

Weekly Resources



Founded in 1971 and serving over 36,000 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.sayandiego.org or contact/visit us at the following locations:

Main Office:

475 Viewridge Avenue, San Diego, CA, 92123 | 619.585.4146

Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 181, San Diego, CA 92110 | 619.283.9024

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SAY SD Program Highlight

The Collective

The Collective is a coalition of San Diegans dedicated to preventing tobacco, alcohol, and other drugs from harming the LGBTQ+ community. Their goal is to promote resilience by organizing healthy and safe spaces, fostering intentional community through harm reduction strategies, and meeting people where they are at.

Recognizing the intersectionality of systemic social justice issues, The Collective works to address substance use while advocating for the cultivation of healthy boundaries. Check out one of their other current events! Email collective.sd@gmail.com to sign-up for their monthly virtual meetings. You can also refer to their [website](#) and [page](#) for more information.

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SAY SD Programs & Events

Attend The Collective Coalition's **Beautifuly Celebrate** event! The Collective Coalition is partnering with SD Black Pride for their second annual BIPOC Soccer Pride event. This will be on June 23 from 2-6pm at Dugo Cafe. There will be activities, vendors, performers, food and more. Check out their Instagram [page](#) for additional details.

Learn to cook as a family! Lincoln Real Connections is hosting a FREE family cooking club. Learn new recipes, create delicious meals together, and enjoy quality time as a family. They will meet every Tuesday from 5-6pm until July 2 at SD's City Heights office. Click [here](#) to register.

Do you know someone that is transitioning out of the military? The next San Diego Military Family Collaborative's (SDMFC) Military Transition: The Spouse Edition (MTSE) will be held on 28 June 2024 from 11am-12pm. Check out the event [website](#) for more details on how to register for FREE! You can also find future dates here.

Help provide single dads with supplies for their family this Father's Day! Donate to Dads Corps to support their Daddy Drive. Donations will equip fathers and their children with diapers, wipes, blankets, school supplies and more! View the [form](#) and [page](#) for more details.

Looking for a summer camp for your child? SD's Extended Day Program at the Binay Site will have STEAM Summer Camp from June 10th to August 2nd. Refer to their [page](#) for more information on activities, pricing and registration.

There is plenty of time to enroll for Community Services for Families' summer workshops! CSF will have more classes starting in the summer, two in July and one in August. To enroll, parents can call 619-283-9024 ext. 376. Please refer to the [page](#) for dates and additional details.

Participate in First 5 First Steps Playgroups. 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 (619.283.9024).

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 Santa Road, San Diego, CA 92124 (behind Popeye's). You can call their location 619-498-0644 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-5pm at Jackie Robinson YMCA (151 YMCA Way, San Diego, CA 92102). You can follow on Instagram ([@YouthUniteSD](#)) and check out their flyers in both [English](#) and [Spanish](#). Apply or refer a youth by [clicking here](#)!

A4E, another program for youth to get involved with! Advocates for Change Today (ACT) is an advocacy program for youth ages 12-18 years old residing in the Mira-City and San Diego area. Youth involved in this program take part in advocacy, teamwork, and public health and safety efforts to reduce the use of alcohol, tobacco, and other drugs among youth. This group meets Wednesdays at 4:30-6pm at the SAY San Diego Family Resource Center located in City Heights. Follow them on Instagram [@AdvocatesforChangeToday](#).

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Community Resources

Resources added this week:

Interested in a job in Behavioral Health or need support? San Diego Workforce Partnership is holding their Behavioral Health Expo on June 21 from 9am-12pm at Grossman Adult Health Occupations. This free event promises a range of opportunities, whether looking for a job or wanting to learn more about behavioral health services. There is opportunity to explore 30 local behavioral health providers and interview for open positions on the spot. Gift bags with snack and beverages are available for the first 100 registrants. You can register [here](#).

Looking for dance classes? City Dance Arts, a function of the City of San Diego's Parks and Recreation Department, offers dance training to children (3+) and adults of all ages. They currently have classes in 18 recreation centers and Balboa Park facilities. A semester of 10 classes is \$42.28 or free for those that qualify (SDA [page](#) for the City's low-income fee waiver). You can refer to the [website](#) or [page](#) for more details. Registration for Summer dance classes opens June 21 at 10am.

Want more information on housing? Attend Public Consulting Group's Housing Resource Fair on June 26. This will be at Mirra Career Center from 11am-1pm. There will be a variety of agencies providing information on local housing programs and resources. Click [here](#) for the flyer.

