for finding children separated:</p> <ul style="list-style-type: none"> Fostering Perspectives USA Today 	<ul style="list-style-type: none"> Youth in foster care 	<p>Lenny Leszczynski (858) 751-6616</p>	<p>9400 Ruffin Court, Suite A, San Diego, CA 92123</p>
Promises 2Kids	<p>The A.B. & Jessie Polinsky Children’s Center</p> <p>o County operated, short-term emergency shelter</p> <p>o For the protection of abused/neglected foster youth:</p> <ul style="list-style-type: none"> 6 residential cottages Infant nursery Medical clinic Library Cafeteria, etc. <p>o <i>Developmental Screening & Enhancement Program</i>(DSEP)</p> <ul style="list-style-type: none"> Detects developmental delays in foster children <p>o <i>Youth2youth</i> is a peer driven mentoring program</p> <p>o Recreation & life skills activities:</p> <ul style="list-style-type: none"> Dance & art Cooking classes Organized sports 	<ul style="list-style-type: none"> Current & former foster children 	<p>(858) 278-4400 info@promises2kids.org</p>	<p>9400 Ruffin Ct Suite A, San Diego, CA 92123</p>
Promises 2Kids	<p>Foster Funds</p> <p>o Offers support for foster youths' special requests:</p> <ul style="list-style-type: none"> Financial support for activities Sports equipment Music classes Class photos Application fees for college on an as needed basis Application <p>o The <i>Birthday Club</i> provides a gift card to youth 18 & under</p> <p>o <i>Community Drives</i> support the needs of foster children</p> <ul style="list-style-type: none"> Collect & provide: <ul style="list-style-type: none"> Backpacks Halloween costumes Holiday gifts Shopping events (back to school) 	<ul style="list-style-type: none"> Foster youth 18 & under 	<p>(858) 278-4400 info@promises2kids.org</p>	<p>9400 Ruffin Court, Suite A, San Diego, CA 92123</p>
Just in Time	<p>Career Horizons</p> <p>o 8-10 month program</p> <p>o Bring employment opportunities into focus for women who are former foster youth</p> <p>o Discussion & presentations by mentors on:</p> <ul style="list-style-type: none"> Learning obstacles in the work place Building a career map <p>o Offers:</p> <ul style="list-style-type: none"> Job shadowing One-on-one connections with female role models Network building The career horizons event 	<ul style="list-style-type: none"> Former female foster youth aged 18-26 who are: <ul style="list-style-type: none"> Working Attending school Have ongoing participation in the JIT Community via programs & activities 	<p><i>Youth Services Coordinator</i> Felicia Reyes (619)677-3484 Felicia@jitfosteryouth.org</p>	<p>4560 Alvarado Canyon Rd Suite 2G, San Diego, CA 92120</p>
Just in Time	<p>Pathways to Financial Power</p> <p>O Brings employment options into focus for foster youth:</p>	<ul style="list-style-type: none"> Former foster youth: 	<p><i>Youth Services Coordinator</i></p>	<p>4560 Alvarado Canyon Rd</p>



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	<ul style="list-style-type: none"> Resume building Networking & one-on-one connections with professionals Financial literacy & computer skills <p>O Program outcomes:</p> <ul style="list-style-type: none"> Confidence in job interviews Build resumes/ establish a network Maintain a budget/ knowledge of financial literacy 	<ul style="list-style-type: none"> Aged 18-26 working Attending school Ongoing participation in the JIT Community via programs & activities 	<p>Amanda Larson (619)770-1853 amanda@jitfosteryouth.org</p>	<p>Suite 2G San Diego, CA 92120</p>
Just in Time	<p style="text-align: center;"><u>Changing Lanes</u></p> <p>o For transition-age foster youth to help:</p> <ul style="list-style-type: none"> Obtain permits Pass drivers' tests Buy affordable cars Obtain reasonable insurance rates <p>o Offers:</p> <ul style="list-style-type: none"> Drivers Ed Behind the wheel training Lessons on how to: <ul style="list-style-type: none"> Become good drivers Purchase reliable transportation Responsible vehicle ownership Create access to jobs & life opportunities Build good credit 	<ul style="list-style-type: none"> Former foster youth: <ul style="list-style-type: none"> 18-26 Working or going to school Have stable housing Have a valid ID (voucher pass offered for ID: \$8) 	<p>Steven Silva (619)269-5789 Steven@jitfosteryouth.org</p>	<p>4560 Alvarado Canyon Rd Suite 2G, San Diego, CA 92120</p>
