

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.say-sandiego.org or contact/visit us at the following locations:

Main Office:

4773 Viewridge Avenue, San Diego, CA, 92123 / 619.565.4140

Mid-City Family Resource Center:

4273 El Cajon Blvd., Suite 101, San Diego, CA 92105 / 619.283.9624

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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.

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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 Tuesday, March 26 for parents with children 13+. Other classes will begin Wednesday, April 3 for kids (9-12) and Monday, April 29 for kids 0-5. To enroll, parents can call 619-283-8624 ext. 378. Click here for the [flyer](#) with additional details.

Participate in First & First Steps Playgroup. FSPS 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 Sarno 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 (151 YMCA Way, San Diego, CA 92102). You can follow on Instagram ([@youthunitedsd](#)) and check out their flyers in both [English](#) and [Spanish](#). Apply or refer a youth by [clicking here!](#)

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Community Resources

Resources added this week:

Updated! - Get more info on resources at YMCA's upcoming resource fair and egg hunt. Copley-Price Family YMCA is hosting a Community Resource Fair on Saturday, March 30 from 10am to 1pm. Some of the resources include free tax filing assistance and books for children. Here is their [flyer](#) with additional details. There will be an egg hunt hosted by Child Watch and Y-Strong girl from 11:30am-2:30pm. This requires registration. You can refer to this [flyer](#) for more details and info.

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 [Economic Tax Board](#) and [ESS](#) websites to check eligibility and find additional resources.

Get information on resources for health and wellbeing! The next Community Health & Resource Fair at Jackie Robinson YMCA will take place Wednesday, April 3 from 10am-3pm. There will be information on different resources such as Medi-Cal, CalFresh, various health screenings, blood pressure checks, and more. Shuttle services are also provided to and from the fair. Refer to the [flyer](#) for details.

Elder than 60 and impacted by January's flood? ElderHelp of San Diego is expanding their Housing Support Fund to help eligible seniors with housing related costs. You can refer to their [flyer](#) 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 [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.

Attend the San Diego Workforce Partnership's Job & Resource Fair! SDWP will be hosting another job and resource fair on Friday, March 29 from 10am to 1pm. The event will have twenty local employers and community partners and will take place at South County Career Center in Chula Vista. Visit the [event page](#) for additional details.

Want your teen to learn more about healthy relationships? Your Safe Place is leading a 'Healthy Teen Relationships' workshop on Friday, March 29 from 4pm-6pm at the Copley-Price Family YMCA. Refer to their [flyer](#) for additional details including RSVP.

Is your 9-12 year old interested in robotics and space? City Heights-Weingart Library will be hosting the 'Expedition to Mars' event at their site on March 29 from 4pm-5:30pm. Participants will work on building Arduino-based robotic space related projects, while learning about electronics, mechanics, and robotics subsystems in a fun way. Visit the [event page](#) for registration and event 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 [webpage](#).

The end of tax season is less than a month away! 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-3pm. These services will be offered until Friday, April 12. Here is their [flyer](#) with more info.

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Fun Community Events!

Join different organizations as they honor the Transgender Day of Visibility! This family friendly celebration will take place at Heritage Park in Oceanside on Saturday, March 30 from 11am-3pm. There will be catered lunch, community and allied business info, live music, activities and more! Here are the [flyer](#) and [webpage](#) with additional details.

Work with a creative youth wanting to share their creations? San Diego Youth Pride is currently accepting visual and performing art submissions for their upcoming Art Show on April 5. The theme is 'Making History Now!' If you have a youth (10-21) interested in showcasing their work, they can submit it via the [webpage](#).

Join I Love a Clean San Diego, Ramona Community Center, and the County of San Diego for our Sustainable Saturday event! Give back to the community by picking up litter and then treat yourself to some free clothing items afterward. This will take place on March 30 from 9am-12pm. There will also be a coinciding Community Coffee and Rodeo Queen event at the same location. Feel free to join in on any of these events to support the local community. Refer to their [webpage](#) for more details.

Looking for fun Easter events? There are many organizations and locations hosting a variety of family friendly Easter and egg hunt events. Here is a short list of some sites that have lists of Easter events throughout San Diego County:

- [EggHunts](#)
- [SD Family Magazine](#)
- [4Kids](#)
- [AllEvents](#)

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 [flyer](#) for location and time.

Join San Diego Pride during for 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 [flyer](#) and [webpage](#) 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 [flyer](#) and [webpage](#) 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 [flyer](#) 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 9"x12" print at 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 [webpage](#) for additional details.

Is your 9-12-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 space mission and make their own Spacewalk Challenge. Registration is required. You can refer to this [webpage](#) for details and registration.

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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 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@say-sandiego.org.

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