

Weekly Resources



Founded in 1971 and serving over 30,000 San Diegans annually, SAY San Diego has been making a difference for children, families, and communities for over 50 years. We hope this weekly email provides you and your family with useful resources within San Diego county!

If you would like to learn more about our programs or have any questions, please check out our website at www.sayandiego.org or contact/visit us at the following locations:

Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 / 619.565.4148

Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 101, San Diego, CA 92105 / 619.283.9624

[SAY SD Program Highlight](#) | [SAY SD Events](#) | [Resources](#) | [Community Events](#)

SAY SD Program Highlight

Neighborhood Networks

Neighborhood Networks assists individuals experiencing chronic health conditions or who have otherwise been identified by their health plan as needing further care coordination. Case Managers help their clients navigate their complex social and health needs to improve overall wellbeing. Clients are provided with intensive case management and connections to additional resources within the community.

Individuals experiencing housing instability can receive Housing Navigation Services in addition to ongoing case management for their chronic conditions. Please refer to their [flyer](#) for more details.

[Back to the Top](#)

SAY SD Programs & Events

Join the San Diego Military Family Collaborative's April Convening! This month SDMFC's convening is on 26 April from 10am-12pm at National University (9388 Lightwave Ave, San Diego, CA 92123). They will be discussing "Being a Resilient Military Youth" with subject matter experts discussing youth mental health and the military youth experience. Admission is free and open to the military public! Walk-ins are welcome!

Community Services for Families has one more class starting in April and three more in May. New classes will be in English. The next group will begin Monday, April 29 for kids 0-5, so there is still time to register for those. To enroll, parents can call 619-283-9624 ext. 378. Click here for the [flyer](#) with additional details for classes beginning in May.

Do you, or someone you know, identify as a queer person or ally and are trying to quit nicotine products? Join the Collective Coalition on April 18 for additional information and support. This free community workshop is LGBTQ+ centered. Check out the [flyer](#) for location, time and RSVP details.

Participate in First 5 First Steps Playgroup. F5FS has begun hosting free playgroups every Monday from 10am-11am for children aged 0-5 at SAY's Family Resource Center in City Heights. You can call our center for more details (619-283-9624).

SAY's Military Family Resource Center also holds free drop-in playgroups. These take place every Wednesday from 10-11am for children aged 0 to 5. Location: 3487 Santo Road, San Diego, CA 92124 (behind Popeye's). You can call their location 658-486-0044 for additional details.

Refer teens to Youth Unite to get more involved in their community! Youth Unite is a youth-led advocacy coalition for high school-aged youth in southeastern San Diego to come together and examine and address the root causes of youth substance use and violence, while building leadership and community engagement skills. Youth Unite meets the first and third Tuesdays of the month from 4pm-6pm at Jackie Robinson YMCA (151 YMCA Way, San Diego, CA 92102). You can follow on Instagram ([@youthunitead](#)) and check out their flyers in both [English](#) and [Spanish](#). Apply or refer a youth by [clicking here!](#)

[Back to the Top](#)

Community Resources

Resources added this week:

Starting a small business and need legal information and services? Logan Heights Community Development Corporation, San Diego Volunteer Lawyer Program and ProVivors will be hosting a small business legal clinic on April 15 at Logan Heights Library. Refer to [flyer](#) for additional details. You can register [here](#).

First-time college student? Learn if you qualify to receive up to two years of free college. San Diego Promise, with the San Diego Community College District, offers up to two years of free college tuition and health fees, grants for books and instructional supplies to first-time college students who demonstrate financial need, and support for all students to promote academic success. Their next informational session will be on April 18; you can RSVP via this [link](#). You can find more details on the program and future dates on their [website](#).

Worried about internet safety when it comes to your family? Child Development Associates will be hosting San Diego Futures Foundation on April 16 to discuss digital literacy. Learn about positive online presence, cyberbullying prevention, and best safety practices to ensure a positive online experience for everyone in your household. Register for the workshop [here](#).

Looking for resources for a client on probation or part of the reentry population? Join the San Diego County Probation Department at their first annual East County Resource Fair on April 17. This will take place outside of the East County Court House. Refer to the [flyer](#) for location and time details, as well as a list of participating community organizations. Stop by SAY's booth!

Does your small business or non-profit need more information on bookkeeping? RISE San Diego will be hosting online workshop series providing insights on financial management that is tailored to small business and non-profits. The first part will take place on April 18th. Visit this [link](#) for more information and details on the workshop and to the RSVP.

