



HOLIDAY GIVING (BACK) GUIDE FOR KID HEROES!

*** SAN DIEGO EDITION ***

A curated collection of simple hands-on activities that empower children to give back this holiday season.

Participate with your family, club, youth group, or classroom!

Tag #HolidayKidHero to share your photos with us!

For more information visit:

TomorrowsHeroesToday.com

Facebook.com/TomorrowsHeroesToday

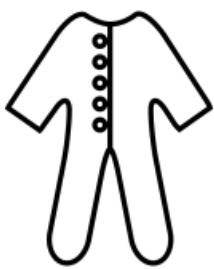
Instagram @TomorrowsHeroesToday

Nonprofits email us at hello@tomorrowsheroestoday.com to be included

TOMORROW'S HEROES  **TODAY**

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PAJAMAS FOR BABIES



Activity: Collect new or gently used pajamas/sleepers for babies 0-12 months old.

How children can participate: Have young children select pajamas they've outgrown (size 0-12 months) or buy new pajamas together. Children can then create a note, drawing, or scribble, to add a personalized touch truly appreciated by new, often isolated, mothers!

Nonprofit: Gently Hugged

Mission: To collect and distribute donated clothing and blankets to babies-in-need.

Important Details: Pajamas (sleepers) size 0-12 months are one of the most needed clothing items for this community. Because items may be distributed after the holiday season, please avoid donating items that are specifically holiday-themed.

Donation Date Requested: n/a - anytime

Drop-off location:

Gently Hugged (at the Bernardo Winery):
13330 Paseo del Verano Norte, Suite 1-B
San Diego, CA 92128

or any of 40 drop-off locations throughout the county. Click [here](#) for info.

Learn More:

GentlyHugged.org
(858) 771-4987



BOOKS FOR BABIES



Activity: Collect new board or cloth books to help new moms-in-need read to their little ones.

How children can participate: Go with your kids to your favorite book store to select a new baby book together. Children can then create a note, drawing, or scribble, to add a personalized touch truly appreciated by new, often isolated, mothers!

Nonprofit: Gently Hugged

Mission: To collect and distribute donated clothing and blankets to babies-in-need. Each distributed package also includes a new board or cloth book.

Important Details: Board or cloth books are ideal and durable enough for babies. Because items may be distributed after the holiday season, please avoid donating items that are specifically holiday-themed. Please do not write notes inside the books themselves.

Donation Date Requested: n/a - anytime

Drop-off location:

Gently Hugged (at the Bernardo Winery):
13330 Paseo del Verano Norte, Suite 1-B
San Diego, CA 92128

or any of 40 drop-off locations throughout the county. Click [here](#) for info.

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(858) 771-4987



CHRISTMAS CARDS FOR VETERANS



Activity: Make special Christmas cards for homeless Veterans to let them know you are thinking about them this year.

How children can participate: Gather art supplies and let kids get creative! Handmade cards or pre-made cards with notes, drawings, or scribbles, are personalized touches truly appreciated by veterans!

Nonprofit: Cammies & Canines

Mission: Helping our homeless veterans transition towards being employable again and living a purpose-driven life by providing sober-living housing, structure and discipline, veteran-to-veteran support, and of course canine companionship.

Important Details: December 20th

Donation Date Requested: December 20th

Drop-off or mail-in location:

Cammies & Canines Sanctuary
1375 Barrett Lake Rd
Dulzra, CA 91917

Learn More:

CammiesAndCaninesSanctuary.org
(619) 468-6860



TOYS & TREATS FOR DOGGIES



Activity: Collect new toys, dog treats, or dog food for canine companions waiting to be paired with their forever (veteran) friend.

How children can participate: Go with your kids to your favorite pet store to select dog goodies together. Children can then create a note, drawing, or scribble, to add a personalized touch that is truly appreciated by volunteers and new dog parents!

Nonprofit: Cammies & Canines

Mission: Helping our homeless veterans transition towards being employable again and living a purpose-driven life by providing sober-living housing, structure and discipline, veteran-to-veteran support, and of course canine companionship.

Important Details: Please donate new dog toys only.

Donation Date Requested: n/a - anytime

Drop-off or mail-in location:

Cammies & Canines Sanctuary
1375 Barrett Lake Rd
Dulzra, CA 91917

Learn More:

CammiesAndCaninesSanctuary.org
(619) 468-6860



THANK YOU CARDS FOR OCEAN LOVERS



Activity: Make special Thank You cards for supporters of Surfrider Foundation to let them know you appreciate their work to maintain clean water & healthy beaches.

