

# 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](http://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

**Updated - Working with a youth 13-18 who is looking to be more involved in their community?** Youth Unite meets every first and third Tuesdays of the month at 3pm at the [Jackie Robinson YMCA](#). The youth-led advocacy coalition is for youth in or near the communities of 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](#), included in English and Spanish, for more details.

**New - Have a family with a military retirement or separation coming up?** The San Diego Military Family Collaborative (SDMFC) is hosting workshops to bring valuable information to military spouses and families transitioning into civilian life. The next one will take place on [21 March](#) from 5pm-7pm. Refer to the [flyer](#) for details and future dates.

**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 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.

**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:**

**Working with a family impacted by the flooding who is need of hygiene products?** It's All About the Kids is partnering with other organizations to bring diaper and menstruation products to the community. You can click [here](#) to register. Registration ends [tomorrow, March 7](#). You can also refer to their [flyer](#) for more details.

**Is your 6<sup>th</sup> to 9<sup>th</sup> grade student interested in a career in STEAM?** MANA de San Diego is hosting their 2<sup>nd</sup> Annual STEAM Pi Day on Thursday, March 14 from 5pm-7pm at the National University Spectrum Center. There will be resource booths, food, interactive activities and giveaways. Registration is required to participate in the hands-on activities. You can refer to the [flyer](#) for more details and can register via the following [link](#).

**Another tax resource!** - In addition to the other tax services listed below, 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.

**Impacted by January storms and are still in need of assistance?** FEMA has opened 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](#).

**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. 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.

**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 1<sup>st</sup> 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.

**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](#).

**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 Community Events!

**Join the San Diego Community College District in celebrating Women's History Month and a continuation of Black History Month.** Black Studies Emerita Professor Starla Lewis and co-Author of "I Am: My Own Self-Validation" will be speaking about understanding history. This is a free community event and is open to all. This will take place via Zoom on Thursday, March 7 from 6pm to 7:30pm. You can refer to the [flyer](#) for Zoom details and brief biography on Starla Lewis.

**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.

**Have a youth 7-17 who would like to showcase their creative work?** Scripps Ranch Library is hosting a Kids Open Mic night at their location on Saturday, March 9 from 4pm-5:30pm. Participants will be given five minutes to read their work. You can refer to the [flyer](#) for more information on the event. Participants can click [here](#) to register.

**Celebrate Women's Day with your family this Sunday.** This year's SD Women's Fair will take place March 10 at Chula Vista Center from 11am-5pm. There will be entertainment, raffles, resources, music and more. Refer to the [flyer](#) for more information on this free event.

**Love sustainability and fashion?** Join San Ysidro Library's 'Slow Down Swap Party' on Monday, March 18 from 5pm-7pm. Bring your gently used items and a bag to take home upcycled items. Refer to their [webpage](#) for more details and friendly reminders.

**Learn more about nature and plants with your child.** San Diego Botanic Garden hosts weekly art and science activities focused on plants or nature. Their SAPLinGS (Science, Art and PLayer in Garden Spaces) activities take place Wednesdays, Thursdays and Fridays from 10am-12pm. Here is their [webpage](#) with more details.

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### Join our Team!

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