



# NEWSLETTER

NOVEMBER 2022

## YOU'RE INVITED TO OUR GRAND OPENING

JOIN US FOR THE GRAND OPENING OF THE YOU SAVED ME FOUNDATION COMMUNITY EMPOWERMENT & RESOURCE CENTER OF SAN DIEGO

NOVEMBER 13, 2022 AT 3560 FAIRMOUNT AVE, SUITE B, SAN DIEGO, CA 92105

The You Saved Me Foundation Community Empowerment & Resource Center of San Diego



# Grand OPENING

Sunday, November 13, 2022  
1:30 PM - 5 PM  
3560 FAIRMOUNT AVE  
SUITE B  
SAN DIEGO, CA 92105



SCAN ME



# Raffle PRIZES

EACH \$25 TICKET ENTERS YOU TO WIN (1) OF THE FOLLOWING PRIZES:

- (1) \$250 CASH ENVELOPE DRAWING
- (2) \$125 CASH ENVELOPE DRAWINGS
- (1) \$100 CASH ENVELOPE DRAWING
- (4) \$50 CASH ENVELOPE DRAWINGS

**8 CHANCES TO WIN PER TICKET**

ANY YOUTH THAT REGISTERS FOR OUR ACES YOUTH PROGRAM WILL RECEIVE (1) TICKET FOR (2) FREE OLD SCHOOL SCHWINN STING RAY BIKE DRAWINGS! YOUTH THAT HAVE PREVIOUSLY REGISTERED AND IN ATTENDANCE WILL BE GIVEN (1) TICKET FOR A FREE OLD SCHOOL SCHWINN STING RAY BIKE. IF YOU NEED TO REGISTER FOR THE ACES YOUTH PROGRAM SCAN HERE

- ✓ FREE EVENT
- ✓ FOOD
- ✓ FUN
- ✓ PRIZES
- ✓ GIVEAWAYS
- ✓ LIVE MUSIC BY DJ SERGIO

**RSVP**



SCAN ME

3560 FAIRMOUNT AVE  
SUITE B  
SAN DIEGO, CA 92105  
11/13/22 @1:30 PM



REGISTER NOW!



We're Thrilled and Excited to have the nation's first You Saved Me Foundation Community Empowerment & Resource Center opening in City Heights! We are the only non-profit that offers extensive immediate services to anyone without ID or Income Restrictions on any services that allow you to pick up for others! We believe in ending poverty by expanding the Middle Class through **Rapid Career Training & Google Career Scholarships**, to anyone. Cutting wait time and barriers to Receiving our services help to combat hunger, poverty & stress for underserved individuals & Families. This is a game-changer and a proud moment for us and the greater San Diego Community as a whole!

[www.yousaved.me](http://www.yousaved.me)

**WE ARE NOW PARTNERED WITH THE CITY HEIGHTS PUBLIC LIBRARY, MONTHLY DISTRIBUTIONS BEGIN ON 11.16.22 AT 2 PM**

# PRE-SCHOOL & ELEMENTARY STORYTIME

**Every Wednesday • 1PM**

City Heights/Weingart Branch Library  
3795 Fairmount Ave San Diego, CA 92105

## WRITE OUT LOUD STORYTELLERS

- 1ST WEDS:**  
Mindy Donner - Puppeteer
- 2ND WEDS:**  
Walter Ritter - Kamishibai
- 3RD WEDS:**  
Marilyn McPhie -Storyteller
- 4TH WEDS:**  
Veronica Murphy -Kamishibai



**CITY HEIGHTS COMMUNITY DISTRIBUTION  
WEDNESDAY, NOVEMBER 16TH, 2022**

**2 PM - 5PM**

COME FOR STORY TIME & CRAFTS AT 1PM &  
MEET US AT 2 PM - 5 PM IN THE ATRIUM ALL SERVICES  
WILL BE PROVIDED TO NEW & EXISTING CLIENTS

**CITY HEIGHTS/WEINGART FREE PUBIC LIBRARY  
3795 FAIRMOUNT AVE  
SAN DIEGO, CA 92105**



Sign Up for A  
Member Card



NO ID REQUIRED, IMMEDIATE SERVICE  
NO FINANCIAL RESTRICTIONS

[WWW.YOUSAVED.ME/EVENTS](http://WWW.YOUSAVED.ME/EVENTS)



**NO FROZEN TURKEY'S AT THIS YEARS 2ND ANNUAL TURKEY DAY GIVEAWAY  
WE WILL GIVE OUT (120) \$50 GIFT CARDS TO VON'S & ALBERTSON'S**

You Saved Me Foundation  
Presents

## 2ND ANNUAL Turkey Day Giveaway San Diego



\$50 VON'S & ALBERTSON'S GIFT CARDS will be distributed to the public in City Heights.  
\*One Gift card per person, per household. To receive apply you must register with the QR Code or follow the link on the website. 60 families will be selected to receive a \$50 gift card to purchase food or a Turkey to complete your holiday dinner.