Just in Time	<p style="text-align: center;"><u>Financial Fitness</u></p> <p>O Offers former foster youth:</p> <ul style="list-style-type: none"> Money management support Ability to match up to \$4500 through advice from financial experts Online tools Comprehensive classes 12 x per year <p>o Help youth:</p> <ul style="list-style-type: none"> Create maintenance of funds Set up of bank account & savings Learn how to reduce credit card debt Increase savings & assets over 1 year <p>o Application</p>	<ul style="list-style-type: none"> Former Foster <ul style="list-style-type: none"> Youth aged 18-26 Working or attending School Application & proof of former foster status necessary 	<p>Steven Silva (619)269-5789 steven@jitfosteryouth.org</p>	<p>4560 Alvarado Canyon Rd Suite 2G San Diego, CA 92120</p>
Just in Time	<p style="text-align: center;"><u>My First Home</u></p> <p>O Pairs former foster youth with a first home guide team:</p> <ul style="list-style-type: none"> Help furnish living space Support with shopping <p>o Setup is based on applicants request & current inventory of youths furnishings & funds</p> <p>o Application</p>	<ul style="list-style-type: none"> Former foster youth <ul style="list-style-type: none"> 18-26 years old Referral by organizations & agencies serving current & former foster youth Self-referral Youth involved in Transitional Housing Program (THP+) cannot receive furniture from JIT (JIT supports AB12, TLPs, or HOME) Verification of foster care necessary 	<p>Steven Silva (619)269-5789 Steven@jitfosteryouth.org</p>	<p>4560 Alvarado Canyon Rd Suite 2G, San Diego, CA 92120</p>
Just in Time	<p style="text-align: center;"><u>Basic Needs</u></p> <p>O Emergency assistance to former foster youth:</p> <ul style="list-style-type: none"> Financial support for <ul style="list-style-type: none"> Rent & food Transportation, etc. Support to pull one out of survival mode Workshops on emotional, physical, sexual, & mental wellness 	<ul style="list-style-type: none"> Former foster youth: <ul style="list-style-type: none"> Ages 18-26 Working or attending school Verification of foster care needed via invoice, bill, or contract Referral from: <ul style="list-style-type: none"> CWS 	<p><i>For men:</i> Omar Chavez (619)677-2122 Omar@jitfosteryouth.org</p> <p><i>For women:</i> Nancy Tran (619)269-5818</p>	<p>4560 Alvarado Canyon Rd Suite 2G, San Diego, CA 92120</p>



	<p>O <i>Healthy Practices</i> provides workshops on:</p> <ul style="list-style-type: none"> Emotional health & self-esteem Self-care & healthy relationships Mental health & stress management Sexual health, Physical health <p>o Application</p>	<ul style="list-style-type: none"> Independent Living Skills Providers Programs specializing in housing, transitional housing/ living programs Self-referral 	<p>Nancy@jitfosteryouth.org</p>	
<p>Just in Time</p>	<p>Bridges for Success</p> <p>o 2 year program for men who are former foster youth</p> <p>o Offers support for meaningful employment</p> <p>o Works to help youth establish connections:</p> <ul style="list-style-type: none"> Story sharing Learn skills to excel in life & form relationships Offers resources during transition <p>o Program leaders guide to achieve SMART goals:</p> <ul style="list-style-type: none"> Employment & education Relationships & effective decision making <p>o <i>Expanding Horizons</i>:</p> <ul style="list-style-type: none"> Sponsored entertainment Travel and cultural enrichment <p>o Application</p>	<ul style="list-style-type: none"> Former Foster Youth <ul style="list-style-type: none"> Aged 18-26 working or Attending School Ongoing participation in JIT Community via Programs & Activities 	<p>Omar Chavez (619)677-2122 Omar@JITfosteryouth.org</p>	<p>4560 Alvarado Canyon Rd Suite 2G, San Diego, CA 92120</p>
<p>San Diego Youth Services</p>	<p>Independent Living Skills</p> <p>o Resources for former foster transitioning into adulthood:</p> <ul style="list-style-type: none"> ILS classes & workshops Bus passes Career exploration & employment services Assistance with uniforms & interview clothing Incentives & case management A free drop in center & computer lab Ensures youth will: <ul style="list-style-type: none"> Enroll in college/ vocational program Be employed/ in stable housing <p>o <i>Aftercare Services</i>:</p> <ul style="list-style-type: none"> Financial assistance for employment & educational purposes Housing assistance, household items, & gift cards Scholarships Medi-Cal 	<ul style="list-style-type: none"> Current/former foster youth ages 16-21. Referrals made by: <ul style="list-style-type: none"> Social worker Probation officers Other ILS partnerships Self-referral <i>Aftercare Services</i> Current or former foster youth up to age 21 	<p>(619) 221-8600</p>	<p>San Diego Youth Services Main Office 3255 Wing Street San Diego, CA 92110</p> <p><i>Drop-in hours:</i> Tuesday & Thursday 9:00am – 4:30pm</p>