Know someone experiencing, or at risk of, homelessness? Join Homeless Court Program (HCP) at their Homeless Resource Fair on April 19 at Lindbergh Community Park. There will be resources from the Department of Homeless Solutions & Equitable Communities, Department of Rehabilitation, DMV, birth certificates, and more! You can refer to their [flyer](#) for additional details on HCP on resources available at the fair.

The End of Tax Season is Coming Up! Here are some helpful resources for yourself or clients before the due date of April 15.

United Way has a resource hub with information for filing your taxes. They also provide options to self-file for free online. Virtual and in-person assistance is also free for those who qualify. You can refer to their tax [website](#) for FAQs and additional details. Pacific Beach/Taylor Library is also regularly hosting AARP's Tax-Aide program to provide Free Tax Prep Assistance. Click [here](#) for upcoming dates. YMCA has also partnered with Dreams for Change to provide free tax prep through Volunteer Income Tax Assistance for those who are eligible. See their [flyer](#) for details and how to make an appointment. Additionally, AARP Foundation Tax-Aide is also offering free tax preparation services at the Civic Center Library each Thursday and Friday from 10am-2pm. These services will be offered until Friday, April 12. Here is their [flyer](#) with more info.

Still need to file your taxes? The IRS has created a new service to help people save money and time by filing their taxes online. Direct File can be used to complete taxes online via a laptop, smartphone, table, or desktop. This service is available in English and Spanish. You can visit the [Direct File site](#) and check out the [flyer](#) for more details such as eligibility. There are also more tax assistance info further down this resource list.

Struggling to file your taxes after being impacted by January's flood? The deadline for affected individuals and businesses to file their taxes and make payments has been extended to June 17, 2024. You can refer to the [Franchise Tax Board](#) and [IRS](#) websites to check eligibility and find additional resources.

A Transition Plan has been announce for the Emergency Temporary Lodging program after January's flood. If a client, or yourself, were part of this program, be aware that the county will be transitioning participants on or before May 11.

Recipients will need to ensure they have registered with FEMA and have provided the required items to remain part of the program. Please read the county article [here](#) with additional details and information for this program.

Is your high school student in need of a prom dress and accessories? The Princess Project San Diego is giving away prom dresses and accessories to high school aged teens. The giveaways will be from March 27 until May 4 and will take place at various locations. You can refer to the [flyer](#) for location info. Registration and scheduling appointments can be completed on their [website](#).

Earn your GED at no cost if you receive Medi-Cal through Blue Shield. Members with Blue Shield of California Promise Health Plan can earn their GED for free via their health plan membership. Members can register online to access GED study materials, in English and Spanish, and receive online support with one-to-one tutoring, practice tests and personal advisors. The program also offers assistance with career and college planning, and most participants complete the course in four months. Here are the [flyers \(Eng & Spa\)](#) and [webpage](#) with more details.

Enjoy mentoring youth 7-17 and looking to volunteer? Be part of enriching a child's life by spending quality time with a Little and establishing a healthy relationship with them. Big Brothers Big Sisters of San Diego County are recruiting volunteers (Bigs) all over the county to mentor youth (Littles). There is always a need for Big Brothers and Spanish speakers. You can refer to their [flyer](#) for requirement details and contact info.

[Back to the Top](#)

Fun Community Events!

Celebrate the Day of the Child! Chula Vista Community Collaborative will be holding a Day of the Child Event at Memorial Park on April 20th. There will be resources, activities, prizes and more. You can refer to their [flyer](#) for more details.

Celebrate literacy and children at Dia in the Park event. Livewell San Diego, Parks and Recreation, and Lakeside Army will be hosting a family event at Lindo Lake County Park. There will be book giveaways, resources, food, crafts, and more. Here is their [flyer](#) with additional information.

Catch Fern Street Circus on their Neighborhood Tour! The first show will be on April 6 in Territa Park. These are free performances and events. They will start off with a community health resource fair at 1pm, there will be markets at 1:15pm and performances by Fern Street Circus will be at 2pm. You can refer to the [flyer](#) for future dates and locations. You can visit their [website](#) here.

April is Earth Month! Visit the County's calendar to view different events going on San Diego County to celebrate Earth Month. Here is a [link](#) to the calendar with details and information on events happening throughout the month.

[Back to the top](#)

Join our Team! [Careers](#) | [SAY San Diego](#) | [San Diego, California](#)

These resources were collected by the Resource and Referral Hub at SAY San Diego. Resources outside SAY San Diego are not endorsed by SAY San Diego and are listed for informational purposes only. Resources may have eligibility requirements. For questions about events or resources, please refer to the points of contact on respective link/flyers.

For additional resources, please call 2-1-1.

If you would like your resource added or removed from this guide, please contact: resources@sayandiego.org.



[Click to Subscribe](#)