

WHO WE SERVE



PARENTS, CAREGIVERS
& RESOURCE/FOSTER PARENTS



MILITARY FAMILIES



NEW ARRIVAL/IMMIGRANT,
REFUGEE YOUTH & ADULTS



PRESCHOOLERS, CHILDREN,
TEENS & YOUNG ADULTS



YOUTH & ADULTS SEEKING
HEALTH & HOUSING SUPPORT



COMMUNITY & RESIDENT LEADERS
FOR PUBLIC HEALTH



DONORS & CORPORATE
PARTNERS



JUSTICE-INVOLVED
YOUTH & ADULTS



SAY SAN DIEGO IMPACT

WAYS TO SUPPORT

- 1 Give! Every Dollar Makes a Difference
- 2 Corporate & Community Partnerships
- 3 Raise Awareness & Advocate

If you're interested in supporting SAY San Diego's mission,
please scan this QR code or contact us at
development@saysandiego.org.



858.565.4148



info@saysandiego.org



OPPORTUNITY, EQUITY
& WELL BEING FOR
ALL SAN DIEGANS



@saysandiego



@SAY San Diego



@say_sandiego

visit us at: [saysandiego.org](https://www.saysandiego.org)

EXPLORE OUR NETWORK OF 30+ PROGRAMS

DEVELOPED TO STRENGTHEN THE
WHOLE CHILD, THE WHOLE FAMILY,
AND THE WHOLE COMMUNITY.



SAY SAN DIEGO PARTNERS WITH YOUTH,
ADULTS, FAMILIES, AND COMMUNITIES
TO REACH THEIR FULL POTENTIAL.

*"Thank you, SAY San Diego (and Andria) for helping
me find the happy me, and especially for giving me
the tools needed to overcome my past trauma."
-SAY Participant, 36 year-old mother*



FAMILY SUPPORT

*Parents can find support in raising their children
and achieving overall family well-being.*

- Community Services for Families
- Dads Corps
- First 5 First Steps
- Project KEEP
- Family Resource Centers



HEALTH NAVIGATION & MENTAL HEALTH SUPPORT

*San Diegans can find the counseling and care
they need on their paths to wellness.*

- Cognitive Behavioral Therapy
- Neighborhood Networks – Health
& Housing Support
- School-Based Mental Health



YOUTH ADVOCACY & DEVELOPMENT

*Explore programs that serve the whole child,
emphasizing prevention and personal development.*

- Community Leadership & Advocacy Groups
- Mentoring & Support



PRESCHOOLS & EXTENDED LEARNING

*Nurture your child's growth and development
with these resources.*

- Infant Care & Preschools
- Before & After School Programs
(TK to Grade 8)



COMMUNITY DEVELOPMENT

*Families, communities, and local leaders partner with
us for positive change and equitable social conditions.*

- Alcohol, Tobacco & Other Drug Prevention
- Community Collaboratives & Coalitions
- Workforce Childcare Consulting

DO YOU HAVE QUESTIONS ABOUT OUR PROGRAMS?

Scan the QR code below to learn more, or connect
with a Resource Specialist who can help you navigate
through the different programs at SAY San Diego!
Feel free to contact us:



858.565.4148



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