

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.saysandiego.org or contact/visit us at the following locations:

Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 / 858.565.4148

Mid-City Family Resource Center:

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

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SAY SD Program Highlight

Community Services for Families

Community Services for Families (CSF) partners with parents to promote child safety and the well-being of the entire family, and to keep children with their families. This program provides services to families involved with, or at risk of involvement with, Child Welfare in San Diego's Central and North Central regions who can benefit from parenting assistance and support. Using evidence-based models proven to be effective, CSF team members strengthen parents, ensure stable and safe homes, and increase the health of children and their families. Check out their [flyer](#) for details.

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SAY SD Events

Looking to improve job readiness skills? Join Dads Corps' 'Navigating Technology Workshop' on March 12 at SAY's Family Resource Center in City Heights. Learn to create a resume, apply for jobs and more. Refer to the [flyer](#) for RSVP and additional details.

CSF will be starting three parenting classes in March. For English speaking parents with children 0-5, these will begin Monday, March 4. Parents with children aged 13+ can participate with classes starting Tuesday, March 26. Classes for Spanish speaking parents with children 12 and under will begin Thursday, March 14. To enroll, parents can call 619-283-9624 ext. 378. Click here for the [flyer](#) with additional details.

Working with a youth 13-18 who is looking to be more involved in their community? Youth Unite meets every first and third Tuesday of the month at 3pm at the Logan Heights Library. The youth-led advocacy coalition is for youth in or near the communities of Barrio Logan, Logan Heights, and southeastern San Diego. Participants work together to examine and address the root causes of youth substance use and violence, while building leadership and community engagement skills. Refer to their [flyer](#) for more details.

FREE Drop-in for Playgroups at SAY's Military Family Resource Center every Wednesday from 10-11am for children aged 0 to 5. Location: 3487 Santo Road, San Diego, CA 92124 (behind Popeye's). It's encouraged to call in advance at 858-496-0044.

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Community Resources

Resources added this week:

Make sure your clients are eligible for CalFresh! The guidelines for CalFresh have changed from October 2023 to September 2024. Clients can call 2-1-1 to get connected with a CalFresh Enrollment Specialist or they can schedule an appointment via the following [link](#).

Join the conversation on how to motivate students towards academic success. On March 5 from 3pm-4:30pm, the Weingart City Heights Library will be partnering with BIPOC Support Foundation, University of San Diego and Project TeamUP to provide a family workshop to equip families with education, training and resources while considering child's mental health. You can refer to their [flyer](#) or [sign-up page](#) for more details.

Impacted by January storms and are still in need of assistance? FEMA will be opening two disaster recovery centers at the Spring Valley County Library (836 Kempton Street, Spring Valley, CA 91977) and Mountain View Community Center (641 S. Boundary Street, San Diego, CA 92113). They will operate seven days a week, 10am to 7pm. Residents can register for federal assistance and disaster loans. Visit the Disaster Assistance [webpage](#) for more details.

Need a list of resources to support someone impacted by the flooding? The San Diego Promise Zone compiled a resource guide with a wide range of resources and services listed. Some of the items listed include transportation, basic needs, and mental health services. You can access that list [here](#).

Have a family looking for support with water bills? The *Low-Income Household Water Assistance Program (LIHWAP)* can help cover outstanding water bills (one time use). Applications are open now until 31 March. It's highly recommended to apply as soon as possible as it's first come, first served. You can refer to their [webpage](#) for details and eligibility requirements.

Searching for food distributions for a client or family? Every 1st Thursday of the month Our Lady of Guadalupe (744 Beardsley St., San Diego, CA 92113) hosts a food distribution starting at 2:30pm until supplies last. Details [here](#). There are also various food distributions in City Heights that have regular days and times. Here is a [flyer](#) with those details.

It's tax season! 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. The next date will be Sat, March 9 from 10am-4pm. Click [here](#) for details. 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.

Working with a Latina student seeking postsecondary education? MANA de San Diego is accepting applications for their scholarship until March 10. You can refer to their [webpage](#) for additional information and eligibility details.

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Fun and Free Community Events!

Be part of the fun at this year's STEM Expo presented by Illumina on Saturday, March 2! The expo will take place at Snapdragon Stadium from 11am-5pm. This is a free event and no RSVP is needed. Parking is \$10. There will be live music, giveaways, college and career information, hands-on activities and more! Details: [Link](#) | [Flyer](#)

Attend CCS's film screening for 'The Last Drop' on Saturday, March 2 to celebrate the end of Teen Dating Violence Awareness Month. The screening will take place at Hoover High School from 2pm-5pm. The film is intended for teenage and adult audiences, and CCS will have trained support staff on standby in case anyone would like to check in or feels activated during the film. See [flyer](#) for RSVP and screening details.

Learn about native plants and animals at a Bilingual Trail to Bay Hike! The Living Coast Discovery Center is hosting a moderate hike at Otay Lakes County Park on Saturday, March 2 at 10am. Hikers will learn about native plants and animals in the area and explore the native plant garden. The hike will be offered in English and Spanish. Visit the [webpage](#) for registration and more details regarding the hike, parking, recommend supplies and general info.

Join Living Coast Discovery Center for their Animals on the Bay Day! LCDC will reduce their admission cost to \$5 per person on Saturday, March 9. The event will run from 10am to 4pm. There will be food trucks, craft market and other partner organizations in attendance. Visit their [webpage](#) for more details regarding parking, ticket and general info.

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