<p>San Diego Youth Services</p>	<p>Homeless Housing & Support Services</p> <p>O <i>Street Outreach</i>:</p> <ul style="list-style-type: none"> Meets & engages homeless youth Resource connection Basic needs support Transportation to shelters ousing referrals <p>o <i>The TAY Academy</i></p> <ul style="list-style-type: none"> Hub for resources for transitional age youth <ul style="list-style-type: none"> Current or former foster youth Out-of-home probation youth homeless & runaway youth Provides: <ul style="list-style-type: none"> Job training & education services Case management & mental health services Youth emergency services Housing services Support for addressing basic needs Support for alcohol & drug misuse Support for artistic self-expression 	<p><i>TAY Academy</i></p> <ul style="list-style-type: none"> Transitional aged youth 14-25 <p><i>Transitional Housing Continuum</i></p> <ul style="list-style-type: none"> Transition aged youth 16-24 <p><i>Youth Emergency Center</i></p> <ul style="list-style-type: none"> Homeless, runaway, & street youth 	<p><i>Street Outreach</i> (619) 232-8126 x3512</p> <p><i>TAY Academy</i> (619) 232-8126 x3515</p> <p><i>Youth Emergency Services:</i> (619)232-8126</p> <p><i>Transitional Housing Continuum</i> (619) 221-8600</p>	<p>San Diego Youth Services Main Office 3255 Wing St, San Diego, CA 92110</p> <p>San Diego Youth Services Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102</p>



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	<ul style="list-style-type: none"> ○ Support for healthy relationships ○ Support for life skills, safe coping skills, & sexual health <p>o <i>The Transitional Housing Continuum:</i></p> <ul style="list-style-type: none"> ● Affordable housing & independent living skills ● Support to break the cycle of homelessness <p>o The <i>Youth Emergency Shelter</i> provides a safe home & services to help youth reunite with families/find alt. housing</p>			
SAY SAN DIEGO	<p style="text-align: center;"><u>Alternatives to detention</u></p> <p>o Provides low- risk juvenile offenders:</p> <ul style="list-style-type: none"> ● Risk assessment & crisis intervention ● Intensive case management ● Family services & conflict mediation ● Non-secure shelter: <i>Cool Bed</i> services ● Case advocacy ● Drug & alcohol prevention ● Academic enhancement ● Community service ● Home & school visitations <p>o Guidance & support with development of:</p> <ul style="list-style-type: none"> ● Coping skills & positive decision making ● Anger control ● Healthy relationships ● Communication <p>o Safe, temporary, alternative housing for youth who need to deescalate outside of home environment</p> <ul style="list-style-type: none"> ● Alternative to juvenile halls ● Works toward reunification of youth & family 	<ul style="list-style-type: none"> ● Referral from: <ul style="list-style-type: none"> ○ The San Diego Police Department ○ San Diego Unified School District ○ Juvenile Probation ○ Court 	<p>Jessica Rathbun (858)565-4148 x269 jrathbun@saysandiego.org saysandiego.org</p>	<p><u>Main Office</u> 8755 Aero Drive, Suite 100 San Diego, CA 92123</p> <p><u>Mid-City Family Resource Center</u> 4275 El Cajon Blvd. San Diego, CA 92105</p>
