



SD Nights

Safe Destinations for San Diego County Youth

FRIDAYS
5-9 p.m. *[unless otherwise posted]*



SD Nights is part of the County of San Diego Department of Parks and Recreation's strategy to engage, equip and empower youth in San Diego, giving them tools to make better decisions, build strong character and improve their quality of life.

Providing youth with a Safe Destination Friday evenings can deter engagement in destructive habits like drug and alcohol use, and criminal or gang activity.

Interactive programs include:

- Mentorship
- Career and Education Planning
- Community Safety
- Sports Skills
- Mentorship
- Meditation and Yoga
- Financial leadership



Join our LEAD squad! We are currently seeking career-minded students between the ages of 15 and 18 who are interested in gaining leadership education and development experience, interview skills and resume boosters.

Where: Melba Bishop Recreation Center

5302 North River Road

Free programs are offered year-round at locations across San Diego.

To locate one near you, call (619) 961-0159 or email Carl.McCullough@sdcounty.ca.gov.

