



## SO MUCH TO SAY!

### May Newsletter

#### Mental Health Awareness Month

May is recognized as Mental Health Awareness Month, a time to raise awareness and reduce the stigma surrounding mental health issues. Throughout 2022, as part of our Whole Family Wellness series, we hosted four webinars that focused on various aspects of wellness, including emotional regulation, stress management, and communication skills. The guest speakers, Anna de la Paz, Lauren Gray, and Tiffany Musick, presented on a range of topics that benefit the entire family.

The webinars are designed to provide families with the tools and resources they need to prioritize their mental health and well-being. SAY San Diego would like to extend a heartfelt thank you to the guest speakers for their outstanding presentations and for sharing their knowledge and expertise with our community.

If you missed any of the webinars or would like to revisit the content, you can watch the recordings here. We encourage you to take advantage of this resource and share it with your friends, family, and network.

Thank you to United Healthcare for sponsoring the series!

[Whole Family Wellness Webinars](#)

#### SAY Summer Camps

Summer is around the corner! Customize your child's participation in our summer camps to the week(s) that fit your schedule!

Camp STEAM is an innovative summer camp that provides an engaging and educational experience for San Diego kids.

We are proud to partner with local experts and organizations to provide our students with the best learning experiences possible. Our program is staffed by experienced educators who are passionate about STEAM education.

When: June 20th to August 11th  
Where: Birney Elementary, San Diego

[Camp STEAM Registration](#)



Camp Move offers an active and health-focused schedule, including a special "Wheel's Day" every week where students can bring their skates and scooters (with parent permission and mandatory helmets). Additionally, we provide education on the benefits of clean nutrition to promote a holistic approach to well-being.

When: June 20th to August 4th  
Where: Marvin Elementary, San Diego

[Camp Move Registration](#)



#### The Light Our Way Campaign

Congratulations to the exceptional students of City Heights who participated in the Light Our Way campaign. Light Our Way was established to acknowledge and celebrate the graduating high school seniors in the City Heights area who have demonstrated outstanding leadership and provided inspiring service to their families, schools, and community.

Each student's unique story is an inspiration! From organizing community initiatives to promote education and mentorship, to spearheading environmental conservation efforts, and advocating for social justice and equity, these exceptional individuals have left an indelible mark on their community.

As we celebrate the success of these outstanding students, we are filled with hope and confidence in the bright future they will create for themselves and their community. We are thrilled to introduce you to some of the remarkable students who received this recognition.

**Gabriel Sandoval**

**Light Our Way 2023**

"I always have tried to do my best in school. I've worked a lot with the Enterprise Fellows Program which does social change around City Heights and other local communities. At school, I am the president of Hansen's Academy of Information Technology Student Advisory Board and I've been trying to get more students involved with pursuing technology-based careers and pursuing community service. I've always known that I wanted to go to a 4-year college but the Light Our Way campaign has helped me realize that goal and make it something that I can actually obtain instead of just an idea!"

**Evelyn Navarrete**

**Light Our Way 2023**

"I think the Light Our Way campaign really gives students the opportunity to be able to not only have representation but it also really gives a voice to students in City Heights to be able to represent in a lot of industries and be able to take up space and be able to build a lot of diversity as well."

#### Great Place to Work



SAY San Diego has been consistently selected as a Top Workplace Award winner, qualifying SAY as one of the best places to work in San Diego, based on employee surveys. We're currently hiring!

[View Open Positions](#)

#### Annual Report



To see more examples of SAY San Diego's values in action, take a look back at the incredible work we have achieved during 2022.

[View Report](#)