San Diego Youth Services	<p style="text-align: center;"><u>Juvenile Delinquency Diversion & Intervention</u></p> <p>o <i>BridgeWays Juvenile Delinquency Program</i></p> <ul style="list-style-type: none"> ● Mental health treatment & support services ● Youth in justice system /at risk for involvement <p>o <i>Community Assessment Team:</i></p> <ul style="list-style-type: none"> ● Case managers ● Resource link for youth & families experiencing: <ul style="list-style-type: none"> ○ Behavioral issues ○ Social issues ○ Juvenile justice issues <p>o The <i>Juvenile Diversion/ Alternatives to Detention Program</i></p> <ul style="list-style-type: none"> ● For high risk youth ● Support to stay on track & prevent future contact with juvenile justice system <p>o <i>Cool Bed</i></p> <ul style="list-style-type: none"> ● Voluntary/ short term youth residential placement temporary shelter & structured ● Supervision for a “cooling off” period from family 	<p style="text-align: center;"><i>BridgeWays</i></p> <ul style="list-style-type: none"> ● Youth up to age 21 <p style="text-align: center;"><i>Juvenile Diversion</i></p> <ul style="list-style-type: none"> ● High-risk youth referred by: <ul style="list-style-type: none"> ○ Law enforcement ○ School personnel ○ Community-based organizations ○ Families <p style="text-align: center;"><i>Cool Bed</i></p> <ul style="list-style-type: none"> ● Youth 12-17 	<p>(619) 221-8600</p>	<p><u>San Diego Youth Services Main Office</u> 3255 Wing St. San Diego, CA 92110</p> <p><u>San Diego Youth Services Golden Hill Youth Center</u> 2220 Broadway, San Diego, CA 92102</p>
San Diego Youth Services	<p style="text-align: center;"><u>STARS</u></p> <p>o Support with recovery from trafficking:</p> <ul style="list-style-type: none"> ● Obtaining legal documents ● Job searching & applying for benefits & housing ● Enrolling in school ● Independent living skills ● Addressing physical health ● Identifying goals & providing referrals ● Court representation & emotional support ● Individual & family therapy ● Detention outreach services while in custody <p>o Weekly drop-in support groups:</p> <ul style="list-style-type: none"> ● Workshops that discuss: <ul style="list-style-type: none"> ○ Relationships & boundary setting 	<ul style="list-style-type: none"> ● Victims, survivors & families of those who have been trafficked ● Women & transgender women ages 12-24 ● Young men between ● Ages 12-17 	<p>Laura McLean (619) 993-8050 lmclean@sdyouthservices.org sdyouthservices.org</p>	<p>Confidential location.</p> <p><i>Hours:</i> Monday – Friday, 8:00am – 4:30pm</p> <p><u>San Diego Youth Services Main Office</u> 3255 Wing St. San Diego, CA 92110</p> <p><u>San Diego Youth</u></p>



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	<ul style="list-style-type: none"> o Recruitment & vulnerabilities o Commercial sexual exploitation & trafficking o Coping, self-esteem, & health o Trauma, recovery, & goal setting <p>o Peer support services:</p> <ul style="list-style-type: none"> • Utilize lived experience, offer voice, & perspective • Help to reduce substance use <p>o Community training</p>			<p>Services Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102</p>
<p>San Diego Youth Services</p>	<p>I Care Mental Health Clinic & Drop in Center</p> <p>o Mental health services for those who have experienced trafficking or sexual exploitation:</p> <ul style="list-style-type: none"> • Individual & family therapy • Home & community based services • 24-hour support • Psychiatry & medication evaluation • Treatment & management • Community trainings <p>o Drop in services:</p> <ul style="list-style-type: none"> • Skill development workshops • Support groups & social activities • Leadership opportunities • Case management <p>o Academic Support:</p> <ul style="list-style-type: none"> • IEPs • Academic mentoring • Individual & small group supports • College prep <p>o Employment services:</p> <ul style="list-style-type: none"> • Identify, obtain, & retain opportunities • Increase capacity for economic self-sufficiency through individual & small group support <p>o Peer support:</p> <ul style="list-style-type: none"> • Offer perspective/validation • Improve social functioning • Reduce substance use <p>o Family support services:</p> <ul style="list-style-type: none"> • Services for caregivers • Individual support • Parenting groups 	<ul style="list-style-type: none"> • Youth 21 & under • Youth at risk or who have had experiences with commercial sex exploitation 	<p>619) 521-2250 x3816</p>	<p>Confidential location.</p> <p><i>Clinic Hours</i> Monday-Friday, 9:00am – 6:00pm</p> <p><i>Drop-in Center Hours</i> 7 Days a Week, 12:00pm – 8:00pm</p> <p>San Diego Youth Service Main Office 3255 Wing St, San Diego, CA 92110</p> <p>San Diego Youth Services Golden Hill Youth Center 2220 Broadway, San Diego, CA 92102</p>
