

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

Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 | 619.595.4148

Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 101, San Diego, CA 92105 | 619.283.9524

[SAY SD Program Highlight](#) | [SAY SD Events](#) | [Resources](#) | [Community Events](#)

SAY SD Program Highlight

Project Safeguard

Project Safeguard works on supporting community efforts for a safe, healthy and drug-free Southeastern San Diego. They work to enhance awareness regarding youth substance use, reduce youth accessibility and use of alcohol and marijuana.

Increase youth awareness of the risks associated with substance use, center community involvement in prevention efforts and provide access to substance use treatment and resources. For more information, please contact Tacholyn@project-safeguard.org. Follow on Instagram at [@project-safeguard](https://www.instagram.com/project-safeguard).

[Back to the Top](#)

SAY SD Programs & Events

Join the San Diego Military Family Collaborative's April Convening! This month SC&MFC's convening is on 28 April from 10am-12pm at National University (3088 Lightwave Ave, San Diego, CA 92123). They will be discussing "Being a Resilient Military Youth" with subject matter experts discussing youth mental health and the military youth experience. Admission is free and open to the military public! Walk-ins are welcome!

Join Dads Corps to learn more information on apprenticeship! Dads Corps will be hosting an Apprenticeship Info Session on May 7 at our Mid-City Family Resource Center. This is open to all community members, including older youth. Check out the [flyer](#) for a list of presenters, meeting information and RSVP details.

Community Services for Families has more classes starting in May. New classes will be in English. The next groups will begin May 9 for kids 0-5, May 21 for ages 10-17, and May 29 for ages 6-12. To enroll, parents can call 619-283-9524 ext. 378. Click here for the [flyer](#) with additional details for classes beginning in May.

Working with someone receiving Medi-Cal and needs additional support or guidance? Neighborhood Networks assists individuals and families undergoing chronic health conditions or who have otherwise identified by their health plan as needing further care coordination to improve overall wellbeing by addressing the broader context affecting health. Clients are provided with intensive case management and connections to additional resources within the community. Please refer to their [flyer](#) for more details.

Participate in First & First Steps Playgroup. F&S 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 (619.283.9524).

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 Santo Road, San Diego, CA 92124 (behind Popeye's). You can call their location 654-486-0044 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 ([@youthunite](https://www.instagram.com/youthunite)) and check out their flyers in both [English](#) and [Spanish](#). Apply or refer a youth by [clicking here!](#)

[Back to the Top](#)

Community Resources

Resources added this week:

Know a young girl interested in STEAM? DETOUR Empowers will be holding their Fancy Teen Girls Expo on April 27th at KIPP Adelante Prep Academy. This open to all ages and will have professional women and community advocates provide empowerment through seminars, panel discussions, and entertainment. Here is a [flyer](#) and [video](#) with more details and info.

Looking for low-cost exams or vaccines for a pup? Join WOOFAFALDOZAI at Wells Park in El Cajon on April 27. This is a canine-centric event where free microchips, ID tags, doggie swap bags and more will be provided. San Diego Humane Society's [Community Veterinary Program](#) will be on-site from 9am-4pm offering low-cost exams and vaccines. Here is the [webpage](#) with details.

Are you a Refugee, Dreamer, International student or community member seeking for a job? Grossmont College will be holding their 3rd Annual Refugee Job Fair on May 1st. Professional headshots will be available for those who register. There will be opportunities for networking and more! You can read more details on the event and registration on their [webpage](#).

Want to try holistic health approaches for free? [Community Wellness Collaborative](#) hosts a weekly free holistic health outreach program on Thursdays from 2pm-6pm offering Acupuncture, Naturopathic Medicine, Energy Healing, Chair Yoga, and more. This typically operates out of Queen Bee Arts & Cultural Center on Ohio St & University in North Park, but for ONE NIGHT ONLY they will be bringing their free clinic to the Southeastern Livewell Center on May 2. Here is a [flyer](#) with more details.

Looking for accessible resources? Join Jacobs Center at their Accessible Resource Fair on May 4th. There will be information on jobs, apprenticeships, healthcare, nutritional education and more. See their flyer [here](#). You can also register for the event [here](#).

Working with someone impacted by January's floods and looking for a job? San Diego Workforce Partnership is working with impacted and eligible individuals to get access to emergency relief funds and job opportunities. You can refer to their [flyer](#) with more details.

