

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

Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 / 619.565.4148

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

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 Alarba](#).

Follow on Instagram at [@projectsafeguardsd](#).

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SAY SD Programs & Events

There is still time to join Dads Corps to learn more information on apprenticeships! Dads Corps is 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 13-17, and May 29 for ages 6-12. To enroll, parents can call 619-283-9624 ext. 378. Click here for the [flyer](#) with additional details for classes beginning in May.

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

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 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 92124 (behind Popeye's). You can call their location 858-496-0044 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 ([@youthunited](#)) 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:

Get your PRONTO account verified by MTS! Mid-City CAN and MTS will be at Officer Jeremy Herwood Memorial Park on May 7 to get PRONTO accounts verified. Youth will need to get their account verified by June 30th to continue riding for free. Visit the event's [webpage](#) for details on what to bring for verification. Flyers: [ENG](#) | [SPA](#)

Join a variety of organizations at the Thrive Together Community Fair. This will resource fair will take place on Thursday, May 9th from 3pm-7pm. There will be a activities, resources, dance demonstration, giveaways and more. Here is the [flyer](#) with more information.

Find different resources at Universidad Popular's Vaccination Clinic. The Vaccination Clinic will be taking place on May 12th at the North Inland Live Well Center. Aside from vaccines for Bivalent Covid-19, there will also be resources for CalFresh, MediCal, Citizenship and Immigration Services. You can refer to the flyers for more information and future dates. Flyers: [ENG](#) | [SPA](#)

Learn more about health resources! Serene Health Group will be hosting We Care Health Fair on Saturday, May 18. There will be health screenings, resource booths.

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.

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.

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.

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Fun Community Events!

It's Free Comic Book Day on May 4th! FCBD started off with four free titles and will be celebrating 22 years with 48 titles this year. You can visit their [site](#) to see what titles will be available. You can also click [here](#) to find the closest participating location near you. [San Diego Public Libraries](#) will also be participating in FCBD and will have Take-and-Make Star Wars crafts for kids in the Children's Section (while supplies last).

Join Comic-Con Museum on Saturday, May the 4th, for the annual blood drive to celebrate Star Wars Day! This event is open to anyone eager to support the community, and all donors will receive a complimentary museum ticket. There will also be opportunities to snap a photo with various cosplay characters. Visit the Comic-Con Museum [website](#) for more information and registration.

Expand your plant collection or help others expand theirs! The City Heights/Weingart Library will be hosting a Community Plant Swap this Saturday, May 4th from 12pm-1pm. Visit the event [webpage](#) for additional details.

Attend Kumu Hina's new children's book reading. Mingle with queer AAPI community members and leaders and listen to Native Hawaiian third-gender activist and author, Kumu Hina, read their new children's book, Kapeemahu, on Tuesday, May 7th from 5 pm to 7:30 pm in The Center's auditorium. Local businesses will be catering food and selling books for the evening. Visit the event [webpage](#) for additional details.

Participate in the Air & Space Museums 19th Annual "Space Day"! "Space Day" offers family friendly space-related fun and experiential learning. Activities include space-related demonstrations, and fun hands-on activities with local and national space experts. This event is set for Saturday, May 11, 2024 from 10am-1pm at the Museum's Pavilion in Balboa Park. Two children ages 12 and under are free with one paid adult admission during Space Day. Visit the event's [webpage](#) for additional details.

Participate in BBBB's upcoming 5K 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.

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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 2-1-1.

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



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