<p>Feeding San Diego</p>	<p>Feeding Kids</p> <p>o Provides:</p> <ul style="list-style-type: none"> • Distribution of nutritious food items • Critical food assistance • Education focused on health and nutrition <p>o The <i>BackPack Program</i></p> <ul style="list-style-type: none"> • Meet nutritional needs of food insecure children over weekends/holidays • Provides easy to carry bag on Thursday & Friday <p>o The <i>School Pantry</i></p> <ul style="list-style-type: none"> • Farmers market style pantry on school campuses • Offers access to: <ul style="list-style-type: none"> • Nutrition & food education • Additional resources <p>o <i>Child & Adult Care Food Program & Summer Food Program</i></p> <ul style="list-style-type: none"> • Federal child focused nutrition program • Provides meals at no charge to school sites <p>o The <i>Kids Community Pantries</i> provide healthy items in convenient locations to children in non-school settings</p>	<ul style="list-style-type: none"> • Food insecure children • Low-income students & their families • Free meals provided to all children & are the same regardless of <ul style="list-style-type: none"> o Race or color o National origin o Sex o Age o Disability • Meals will be provided at a first come, first serve basis 	<p>858)768-7438 info@feedingsandiego.org</p>	<p>9455 Waples Street, Suite 135 San Diego, CA 92121</p> <p>Further information</p>



Feeding San Diego	<p style="text-align: center;"><u>Feeding Families</u></p> <p>o <i>Mobile Pantry</i></p> <ul style="list-style-type: none"> Offered 2x per month Underserved neighborhoods with high rates of poverty or lack consistent access to grocery stores Deliver food & offer nutrition education Provide CalFresh outreach <p>o <i>Feeding Heroes</i> provides food to partner agencies & schools who serve members of military, veterans & their families</p>	<ul style="list-style-type: none"> Families in underserved neighborhoods: <ul style="list-style-type: none"> High rates of poverty Lack consistent access to healthy food <p style="text-align: center;"><i>Feeding Heroes</i></p> <ul style="list-style-type: none"> Retired service members 	<p>(858)452-3663 info@feedingsandiego.org</p>	<p>Services in predominantly rural areas (North & East Counties)</p> <p style="text-align: center;">List of distribution centers</p>
Feeding San Diego	<p style="text-align: center;"><u>Feeding Excellence</u></p> <p>o <i>The Healthy Cook Program</i>:</p> <ul style="list-style-type: none"> Training & cooking demonstrations Surveys regarding eating habits <p>o <i>The Agency Mobile Market</i></p> <ul style="list-style-type: none"> Produce hub for facilities that can't hold large amounts of produce <p>o <i>CalFresh Outreach</i>:</p> <ul style="list-style-type: none"> Enrolls eligible clients Conducts out-reach & eliminates stigma <p>o <i>The Diabetes Wellness Project</i></p> <ul style="list-style-type: none"> Effort to reduce effects & cost of diabetes Conducts research studies Offers 6-month nutrition course <ul style="list-style-type: none"> Participants receive food to manage diabetes 	<p><i>Diabetes Wellness Project</i>:</p> <ul style="list-style-type: none"> Patients with Type 2 diabetes who face food insecurity 	<p>(858)768-7438 info@feedingsandiego.org</p> <p style="text-align: center;"><i>CalFresh Team Members:</i> Rachel Oporto (858)452-3663 x129</p>	<p>9455 Waples Street, Suite 135 San Diego, CA 92121</p> <p style="text-align: center;">Further information</p>
SAY SAN DIEGO	<p style="text-align: center;"><u>Military Family Resource Center</u></p> <p>O Connections to resources:</p> <ul style="list-style-type: none"> Food, housing, & financial assistance Counseling & parenting classes <p>o <i>Dad Corps</i></p> <ul style="list-style-type: none"> 6–8 week group that offers discussion on: <ul style="list-style-type: none"> Family history What it means to be a man & a father's role Showing & handling feelings Men's health & children's growth Communication & discipline Getting involved & co-parenting Classes on: <ul style="list-style-type: none"> Child development Dealing with difficult behaviors Navigating deployment/ transitions Monthly alumni leadership groups Scholarships for career advancement Training & general support assistance Playgroups: <ul style="list-style-type: none"> Meet other families Enhance children's growth & development Trained child development specialists & family support workers. Nurture/ learn how to discipline or deal with difficult behaviors 	<ul style="list-style-type: none"> Active duty, transitioning, & veteran military personnel & their families 	<p>Daniel Romero (858)496-0044 x107 drromoer@saysandiego.org</p>	<p>3487 Santo Rd, San Diego, CA 92124</p>