Learn more on Mental Health and Wellbeing! Attend the Thrive Together Community Fair on May 9 at the MAAC Community Center. Aside from resources, there will also be family fun activities, giveaways and dance demonstrations. Here is a [flyer](#) with more details.

Looking for jobs and resources in childcare and early education? The City of San Diego will be having multiple job and resource fairs throughout the county. Information will be provided for current openings, career pathways, job preparation and more. You can see their [flyer](#) with opening dates and registration details.

Learn more on Mental Wellness. NAMWells will be having a community expo on April 27. There will be information on mental health resources, family activities and more. Refer to the [flyer](#) for additional details and information.

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

A Transition Plan has been announce for the Emergency Temporary Lodging program after January's flood. If a client, or yourself, were part of this program, be aware that the county will be transitioning participants on or before May 11. Recipients will need to ensure they have registered with FEMA and have provided the required items to remain part of the program. Please read the county article [here](#) with additional details and information for this program.

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](#).

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 [flyer \(Eng & Spa\)](#) and [webpage](#) with more details.

Ready to apply for citizenship? The International Rescue Committee (IRC) provides free citizenship application assistance. This takes place every second Tuesday at the City Heights Library. Legal consultations are available on walk-in basis. Refer to their [flyer](#) for details on eligibility, location and time.

[Back to the Top](#)

Fun Community Events!

April is Earth Month! Visit the County's calendar to view different events going on San Diego County to celebrate Earth Month. Here is a [link](#) to the calendar with details and information on events happening throughout the month.

Does your child like dogs and needs encouragement reading? Join San Diego Humane Society at Logan Heights Library every four Saturday for their Paws to Read programming. Children can practice reading aloud to Animal Ambassadors. The next event is April 27 from 10am-11am. Here is the [webpage](#) with details.

Join Lady M for May Day Storytime. Join Lady M on April 27 at 10am at the North University Community Library for a themed story time. This event is a part of the PRIDE Storytime series, a family-friendly way of recognizing and celebrating diversity and individuality through age-appropriate stories & songs. This is a safe space; all families are welcome. Here is the [webpage](#) with more details.

Celebrate Día de los Niños at Veterans Park! Join the City of Imperial Beach Parks, Recreation, & Community Services Department and the Imperial Beach Library for a celebration held in Veteran's Park for El Día de los Niños and Día de los Libros (Children's Day/Book Day) on April 27. Visit the [webpage](#) for more details.

Attend a free concert series in Coronado! The next show will be Sunday, April 28th at the Coronado Ferry Landing. This date's headline will be Baywolf, with Classic Rock and Blues music. Here is a [webpage](#) with more info.

Catch Fern Street Circus on their Neighborhood Tour! The next shows will be on April 27 at Hemwood Park. These are free performances and events. They will start off with a community health resource fair at 1pm, there will be markets at 1:15pm and performances by Fern Street Circus will be at 2pm. You can refer to the [flyer](#) for future dates and locations. You can visit their [website](#) here.

Attend the Linda Vista Multi-Cultural Fair & Parade! This free, family friendly event will take place Saturday, April 27 in Linda Vista. You can refer to their [flyer](#) for more details, such as time and location.

Enjoy reading and being creative? The San Diego Public Library is taking design submissions until April 30th for their PRIDE 2024 commemorative card. This is open to all ages. The theme is "Making History Now" as they celebrate the 50th anniversary of the first Pride marches in San Diego. Visit their [webpage](#) for more details and the submission form.

FREE tickets for military affiliated families. Military families are invited to the San Diego Mojo Military Appreciation Night game on Monday, 29 April at 7pm at the Viejas Arena. San Diego Mojo is San Diego's Women Volleyball Team and they'll be playing against the Orlando Volleyball! Here is the [flyer](#) and you can [click here](#) to reserve tickets. For more information on the team, check out their website [here](#).

Participate in BBBS's upcoming SK fundraising event! Big Brothers Big Sisters of San Diego County will be hosting a "SK Any Way" event on May 18th. Participants can sign up to race the day-of at Mission Bay Park. There is also info on how to participate for free. You can visit the [webpage](#) for more details.

[Back to the top](#)

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 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@sayandsdgo.org.

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