November 21st, 2022  
You Saved Me Foundation  
3560 Fairmount Ave Suite B  
San Diego, CA 92105  
10 AM - 4 PM



**SIGN UP**

[www.YouSaved.me](http://www.YouSaved.me)

You Saved Me Foundation  
Presents

## 2ND ANNUAL Turkey Day Giveaway East County San Diego



\$50 VON'S & ALBERTSON'S GIFT CARDS will be distributed to the public in East County.  
\*\*One Gift card per person, per household. To receive apply you must register with the QR Code or follow the link on the website. 60 families will be selected to receive a \$50 gift card to purchase food or a Turkey to complete your holiday dinner.

November 22nd, 2022  
Rennet Park & REC CENTER  
935 EMERALD AVE  
EL CAJON, CA. AT 12 NOON



**SIGN UP**

[www.YouSaved.me](http://www.YouSaved.me)

# NOW ENROLLING ACES YOUTH DEVELOPMENT PROGRAM

You Saved Me Foundation is excited to offer A.C.E.S.

A Community Youth Development Program.

A.C.E.S's objective is to enhance and expand positive experiences, opportunities, and resources in underserved communities. Youth and Young adults aged 7 to 24 in San Diego County are encouraged to apply.

We believe in providing a safe space in the community to create multiple paths for success in art, commerce, entrepreneurship, and sports to create, or secure lucrative businesses or careers.

Youth will have access to career and sports training. Youth, can also expand educational skills through mentorship and tutoring & find support for college access for all youth, but with a strong emphasis on youth that will be first-generation college students.

**SCAN ME**



[www.yousaved.me](http://www.yousaved.me)



A.C.E.S will Focus on

- ART
- COMMERCE
- ENTREPRENEURSHIP &
- SPORTS

Youth will learn to develop a product, market the product, build a website/webpage to sell the product, Learn SEO and Social Media Marketing, and youth will participate in activities that inspire and implement Mental Health & fitness goals. Such as Deep Breathing Exercises, Goal setting, Journaling, meditation, yoga, and engaging in a variety of physical Sports to maintain balance and promote a healthier lifestyle. Youth and members of their household will have access to all of our free services including:

- Clothing & Shoes
- Food
- Pet food
- Hygiene Equipment
- Google Career Training
- School supplies



# OPIOID OVERDOSE PREVENTION PROGRAM

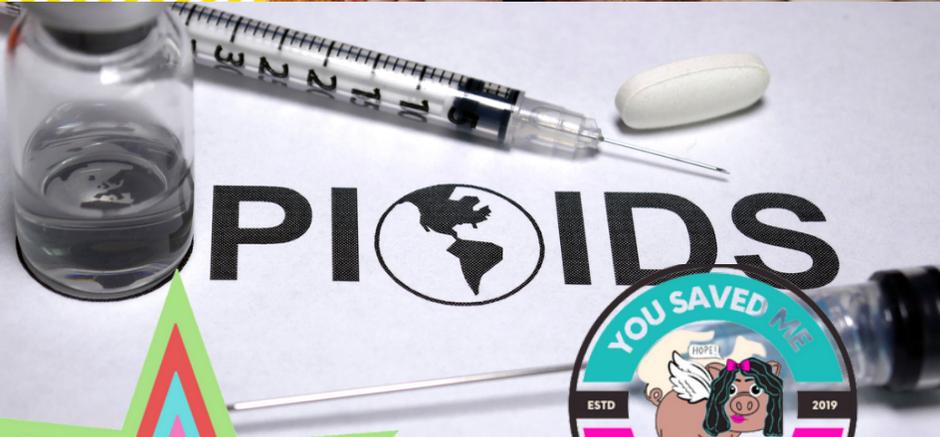


**YOU NEVER KNOW WHEN AN OVERDOSE CAN OCCUR**

**HELP SAVE A LIFE WITH NARCAN**

OPIOID OVERDOSE PREVENTION PROGRAM FOR FAMILY, FRIENDS & OTHERS

- ✓ RAPID ONLINE NARCAN TRAINING
  - ✓ GET A FREE SUPPLY OF NARCAN
  - ✓ GET EDUCATED ON OPIOID USE
  - ✓ LEARN THE DANGERS OF FENTANYL
- 
- ✓ KEEP NARCAN IN YOUR BAG
  - ✓ KEEP NARCAN IN THE CAR
  - ✓ KEEP NARCAN IN THE HOME
  - ✓ KEEP NARCAN AROUND JUST INCASE



**Sign Up for A Member Card**



SCAN THE QR CODE & JOIN NOW. BE SURE TO SAVE THE IMAGE OF YOUR MEMBER CARD AND PRESENT IT EACH TIME YOU SHOP WITH US OR ANY SAN DIEGO FOOD BANK PARTNER.

