

# 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](http://www.sayandiego.org) or contact/visit us at the following locations:

#### Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 / 619.585.4144

#### Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 101, San Diego, CA 92105 / 619.283.9524

[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 [page](#) for more details.

[Back to the Top](#)

## SAY SD Programs & Events

CSF has classes starting this month and in April. For English speaking parents, they can still enroll for classes that began Wednesday, April 3 for kids (8-12). Another group will begin Monday, April 29 for kids 0-5, so there is still time to register for those. To enroll, parents can call 619-263-9624 ext. 378. Click here for the [page](#) with additional details.

Participate in First 5 First Steps Playgroup. FSES 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 (619.283.9524).

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 658-496-0044 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 (1511 YMCA Way, San Diego, CA 92102). You can follow on Instagram ([@youthuniteco](#)) 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:

A Transition Plan has been announced 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.

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, tablet or desktop. This service is available in English and Spanish. You can visit the [Direct File site](#) and check out the [page](#) for more details such as eligibility. There are also more tax assistance info further down this resource list.

Looking for a food distribution to replenish your pantry? Every second Wednesday, there are four distribution locations in South Bay. These are walk-up only and do not need prior registration. It's recommended to bring a box or bag to take items home. Here is the [page](#) with location and time details. You can also visit [SD Food Banks](#) for other distribution centers.

Want more information on jobs and employment? Logan Heights Community Development Corporation is hosting a Job Fair on Thursday, April 11. This will take place at Logan Heights Library. Here is the [page](#) with more information. You can also register for the Job Fair [here](#).

Attend UCSD AMSA Health Fair to get more information on health resources! This is a public, student-run event to bring resources and services to the community. There will be free mobile clinics, food, entertainment and more. The Health Fair will take place on April 13 at Montgomery/Walker Community Park. You can visit their [website](#) and access [Items, Etc. & Fees](#) for more details.

The La Mesa Collaborative invites you their Family Resources Fair! This will also take place on April 13 at La Mesa First United Methodist Church. There will be representation from the county, such as the Department of Homeless Solutions & Equitable Communities, plus more! Here is a [page](#) with more details.

The End of Tax Season is Coming Up! Here are some helpful resources for yourself or clients before the due date of April 15. UnitedWay 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 [page](#) for details and how to make an appointment. Additionally, AARP Foundation Tax-Aide is also offering free tax preparation services at the Cato Center Library each Thursday and Friday from 10am-3pm. These services will be offered until Friday, April 12. Here is their [page](#) with more info.

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

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 [page](#) for location info. Registration and scheduling appointments can be completed on their [website](#).

Over 60 and impacted by January's flood? Eldership of San Diego is expanding their Housing Support Fund to help eligible seniors with housing related costs. You can refer to their [page](#) for additional details regarding eligibility and support provided. You can also visit their [website](#) for more info.

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 [Items, Etc. & Fees](#) and [website](#) 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 [page](#) for requirement details and contact info.

[Back to the Top](#)

## Fun Community Events!

Be part of the first 100 families to this community event and get a child's tablet! Episcopal Community Services and Head Start are hosting their 3rd Annual Día del Niño Art Expo. There will be art exhibitions, activities, and community resources. This will take place at Memorial Park on Friday, April 5. You can refer to the [page](#) for location and time.

Join San Diego Pride during their Trans Day of Empowerment events! Celebrate the many trans and nonbinary people who are part of our community. Both events will take place on April 5. Join the flag raising at the Hillcrest Flagpole at 11am. Here is the [page](#) and [website](#) with details. Later that day at 6pm, there will be entertainment, food and fun to continue the celebration and empowerment of the community at the San Diego LGBT Community Center. You can refer to the [page](#) and [website](#) for location and additional details.

Like free books and Sesame Street? There will be a Spring Literacy Book Giveaway at Jackie Robinson YMCA on April 5 from 10am-11:30am. Free books will be given out to students up to 12th grade. Attendees can also take a picture with a special guest character representing Sesame Place San Diego. There will be opportunities to win a free laptop in raffles throughout the event. Here is the [page](#) with additional information.

Love anime and video games? Amazing Art Expo will be hosting a free Anime & Game Art Expo at The DoubleTree by Hilton in Mission Valley from April 5 to April 7. Attendees can get a free 8"x12" print of the expo by sharing the event on Facebook or Instagram. There will be exhibits for Star Wars, Disney, Anime, Horror, Marvel, DC and more. Refer to the event [website](#) for additional details.

Is your 8-12-year-old interested in outer space? The Logan Heights Library will be hosting Mad Science for their 'Spring into STEAM: Living in Space' activity on April 6 from 11am-12pm. Participants will have the opportunity to build a model space station, complete a particle mission and make their own Spacewalk Challenge. Registration is required. You can refer to this [website](#) for details and registration.

Participate in a fun event while learning about transportation and climate action! The Urban Collaborative Project and City Heights Community Development are hosting the 2nd Annual Southeast San Diego Transportation Expo. There will be resources, educational information, transportation demos, raffles, giveaways and more! This will take place at Compton Prep Academy on April 6. There will also be an opportunity to bike with a group to the event starting at Torrey Park. You can refer to the [page](#) for additional details and information.

Get inspired by young artists! Join San Diego Pride Youth for their Queer Youth Art Show Reception on April 6. This will take place at the Unitarian Universalist Church of San Diego. This year's theme is 'Making History Now!' Here is a [page](#) for the event. You can also visit the event's [website](#) for more information.

Catch Fern Street Circus on their Neighborhood Tour! The first show will be on April 6 in Torrey 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 [page](#) for future dates and locations. You can visit their [website](#) here.

Attend San Marcos Street Festival this weekend! This event will take place on April 7 along Via Vera Cruz. There will be many vendors, food options, live entertainment, Kids Zone and more! This is a free event for the community. You can visit the [website](#) for more details.

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.

Enjoy soccer and fundraising for youth programs? San Diego Sockers will be hosting a fundraising night on April 8. Proceeds will go to Soccer Kids America for youth scholarships. This is a playoff game for the Sockers and will take place at Pechanga Arena. Here is the [page](#) and [website](#) with more details, including ticket info.

[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/pages.

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](mailto:resources@sayandiego.org).

[Facebook](#) [LinkedIn](#) [Twitter](#) [Instagram](#)

[Click to Subscribe](#)