Free Youth Meals at El Cajon Valley High School! El Cajon Valley High School will offer Youth Meal meals open to anyone 18 and under. This initiative aims to ensure the community has access to meals, particularly in July when schools are closed. View the [page](#) for more details.

Need to cool down over the summer? The County of San Diego has opened its annual Cool Zones program. This was designed to give at-risk adults, people with disabilities and people with health concerns free, safe air-conditioned shelters to visit to escape extreme heat. Click [here](#) for a complete list of cool zones. You can also use their [map feature](#) to find a location near you.

Previously Included:

Know someone experiencing, or at risk of, homelessness? Join Homeless Court Program (HCP) at their Homeless Resource Fair on June 21 from 8:30am-1pm at the southeast corner of Colina del Sol Park. There will be resources from the Department of Homeless Solutions & Equitable Communities, Department of Rehabilitation, DMV, birth certificates, and more! You can refer to their [page](#) for additional details on HCP or resources available at the fair.

Are you a user of PROPOSE? In order to keep riding with a free or reduced fare (including the Youth Opportunity Pass), users must provide proof of their age (seniors and youth) or other eligibility for a discounted fare (disabled riders and Medicare recipients) before June 30, 2024 so they do not lose access. Find more info [here](#). There will also be a pop-up event with SDTS doing on-site verification on June 13 from 9pm-1:30pm at Inglewood X Library.

Interested in Building Generational Wealth? Join this online event that will delve into strategies to build generational wealth and secure a prosperous future for you and your loved ones. This Juneteenth, come together with like-minded individuals to learn from experts in finance, investments, and entrepreneurship. Discover actionable steps to empower yourself financially and pave the way for generational success. Find more info on the event [website](#).

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 [page](#) with upcoming dates and registration details.

Know of a family in need of additional food assistance over the summer? SUN Bucks, also called Summer-EBT, will begin this summer. SUN Bucks works just like CalFresh, but for the summer. Children who qualify for free or reduced-price school meals through a school meal application or an Alternative Income Form, or get CalFresh, CalWORKs, or Medi-Cal, are automatically enrolled. There is no need to do anything to sign-up. SUN Bucks provides \$40 per month for food for June, July and August 2024. You can visit the [website](#) and refer to the flyers [\(ENGL/ESPA\)](#) for additional information.

Looking for Free Summer Lunches? San Diego Public Library has partnered with the San Diego Unified School District to help end summer hunger. Free summer lunch will be provided for youth ages 0-18 at select libraries, parks, recreation centers and other community sites; some locations will also serve breakfast. Meals will be served Monday-Friday, and times will vary by meal site. For more info, visit sdpl.org/summerlunch. You can also click [here](#) for a schedule and locations. Around lunch time, SDPL meal sites host free performances and shows, enrichment programs and activities for everyone to enjoy while providing parents and guardians information about community resources and opportunities.

Read, Review, Repeat during the Summer Reading Program! People of all ages are encouraged to participate in this conversation-focused event aimed at protecting, maintaining, and restoring the city's diverse habitats, ecosystems, wildlife, and natural resources. Complete a combination of 10 books, hours of reading or activities to claim your prizes. Sign-up begins June 1 and the program will last through August 31. For more info, visit sdpl.org/summerreading.

Teens looking for a cool space to get away from the summer heat? The Lager Berkeough Teen IDEA Lab at Valencia Park/Malcolm X Library invites teenagers to come in during their extended Study & Chill summer hours to hang out, paint, or draw, with some lo-fi tunes in the background. Art supplies of all kinds will be provided for use in the IDEA Lab! All art levels welcome. This program is for ages 12 to 18. View the [page](#) and [website](#) for more information.

Know someone wanting to obtain their citizenship? San Diego County Library is partnering with Jewish Family Service of San Diego to offer [free citizenship classes](#) at select library branches. Their partners provide free application help from accredited immigrant specialists. Summer 2024 classes will run from June 18 through August 22 at El Cajon (Tuesdays from 10am-12pm) and Spring Valley (Wednesdays from 4pm-6pm). Registration is required. Call or text (619) 637-3282 or (619) 753-1850, or email rubin@jfsd.org to enroll.

