

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

First 5 First Steps

This program provides in-home family support to expectant and new parents. Services start prenatally and continue until the child's third birthday. F5FS aims to strengthen the parent-child relationship, improve healthy child development, reduce child abuse and neglect, increase utilization of prenatal care, reduce pre-term and low birth-weight babies, increase access to primary medical services, and increase immunization rates. Program participants include teens, military families, immigrant or refugee families, low-income families, and families receiving CalWORKs benefits. If you are working with a family or parent who could benefit from this support you can submit a [referral form](#) or emailing [First Steps Central](mailto:FirstStepsCentral@saysandiego.org) with the client's name, contact info and if they're pregnant or age of their baby.

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SAY SD Events

Next Dads Corps Legal Clinic will be on Monday, Feb. 26 and will be virtual. FREE parenting classes for fathers with light case management support! To get more information, [check out the flyer](#), [click here](#) or connect with Jessica Chiesman (Jessica.Chiesman@saysandiego.org).

Parents Unite will have their next meeting on Wednesday, Feb. 28th. Meetings are held the last Wednesday of each month from 5:30pm-6:30pm at the Valencia Park Elementary Auditorium (5880 Skyline Dr, San Diego, CA 92114). This is open to all adults in Southeastern San Diego. Parents are encouraged to RSVP by texting 619-736-4345. Click [here](#) for 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.

CSF will be starting two parenting classes in March. For English speaking parents with children 0-5, these will begin Monday, Mar. 4. Classes for Spanish speaking parents with children 12 and under will begin Thu, Mar. 14. To enroll, parents can call 619-283-9624 ext. 378. Click [here](#) for the flyer.

Black History Month

February is Black History Month. During this month we honor, recognize and celebrate the many contributions of Black people and communities in U.S. History. There are many events in San Diego to celebrate these contributions and accomplishments. Below is a list of some of the family friendly events in San Diego celebrating and honoring Black History.

Sat, Feb. 17 – Want to attend a family-friendly story time to learn more about diversity and individuality? The Skyline Hills library is hosting *Pride Storytime ft. Friidae* at 10:30am on Saturday, Feb. 17. Details: [Link](#) | [Flyer](#)

Sun, Feb. 18 – Enjoy live entertainment, art walk and food from local vendors at the Daygo Eatz street fair. The event is put together by The Mental Bar, Black San Diego and Pillars of the Community and will take place in the Encanto neighborhood on Sunday, Feb. 18 from 12pm to 4:45pm. Details: [Link](#) | [Flyer](#)

Tue, Feb. 20; Thu, Feb. 22; & Tue, Feb. 27 – Participate with Toshwerks in an art project inspired by the Freedom Quilts from the 1800s. Participants will work on an upcycled 8"x8" framed canvas, emulating patterns that are in homage to Freedom Advocates and Supporters of the Underground Railroad. *Registration is required for Skyline and Mountain View locations.*

- [Feb. 20th](#) – Valencia Park/Malcolm X Library
- [Feb. 22nd](#) - Skyline Hills Library
- [Feb. 27th](#) - Mountain View/Beckworth Library

Sat, Feb. 24 - SoCal Sumo Open! This free event will take place at the City Heights Performance Annex from 9am to 3pm. It will celebrate sumo, music and food. HONU SUMO club and Maximum Effort Foundation focus on the love of Japanese sports and the contributions Black people have brought to martial arts and civil rights. Details: [Link](#) | [Flyer](#)

Tue, Feb. 27 – Young children can come to learn about Kente Cloth's origin and significance while creating their own on construction paper. This will take place at Malcolm X Library at 5pm on Feb. 27 as part of their Create It! Tuesdays. Details: [Link](#)

Thu, Feb. 29 – Interested in learning more about Black space pioneers and creating a cool Rocketship craft? The Skyline Hills Library's 'Create-It Thursday' will focus on learning about Dr. Mae C. Jemison, Guy Bluford, Victor Glover and more, and have a rocket ship craft making activity. This will take place at 4pm on Thu, Feb. 29. *Registration is required.* Details: [Link](#) | [Flyer](#)

You can find other Black History Month events geared towards adults and are focused on cultural, personal, and professional enrichment on the following webpages:

- [San Diego Public Library](#)
- [UCSD](#)
- [SDSU](#)
- [World Beat Center](#)
- [San Diego Magazine](#)

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Community Resources

Have a family or client who was impacted by the January's flooding and needs temporary lodging? Residents can call 2-1-1 to apply for emergency lodging. New applications will be accepted until Feb. 23. Source: [County News Center](#)

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.

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. The next date will be Sat, Feb. 17th 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.

Looking for tutoring options? San Diego Libraries have regular tutoring labs for free for San Diego students. You can refer to their [calendar](#) and [website](#) for dates and details.

Want to try holistic health approaches for free? The Community Wellness Collaborative provides free services every Thursday from 2-6pm. [Check out the website](#) for more details.

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Fun and Free Community Events!

In addition to the fun and exciting events for Black History Month, here are a few other events happening in San Diego.

Celebrate unity, diversity and companionship during the 4th Annual City Heights Multi-Cultural Festival of Love. There will be fun for all ages, live entertainment, food, and more. This will take place Sat. Feb. 17 from 11am-5pm. See the [flyer](#) for additional details.

Enjoy a history walking tour at Heritage Park in Old Town! Learn about how homes in the area and park originated. Afterwards, have a picnic on the lawn with a view of the beautiful and restored Victorian Homes. The tour will be on Sunday, Feb. 18 from 1pm-2pm. Click [here](#) for more info.

Check your blood pressure during Love Your Heart event going until Feb. 29th. Live Well San Diego encourages everyone to get a free blood pressure screening during this time and take charge of their heart health. Visit their [website](#) for locations and info on heart health.

Join 'I Love A Clean San Diego' in keeping Woodhaven County Park clean. This will take place on Sat. Feb. 24 from 9am-11am. Assistance is needed in removing invasive plants and cleaning up litter. See [here](#) for event and registration details.

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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: rocio.herrera@saysandiego.org.