How children can participate: Gather art supplies and let kids get creative! Handmade ocean/ beach themed (holiday or non-holiday are both ok) cards or pre-made cards with notes, drawings, or scribbles are personalized touches truly appreciated by donors and volunteers!

Nonprofit: Surfrider Foundation, San Diego

Mission: The Surfrider Foundation is dedicated to the protection and enjoyment of the world's ocean, waves and beaches through a powerful activist network.

Important Details: Holiday themed and non-holiday themed Thank You cards are welcome.

Donation Date Requested: December 20th

Drop-off or mail-in location:

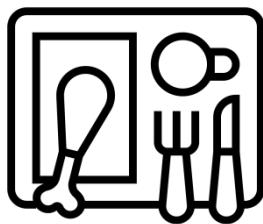
9883 Pacific Heights Blvd
Suite D
San Diego, CA 92121

Learn More:

<https://sandiego.surfrider.org>
(858) 622-9661



PLACE SETTINGS FOR SENIORS



Activity: Make holiday-themed place settings for senior Meals-on-Wheels recipients.

How children can participate: Go with your kids to your favorite party store to select pretty paper napkins, disposable flatware, and ribbon to create a beautiful addition to a delivered meal. For an extra touch, children can create a note, drawing, or scribble, to attach a personalized item truly appreciated by elderly, and often isolated, meal recipients!

Nonprofit: Meals on Wheels, San Diego County

Mission: For millions of Americans, Meals on Wheels is literally the difference between remaining in their own homes and needing to relocate to a nursing facility. The nutritious meal, friendly visit and safety check help them cope with three of the biggest threats of aging: hunger, isolation and loss of independence.

Important Details: Please avoid political or religious messages. Notes should not be in sealed envelopes.

Donation Date Requested: December 18th

Drop-off or mail-in location:

Meals on Wheels North County Service Center
930 Boardwalk Street, Unit C
San Marcos, CA 92078

For additional service centers throughout the county, click [here](#).

Learn More:

meals-on-wheels.org/
(760) 736-9900



TOYS FOR TEENS



Activity: Collect new unwrapped toys for 10 teenagers.

How children can participate: Have children select new toys for teenagers (wish list to be provided by SAY San Diego). The addition of handmade holiday cards are a personalized touch that is truly appreciated!

Nonprofit: SAY San Diego

Mission: SAY San Diego's mission is to partner with youth, adults, families, and communities to reach their full potential. Our vision is opportunity, equity and well-being for all San Diegans.

Important Details: Please collect a minimum of 10 new, unwrapped teen toys for a Say San Diego "Hope Kit". To participate, please register with the Holiday Hopes program [here](#).

Donation Date Requested: December 7-15

Drop-off or mail-in location:

Drop-off will be released soon. See website for additional ways to participate.

Learn More:

[https://www.saysandiego.org/events-](https://www.saysandiego.org/events-activities/holiday-hopes-2018/)

[activities/holiday-hopes-2018/](https://www.saysandiego.org/events-activities/holiday-hopes-2018/)

858.565.4148



SAY San Diego
Social Advocates for Youth

WARMTH FOR FAMILIES



Activity: Collect new blankets or coats for a family of four.

How children can participate: Go shopping children to select new blankets or coats for a family-in-need (details to be provided by SAY San Diego). The addition of a handmade holiday card is a personalized touch that is truly appreciated!

Nonprofit: SAY San Diego

Mission: SAY San Diego's mission is to partner with youth, adults, families, and communities to reach their full potential. Our vision is opportunity, equity and well-being for all San Diegans.

Important Details: Items requested for a family of 4 for a Say San Diego "Hope Kit". To participate, please register with the Holiday Hopes program [here](#).

Donation Date Requested: December 7-15

Drop-off or mail-in location:

Drop-off will be released soon. See website for additional ways to participate.

Learn More:

[https://www.saysandiego.org/events-](https://www.saysandiego.org/events-activities/holiday-hopes-2018/)

[activities/holiday-hopes-2018/](https://www.saysandiego.org/events-activities/holiday-hopes-2018/)

858.565.4148



SAY San Diego
Social Advocates for Youth