## Can you overdose on fentanyl?

Yes, a person can overdose on fentanyl. An overdose occurs when a drug produces serious adverse effects and life-threatening symptoms. When people overdose on fentanyl, their breathing can slow or stop. This can decrease the amount of oxygen that reaches the brain, a condition called hypoxia. Hypoxia can lead to a coma and permanent brain damage, and even death.

## How can a fentanyl overdose be treated?

As mentioned above, many drug dealers mix the cheaper fentanyl with other drugs like heroin, cocaine, MDMA and methamphetamine to increase their profits, making it often difficult to know which drug is causing the overdose. Naloxone is a medicine that can treat a fentanyl overdose when given right away. It works by rapidly binding to opioid receptors and blocking the effects of opioid drugs. But fentanyl is stronger than other opioid drugs like morphine and might require multiple doses of naloxone.

Because of this, if you suspect someone has overdosed, the most important step to take is to call 911 so they can receive immediate medical attention. People who are given naloxone should be monitored for another two hours after the last dose of naloxone is given to make sure breathing does not slow or stop. Some states have passed laws that allow pharmacists to dispense naloxone without a personal prescription. Friends, family, and others in the community can use the nasal spray versions of naloxone to save someone who

# THE FOUNDER'S SHINING STAR AWARD

**ROSS**  
DRESS FOR LESS



(2) LUCKY ACES STUDENTS WILL BE SELECTED FOR (2) \$100 GIFT CARD GIVEAWAY BY ROSS & DD'S BE SURE TO REGISTER FOR THE ACES YOUTH DEVELOPMENT PROGRAM. ACES CLASSES MEET ON WEDNESDAYS & SATURDAYS AT OUR COMPUTER LAB AT 3560 FAIRMOUNT AVE SUITE B, SAN DIEGO, CA 92105



## Grow with Google

**Ages 16 and over apply for Google Career Certificates scholarships which provide job seekers with access to more than 1.5 million in-demand jobs through rapid reskilling without the need for a college degree or prior experience in the fields of data analytics, digital marketing & e-commerce, IT support, project management, or user experience (UX) design.** These certificates are taught and developed by Google employees working in these fields; they are hands-on, practical, and rigorous. The certificates can be completed in under six months part-time. Since launching in 2018, the Google IT Support Certificate has become the #1 most popular certificate on Coursera. Tens of thousands of people have graduated from the program and 75% of program graduates report an improvement in their career trajectory (e.g. new job or career, promotion or raise) within 6 months of certificate completion.

**REGISTER NOW**



**No Computer or Wifi?**

You can use our computer lab and computers for Financial Literacy, Opioid overdose Prevention Training, and Grow with Google Rapid Career Training [www.yousaved.me](http://www.yousaved.me)

UPCOMING  
EVENTS

You Saved Me  
Foundation

EVENTS

NOVEMBER 2022



November

2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	ACES YOUTH PROGRAM 2 PM-8PM	2 Restock Pantry Food	3 Restock Pet Food Pantry	4 ACES YOUTH PROGRAM 11 AM -5PM
6	7	8	Restock Diapers	9	10 <b>VETERANS DAY</b> November 11th	ACES YOUTH PROGRAM 11 AM -5PM
13 <b>GRAND OPENING</b>	14	15	CITY HEIGHTS PUBLIC LIBRARY COMMUNITY DISTRIBUTION FOLLOWING STORYTIME & CRAFTS	16	17	ACES YOUTH PROGRAM 11 AM -5PM
20	21 <b>2ND ANNUAL TURKEY DAY DISTRIBUTION SAN DIEGO</b>	22 <b>2ND ANNUAL TURKEY DAY DISTRIBUTION EAST COUNTY</b>	ACES YOUTH PROGRAM 2 PM-8PM	23 <b>Thanksgiving</b>	24	25 <b>SOLIDA CAR TOY DROP-OFF COMMUNITY DISTRIBUTION</b>
27	28	29	ACES YOUTH PROGRAM 2 PM-8PM			

OUR OFFICE IS OPEN TO THE PUBLIC MONDAY, TUESDAY, THURSDAY, & FRIDAY FROM 10 AM - 4PM. WE ARE CLOSED ON WEDNESDAYS & SATURDAYS TO THE PUBLIC EXCEPT FOR ENROLLED ACES YOUTH & FAMILIES TO PROVIDE A SAFE SPACE IN THE COMMUNITY. WE ARE CLOSED EACH SUNDAY NO ID OR INCOME RESTRICTIONS FOR ANYONE WALKIN'S WELCOME DURING NORMAL BUSINESS HOURS



ADDRESS: 3560 FAIRMOUNT AVE SUITE B, SAN DIEGO, CA 92105  
PHONE: 1-800-472-1120  
PHONE: 858-463-8961  
EMAIL: INFO@YOUSAVED.ME  
WWW.YOUSAVED.ME

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