



## CHILD WELL-BEING

Childhood is the foundation upon which life is built. SBCS believes the healthier the foundation, the greater the possibility for success and happiness in adulthood. We are dedicated to ensuring that San Diego children are provided the services they need to have the best chance at leading a happy, healthy life.

**Parenting classes** provide parents and caregivers with the skills and techniques to ensure that children are attaining developmental milestones.

**In-home parenting support** helps create stable and nurturing home environments.

**Behavioral, developmental and mental health services** are accessible when families need them to support children's healthy growth, development and care so that they can thrive.

**Mi Escuelita Therapeutic Preschool** is designed for young children who have been exposed to domestic violence or abuse, helping them heal and begin along the right path for school so that they can enter kindergarten ready to learn and have increased chances of healthy long-term development free from the destructive cycle of abuse.

**Child abuse prevention and intervention** ensures children at risk of removal remain safely in their homes, and assists with the timely reunification of children who have been placed out of the home through visitation, support and classes that improve parent-child interaction, home safety and child health.

## MI ESCUELITA THERAPEUTIC PRESCHOOL

Mi Escuelita graduates, who were previously two years behind academically, actually prove to outperform their peers at the elementary school level.



SBCS has been committed to supporting the well-being and prosperity of San Diego children, youth and families for 50 years. Our services and supports — based in the strengths of local communities — assist those throughout the region reach their fullest potential.

Through comprehensive and coordinated initiatives focused in the areas of child well-being; youth development and education; family wellness; and community engagement, SBCS responds to the needs of the community with a strengths-based approach and touches the lives of more than 50,000 each year.

Visit us at [www.sbcssandiego.org](http://www.sbcssandiego.org) or call our team at 619-420-3620 for more information about our programs and their impact.



@sbcssandiego | @CVPromise



@sbcssandiego | @CVPromise



@sbcssandiego | @CVPromise



strengthening communities since 1971

[sbcssandiego.org](http://sbcssandiego.org)

430 F Street | Chula Vista, CA 91910  
Office: 619-420-3620 | 24/7 Hotline: 800-640-2933

[sbcssandiego.org](http://sbcssandiego.org)





## YOUTH DEVELOPMENT AND EDUCATION

SBCS provides a full spectrum of services designed to offer youth and their families with the resources and skills they need to reach their full potential. Through wraparound supports, youth are assisted in their transition to adulthood, enabling them to give their best not only to themselves, but also to their community.

**Youth prevention and intervention** applies a strengths-based approach to address the barriers facing youth who are at-risk or have committed low-risk offenses, diverting them to stay in school and out of the juvenile justice system.

**Chula Vista and San Diego Promise Neighborhoods** are transforming communities through education; supporting children from the time they are born through college completion and providing the resources they need to excel in school, advance to post-secondary education, earn a living wage and lead healthy lives.

**Foster and transitional youth support** programs provide various support networks to help current and former foster youth overcome challenges including housing, counseling, life skills, education and job readiness training.

**Career and technical education** provides homeless youth, and those involved in the foster or juvenile justice systems with the remediation and training needed to succeed in work, college, career and life.

**Our Safe Place** is a welcoming community drop-in center offering LGBTQ+ youth support through community-building and educational activities as well as mental health counseling and career readiness programs.

## FAMILY WELLNESS

SBCS is dedicated to helping families survive and overcome difficult situations. From emergency food and shelter to counseling and support services, we assist families to achieve economic independence and live free from violence and abuse.

**Family violence support services** help those experiencing domestic violence with trauma-informed services and emergency response in partnership with local police jurisdictions. Survivors receive support including safety planning, counseling, emergency housing and referrals for legal services and other resources.

**Shelter, transitional housing and housing assistance** combined with support services assist families to achieve housing stability.

**Food assistance** is available on a weekly basis in partnership with fellow community organizations and donors to help keep local families nourished and healthy.

**Tax preparation services** help low- to moderate-income residents file their returns and access refunds free of charge to enhance their financial security.



## 24/7 DOMESTIC VIOLENCE RESPONSE TEAM

Since 1997, SBCS' Domestic Violence Response Team has been the first and only of its kind in San Diego's South County region. During the 2018/19 fiscal year, our team responded to 698 calls for emergency response from law enforcement.

"You taught me that there is good in this world, and no matter how dark and how bad things can get, there is always a light at the end of the tunnel." – SBCS client and survivor of domestic violence



## COMMUNITY ENGAGEMENT

Created by compassionate community members in 1971, SBCS has grown in response to community needs. We are rooted in the neighborhoods we serve and work to cultivate leadership within them.

**Promotoras** are trained bilingual residents and parents who have lived in the communities we serve for many years. They are known and trusted neighbors who serve as important liaisons between families and the specific support programs they may need, including food and housing assistance, mental health services and physical health and wellness supports.

**Resident Leadership Academy** empowers community members to actively engage in issues that affect their lives, like public safety and community well-being. Through curriculum-based learning and hands-on practice in advocacy and civic engagement as well as community improvement projects, neighbors invest in one another and achieve the changes they wish to see in their neighborhoods.

The **National City Family Resource Center** provides wrap-around services to families of school-aged children in partnership with local school districts. Families can easily access counseling, resources for basic essentials, referrals for support services and educational workshops.

## RESIDENT LEADERSHIP ACADEMY

With cohorts in Chula Vista, National City, San Ysidro, Imperial Beach, Otay Mesa and plans for expanding into other communities, SBCS' Resident Leadership Academy graduates have served more than 10,000\* community members through events and activities since 2016.

\*as of January 2021