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**FOR IMMEDIATE RELEASE**  
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## **Celebrate National Dog Week by Helping Ease Overcrowding at San Diego Humane Society**

**SAN DIEGO** — In honor of *National Dog Week* (Sept. 22-27), San Diego Humane Society (SDHS) is urging the community to open their hearts and homes to a shelter dog. With 755 dogs (621 adults and 134 puppies), but only 405 kennels, the organization is operating at 177% capacity.

So far, September of 2025 is setting a new daily record of 711 dogs in care at SDHS. This level of overcrowding puts immense strain on both pets and staff. With limited space and resources, animals receive less individualized time and attention, and the stress of shelter life can lead to medical and behavioral decline — even in otherwise healthy dogs.

**How the Community Can Help:**

- **Adopt a Dog** — With hundreds of pups of all breeds, sizes and personalities, there's a perfect match for every family at [sdhumane.org/adopt](https://sdhumane.org/adopt).
- **Foster a Dog** — Give a dog a temporary home while they wait for adoption. [SDHS](https://sdhumane.org) provides food, supplies and medical care — you provide love, space and time.
- **Spay/Neuter Your Pets** — Prevent unplanned litters and help reduce the overall number of homeless animals in San Diego. Additional appointments added recently at [sdhumane.org/spay](https://sdhumane.org/spay).

**The Benefits of Bringing a Shelter Dog into Your Life:**

1. **Stay Active:** Daily walks and playtime help owners get beneficial exercise.
2. **Stress Less:** Interacting with dogs lowers stress hormones and boosts feel-good oxytocin.
3. **Heart Health:** Dog owners tend to have lower blood pressure and cholesterol, reducing heart disease risk.
4. **Social Connection:** Dogs provide the joy of the human-animal bond, help ease loneliness and often spark new human friendships.
5. **Make an Impact:** Adopting a shelter dog changes their life — and creates space for more animals to be saved.

**Adoptions:**

SDHS is open for walk-in adoptions **Tuesday through Sunday** at campuses in El Cajon, Escondido, Oceanside and San Diego.

- **Tuesday–Friday:** 10 a.m.–5 p.m.
- **Saturday–Sunday:** 10 a.m.–7 p.m.

To view adoptable pets, visit [sdhumane.org/adopt](https://sdhumane.org/adopt).

**Photos/b-roll of dogs at SDHS for media use can be downloaded here:**

<https://spaces.hightail.com/space/RBZpZLIBOX>

**Photo/video credit: San Diego Humane Society**

**About San Diego Humane Society**

San Diego Humane Society's scope of social responsibility goes beyond adopting animals. We offer programs that strengthen the human-animal bond, prevent cruelty and neglect, provide medical care, educate the community and serve as a safety net for all pet families. Serving San Diego County since 1880, San Diego Humane Society has campuses in El Cajon, Escondido, Oceanside, Ramona and San Diego. For more information, please visit [sdhumane.org](https://sdhumane.org).