

# Weekly Resources



Founded in 1971 and serving over 30,000 San Diegoans 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](http://www.say-sandiego.org) or contact/visit us at the following locations:

- Main Office:**  
4775 Viewridge Avenue, San Diego, CA, 92123 / 619.565.4146
- Mid-City Family Resource Center:**  
4275 El Cajon Blvd., Suite 101, San Diego, CA 92108 / 619.283.9624

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### 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 [@yugheisy.nanis](mailto:Yugheisy.Nanis). Follow on Instagram at [@psosafeguard](https://www.instagram.com/psosafeguard).

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### SAY SD Programs & Events

Join the San Diego Military Family Collaborative's April Convening! This month SDMFC's convening is on 26 April from 10am-12pm at National University (9389 Lightcove 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!

Learn more on mental health and wellness community resources! Join Real Connections on May 1<sup>st</sup> for Lincoln High Student Mental Health and Wellness Day. Community resources that support student mental health and wellness will be centered at the event. Refer to the [flyer](#) for additional information and RSVP details.

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 read groups will begin May 9 for kids 0-5, May 21 for ages 13-17, and May 29 for ages 9-12. To enroll, parents can call 619-283-9624 ext. 375. Click here for the [flyer](#) with additional details for classes beginning in May.

Participate in First 5 First Steps Playgroup. F5FS 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 Santo Road, San Diego, CA 92134 (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 ([@youthunite](https://www.instagram.com/youthunite)) 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:

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 upcoming dates and registration details.

Improve job readiness skills! San Diego Workforce Partnership and Poway Library are hosting a series of free in-person workshops to help people get jobs. Participants will get tips on resume building, interview skills, information on certification programs and more. The first session will be on April 25. Click [here](#) to learn more and register for any of the workshops.

Have unwanted, non-hazardous items to get rid of? There will be free dumpsters available on Saturday, April 20 in Chula Vista and Imperial Valley for community members can get rid of debris free of charge. Read the article [here](#) for more details and information, including time and address.

Learn more on Mental Wellness. NAMiWalks 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.

Working with someone interested in independent living? Independent Living Association (ILA) will be having a training for those who are interested in ILA membership and shared housing. There will be information provided on laws, regulations, best practices, membership process, and more. Here is their [flyer](#) with more details. You can also visit ILA's [website](#) for more information on the organization.

Join Grey Matters for their Movement & Music event. This program is dedicated to enhancing the well-being of the aging population, with a strong focus on cognitive, socio-emotional, and physical benefits. They meet the second and fourth Monday of each month. Here is a [flyer](#) with location and additional 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.

Know someone experiencing, or at risk of, homelessness? Join Homeless Court Program (HCP) at their Homeless Resource Fair on Friday, April 19 at Lindbergh Community Park and on Friday, April 26 at North County Vista Transit Center. 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 [flyer](#) for additional details on HCP and resources available at the fair.

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 [website](#).

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 [form](#), [FAQ & Seal](#) and [website](#) 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.

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### Fun Community Events!

Celebrate Chicano Park Day! This year's theme will be "Bringing Back the True Spirit and Energy of the Chicano Park Takeover". Visitors to Chicano Park Day on April 20 will experience traditional music and dance, including one of the most beautiful performances of Aztec Indigenous dance, folkloric exhibitions, performers, children's art workshops, arts and crafts vendors. Here is a [flyer](#) and their [website](#) with more details.

Celebrate Earth Day! Join this free Earth Day celebration on April 20th presented by Vegan Food Pop-up. There will be over 100 eco-friendly food, product and service vendors featured. There will also be environmental, conservation and animal rescue groups with entertainment, music and activities for kids. The event will take place on April 20th at Balboa Park. Here is their [website](#) with more details.

Continue celebrating Earth Day with a DIY project. Logan Heights Library is hosting a DIY event in their Teen Idea Lab. Participants will be able to create a terrarium using recycled materials. Here is a [flyer](#) with details.

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.

Celebrate the Day of the Child! Child Welfare Community Collaborative will be holding a Day of the Child Event at Memorial Park on April 20th. There will be resources, activities, prizes and more. You can refer to their [flyer](#) for more details.

Celebrate literacy and children at Día in the Park event. Livewell San Diego, Parks and Recreation, and Lakeside Amity will be hosting a family event at Lindo Lake County Park on April 20th. There will be book giveaways, resources, food, crafts, and more. Here is their [flyer](#) with additional information.

Catch Fern Street Circus on their Neighborhood Tour! The next shows will be on April 20 at Collins del Sol Park and April 21 at Gompers Park. These are free performances and events. They will start off with a community health resource fair at 1pm, there will be martial arts 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.

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 Vegas Arena. San Diego Mojo is San Diego's Women's Volleyball Team and they'll be playing against the Orlando Valkyries! Here is the [flyer](#) and you can [click here](#) to reserve tickets. For more information on the team, check out their website [here](#).

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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 3-1-1. If you would like your resource added or removed from this guide, please contact: [resources@say-sandiego.org](mailto:resources@say-sandiego.org).

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