

# 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 / 858.585.4148

**Mid-City Family Resource Center:**

4275 El Cajon Blvd., Suite 101, San Diego, CA 92106 / 619.283.9624

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### SAY SD Program Highlight

#### Youth Unite

Youth Unite is a youth-led advocacy coalition for high school-aged youth that live, play, or go to school 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. 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 ([@youthunited](https://www.instagram.com/youthunited)) and check out their flyers in both [English](#) and [Spanish](#). Apply or refer a youth by [clicking here!](#)

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### SAY SD Events

**Working with someone receiving Medi-Cal and needs additional support or guidance?** They can be referred to Neighborhood Networks. This program assists homeless youth and adults with chronic health conditions or who have otherwise been identified by their health plan as needing further care coordination. They 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. Please refer to their [flyer](#) for more details.

**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.

**CSP has one more class starting in March.** For English speaking, parents with children aged 13+ can participate with classes starting Tuesday, March 26. To enroll, parents can call 619-283-9624 ext. 376. 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:**

**Impacted by January's floods and in need of food benefits?** Impacted residents will have until March 15 to apply for emergency food benefits through CalFresh. You can refer to the [flyer](#) for additional details.

**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](#).

**Become more aware on how to recognize human trafficking.** Lakeside Union School District is hosting a human trafficking awareness meeting at Lakeside Library. Discussion will be around the definition, its prevalence in San Diego, red flags, warning signs, and more. Here is the [flyer](#) with additional details.

**Impacted by the criminal justice system and would like to learn more about resources and support available?** The Employee Rights Center and County of San Diego are hosting a Legal Clinic and Resource Fair on Saturday, March 23. There will be information on job readiness training, health and food assistance, immigration support, legal information and more. Refer to the included [flyer](#) for time and location.

**Know someone aged 18-24 who is looking for work?** On March 26, the Youth-Career Expo will take place at UCSD Park & Market. There will be opportunities to explore career options and connect with non-profits, companies and organizations. Refer to their [flyer](#) for time, location and registration details.

**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 [website](#) 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. 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.

**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 [website](#) for details and eligibility requirements.

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### Fun Community Events!

**Attend an Irish themed story time for families.** Join Lady M on March 16 at 10am at the North University Community Library for a themed Saint Patrick's Day Storytime. There will be stories and music for kids and parents alike. Here are the flyer and [website](#) with more details.

**Join the Irish Congress of Southern California as they host the 42nd Annual St. Patrick's Day Parade and Festival in Balboa Park!** The parade will start at 10:30am on Fifth Avenue at Laurel Street. The festival grounds will open at 9:00am and will end at 6pm. There will be live entertainment and an expanded kids' area. The entire venue will be open to family members of all ages. You can find more details on their [website](#).

**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 [website](#) for more details and friendly reminders.

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

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### Join our Team!

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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 links/flyers.

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

If you would like your resource added or removed from this guide, please contact: [rcio.hernandez@saysandiego.org](mailto:rcio.hernandez@saysandiego.org).



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