Aging & Independence Services will be offering Free Tai Chi for Arthritis and Fall Prevention (TCAPP) classes in-person. These evidence-based fall prevention programs have shown to improve movement, balance, strength, and flexibility; offer education; and decrease pain and falls. Both programs are appropriate for adults with or without arthritis, rheumatic diseases, or related musculoskeletal conditions. Older adults at a higher risk of falling are strongly encouraged to attend. Refer to the flyers for additional details for each location: [Carmichael City Library](#) | [Lanark Green Library](#) | [Eola Avenue Community Center & Club](#)

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Community Events

Attend the 4th Annual Juneteenth Summer BBQ! The event will take place at La Jolla Shores on June 13. The Juneteenth BBQ with Padele for Peace is a free event that welcomes all and is centered on uplifting the community. There will be food and plenty of activities, such as a group run, beach cleanup, volleyball and more! Refer to the [page](#) for additional details. Visit SAY's Dads Corps' booth while you're there!

Book Distribution in Celebration of Juneteenth! Oak Park Library will be giving free Juneteenth-Child's books on June 18 from 12-1pm. Click on the [page](#) for more details.

Attend the Juneteenth Healing the Community Festival! The event by the Cooper Family Foundation will be on June 18 from 11am-5:30pm at Memorial Park. Refer to the [page](#) and [website](#) for more information.

Attend the 10th Annual Ramona Pride. This year's Ramona Pride is set to be a vibrant and inclusive event on June 19 from 10am-4pm at Collier Park. Support the Ramona LGBTQ+ community by joining with them on the Visibility Walk down Main Street starting at 10am, followed by a family-friendly community picnic at Collier Park where there will be lunch trucks. Visit their [website](#) for more details.

Looking for a stalling and water friendly event? Imperial San Diego is having their Flamin' Wheels Vol. 2 event on June 19 from 9pm-1pm. This is a free 18+ sober event. There will be food, HIV testing, drag performances and more. Here is the event [website](#) with more details.

Enjoy going to flea markets? The Belly Beach Flea by Merit Plus Green Market will be on June 19 from 11am-6pm. This will be vintage and handmade items, jewelry, art, pottery, candles, Dr. Bonner's soap giveaways and more! Entry is free with RSVP. Check out their Instagram [page](#) with additional information and how to register.

Be present at Chula Vista's Juneteenth Flag-Raising Ceremony. This will take place on June 17 at 6pm at Chula Vista City Hall. Here is the [page](#) with more information.

Interested in Zine Making? The Zine Making workshop will be at Hillcrest Youth Center on June 17 from 3-7pm! Learn more about healthy relationships and create your very own relationship bill of rights zine. View the [page](#) and [event website](#) for more details.

Celebrate World Refugee Day! The San Diego Refugee Forum is a professional association of organizations that advocates serving all populations fleeing persecution and seeking refuge in San Diego. In celebration, come join this free multicultural community event with food, activities, giveaways, and community resource information. This will take place on June 22 from 11am-3pm at Cuyamaca College. You can refer to the [page](#) or visit the [page](#) for more info.

Celebrate Juneteenth at Chollas Lake! This free in-person event will feature live performances, food vendors, and activities for all ages. Come together to honor this important day in history and celebrate freedom. Enjoy the festivities on June 22 from 10am-5pm at Gloria's Mesa Amphitheater in Chollas Lake. Click [here](#) for more information.

Greater Neighborhoods at Southeastern San Diego are invited to a community field trip! Registration is required for this event. In celebration of the Fleet Science Center's 50th anniversary, they are hosting an intergenerational experience for families to enjoy science and celebrate with them. Community Morning is a free family field trip to Fleet Science Center on June 22 from 9am-12pm. Attendees will enjoy early access to exhibit galleries, hands-on activities, opportunity drawings, and private screening of A Deep Sky documentary in the Harkoff Giant Dome Theater. The experience is at no cost and families must register to attend. Transportation can also be provided from the Jacobs Center to the Fleet Center. Click [here](#) for the flyer. Register [page](#) to attend and note if transportation will be needed for your family.

Youth interested in sewing and history? Join The Third Real Cultural Center and Community Fits for "Threads of Freedom" on June 23 from 12pm-4pm. This is a free Juneteenth celebration for youth to teach them basic sewing while learning about Juneteenth history and honoring community activists. RSVP is required to seek; click [here](#) to register and learn additional details.

Join the next Summer Movies in the Park night. There are various locations and nights throughout the summer for free outdoor movies. You can visit their [website](#) and [calendar](#) for upcoming movies and locations.

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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 info-fliers.

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

If you would like your resource added or removed from this guide, please contact: resources@sayandiego.org.

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