SAY SAN DIEGO	<p style="text-align: center;"><u>Cinco de Mayo con Orgullo Coalition</u></p> <p>O Latino-driven group</p> <p>O Provides space for residents to:</p> <ul style="list-style-type: none"> Address concerns & have discussions Share responsibilities <p>o Works to:</p> <ul style="list-style-type: none"> Build community advocates 	<ul style="list-style-type: none"> Families in Mid-City 	<p>Claudia Ciarmoli (619)283-9624 cciarmoli@saysandiego.org</p>	<p style="text-align: center;"><u>Mid-City Family Resource Center</u> 4275 El Cajon Blvd. San Diego, CA 92105</p>



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	<ul style="list-style-type: none"> Strengthen leadership skills Strengthen collaborations between: <ul style="list-style-type: none"> Residents City officials and law enforcement Community coalitions Social service & health providers Improve quality of life in Mid-City 			
SAY SAN DIEGO	<p>San Diego Smoke Free Project</p> <ul style="list-style-type: none"> Smoke-free multi-unit housing & residential care <ul style="list-style-type: none"> Reduce second-hand smoke exposure Develop & strengthen relationships with various partners Brings together a diverse group of individuals & organizations <ul style="list-style-type: none"> Advise staff on project activities & outcomes. 	None	<p>Mary Baum (619)283-9624 x367 mbaum@saysandiego.org</p>	<p>Main Office 8755 Aero Drive, Suite 100 San Diego, CA 92123</p> <p>Mid-City Family Resource Center 4275 El Cajon Blvd. San Diego, CA 92105</p>
SAY SAN DIEGO	<p>Field Elementary Healthy Start</p> <p>O Connections to resources:</p> <ul style="list-style-type: none"> Emergency food Medical & dental assistance Military family supports Benefits screenings Parent & child development services, etc. 	<ul style="list-style-type: none"> Students & families in Clairemont neighborhoods 	<p>Amy Eernisse-Liang (858)496-8342x230 aeernisse-liang@saysandiego.org</p>	<p>Main Office 8755 Aero Drive, Suite 100 San Diego, CA 92123</p>
SAY SAN DIEGO	<p>First Five Steps</p> <p>O For expectant & new parents</p> <p>O Provides in-home support:</p> <ul style="list-style-type: none"> Develop healthy family relationships Increase knowledge of child development Support of positive parenting practices Community referrals <p>o Works to:</p> <ul style="list-style-type: none"> Reduce child abuse & neglect Increase prenatal care Reduce pre-term & low birth-weight babies Increase primary medical services increase immunization rates 	<ul style="list-style-type: none"> Enrollment occurs prenatally Contact for eligibility 	<p>Sheri Easterly (619)283-9624 x385 seasterly@saysandiego.org</p>	<p>Main Office 8755 Aero Drive, Suite 100 San Diego, CA 92123</p> <p>Mid-City Family Resource Center 4275 El Cajon Blvd. San Diego, CA 92105</p>
SAY SAN DIEGO	<p>Community Services For Families</p> <p>o Partnership with parents involved with/ at risk of involvement with Child Welfare Services</p> <p>O Promote child safety/well-being & keep children with families:</p> <ul style="list-style-type: none"> In-home parenting education Group parenting classes Personalized coaching Support for parents during reconnection visits with children Family support clinician services Parent partners: <ul style="list-style-type: none"> Connect former & current clients 	<ul style="list-style-type: none"> Families involved with, or at risk of involvement with, Child Welfare in San Diego's Central and North Central regions 	<p>Shannon Throop (619)283-9624 x360 stthroop@saysandiego.org</p>	<p>Main Office 8755 Aero Drive, Suite 100 San Diego, CA 92123</p> <p>Mid-City Family Resource Center 4275 El Cajon Blvd. San Diego, CA 92105</p>
SAY SAN DIEGO	<p>North City Prevention Coalition</p> <p>O A group that mobilizes the community to influence policy & create change</p> <p>O Provide technical assistance</p> <p>O Facilitate community presentations</p> <p>O Encourage youth led projects</p>	<ul style="list-style-type: none"> Families in the North Central Region of San Diego 	<p>Karen Lenyoun (858)565-4148 x205 klenyoun@saysandiego.org</p>	<p>Main Office 8755 Aero Drive, Suite 100 San Diego, CA 92123</p>