

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.sayandiego.org or contact us at at the following locations:

Main Office:

4775 Moorridge Avenue, San Diego, CA, 92123 | 619.263.4148

Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 181, San Diego, CA 92105 | 619.263.9624

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SAY SD Program Highlight

Advocates for Change Today

Advocates for Change Today (ACT) is an advocacy program for youth ages 12-18 years old residing in the Mid-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. The group meets Wednesdays at 4:30-6pm at the SAY San Diego Family Resource Center located in City Heights. Follow them on Instagram: [@advocatesforchange](#)

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SAY SD Programs & Events

Working with or know a Spanish speaking father looking for parenting classes? The next Dads Corps workshops will be in Spanish and begin June 11 from 9pm-9pm. Sessions will be once a week over twelve weeks. To register, please contact [Jesus Torres](#). Refer to the [flyer](#) for additional info.

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

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 (MTE) will be held on 20 June 2024 from 10am-11pm. Check out the event [webpage](#) for more details on how to register for FREE! You can also find future dates here.

There is plenty of time to enroll for Community Services for Families' summer workshops! CSF will have more classes starting in the summer (so in July and one in August). To enroll, parents can call 619-263-9624 ext. 375. Please refer to the [flyer](#) for dates and additional details.

Help support a BPOCC and sailor friendly Pride event! San Diego (Black Pride) and The Collective Coalition at SAY are seeking vendors for Scout! Sobriety happening on June 23. BPOCC and LGBTQ+ vendors and services are encouraged to participate! The last day to apply for a free space is June 18; click [here](#) to apply; visit The Collective Coalition on [Instagram](#) for more details as the event approaches.

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, nipes, blankets, school supplies and more! View the [flyer](#) and [link](#) for more details.

Participate in First 5 First Steps Playgroup. FSTF has begun testing 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 (619.263.9624).

SAY's Military Family Resource Center also hosts free drop-in playgroups. These take place every Wednesday from 10-11am for children aged 0 to 5. Location: 3837 Santa Fe, San Diego, CA 92124 (Behind Popeye's). You can call their location 655-485-8044 for additional details.

Refer teens to Youth Units to get more involved in their community! Youth Unit 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 Units meets the first and third Tuesdays of the month from 4pm-6pm at Jackie Robinson YMCA (181 YMCA Way, San Diego, CA 92162). You can follow on Instagram [@youthunits](#) and check out their flyer in both [English](#) and [Spanish](#). Apply or refer a youth by [clicking here!](#)

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Community Resources

Resources added this week:

Have a pet that needs to be microchipped? San Diego Humane Society is holding a free microchip event at César Chávez Elementary School on June 8 from 10am-1pm. There will also be free ID tags and informational resources. No appointment is needed. Please refer to [flyer](#) for more information.

Are you or someone you know wanting to complete the MCAI Youth/DIT Medi-Cal Peer Support Specialist Training? HAPI San Diego is offering an 80-hour training starting June 10. Visit their <https://training.hapi.org/peers> to learn more information and how to register. You can also see future training dates.

Read, Review, Repeat during the Summer Reading Program! People of all ages are encouraged to participate in this conservation-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 <https://www.sandiego.gov/reading>.

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 Free Summer Lunch? 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 aged 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 <https://sdpd.org/summerlunch>. You can also click [here](#) for a schedule and locations. Around lunch time, SDPL meal sites host live performances and shows, enrichment programs and activities for everyone to enjoy, while providing parents and guardians information about community resources and opportunities.

Aging & Independence Services will be offering free Fall ON for Arthritis and Fall Prevention (TCAPP) classes in-person. These evidence-based falls prevention programs have shown to improve movement, balance, strength, and flexibility, offer relaxation 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: [Cathlamet City Library](#) | [Lantern Grove Library](#) | [Fifth Avenue Community Center & Café](#).

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 Colma and 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 [flyer](#) for additional details or HCP or resources available at the fair.

Previously Included:

Are you a user of PWRPOINT? In order to keep riding with a free or reduced fare (including the Youth Opportunity Pass), riders 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 MTB doing on-site verification on June 13 from 5pm-7:30pm at Malcolm X Library.

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.

Know if a family in need of additional food assistance over the summer? SUN Bucks, also called Summer-CST, 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, CalFresh, 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 \(ENGL | SPAN\)](#) for additional information.

Another food assistance resource! Feeding San Diego's Backpack Program provides local students with an easy-to-carry bag filled with healthy staple items and fresh produce. This weekly program helps bridge the gap between weekday school meals, ensuring children are well-nourished and ready to learn on Monday. Find more details on the [webpage](#). Check in with your child's school for access to this program.

Feeling looking for a cool space to get away from the summer heat? The Lager Beerhouse Teen IDEA Lab at Valencia PanAmMallcois X Library invites teenagers to come in during their extended Study & Chill summer hours to hang-out, paint, or draw, with some bill lanes in the background. All 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 [flyer](#) and [webpage](#) for more information.

Need additional College prep or application support? The last workshop in the College Prep & Application Workshop Series at Gray Mesa-Norco Branch Library will be on June 7 from 12. Refer to the [flyer](#) for registration and additional details.

Need access to free vaccines? The next Vaccination Event at the South Region Live Well Center will be on June 8 from 10am-4pm. Refer to the [flyer \(ENGL | SPAN\)](#) for more details.

Interested in careers in technology? Join Grossmont College for a day-long event on June 10 to learn more about careers in Global Business Entrepreneurship, AI & Drone Technology. Participants can connect with top industry employers and Grossmont faculty to start exploring their options. Event confirmation/instructions will be sent by June 7. Click [here](#) to register.

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 immigration 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) 637-1062 or (619) 753-1838, or email cubv@jfsd.org to enroll.

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Fun Community Events!

Celebrate National Donut Day! This free event will take place on June 7 from 1pm-3pm at USS Midway Museum. The event is for all ages, honoring the cherished tradition of Donut Day while commemorating 20 years of the USS Midway as a museum. Check out the event [webpage](#) for additional details.

Celebrate National Cancer Survivor Day. Celebrate life on June 8 from 8:30am-12pm with South Bay Radiation Oncology. There will be music, food, giveaways, a raffle and more. Refer to the [flyer](#) for more details and click [here](#) to register.

Attend Neighborhood House Association's Block Party. There will be opportunities for families to meet others, discover programs and services and resources. The event will be on June 8 from 10am-1pm at Kaiser Permanente Thrive Park at Scripps Ranch Stadium. Refer to the [flyer \(ENGL | SPAN\)](#) for more information. Click [here](#) to register.

Attend the 27th Annual Filipino Cultural Celebration. This will take place on June 8 from 12pm-5pm at the Gonzalez Chao Center Plaza. There will be kid-friendly crafts, a variety of vendors, opportunity drawings, entertainment and more. Click [here](#) to learn more.

Participate in the Latino Book and Family Festival. This event will take place on June 8 from 10am-3:30pm at MiraCosta College. There will be over 100 exhibitors, autographed books, bilingual activities and workshops, and more! There will also be a pre-festival screening of *La Bomba* on June 7 at 7:30pm. Festival attendees can have an opportunity to meet Luis Valdez, writer/director of *La Bomba*. Click [here](#) to learn more on both events.

Attend Seaport Village's Deposition Celebration. This will take place June 8 from 9pm-1pm. There will be live music, comedy car shows, carnival rides, caricature and balloon artists and more. Visit the event [webpage](#) for more info.

Join The Center for 'Backyard, You Play!' On June 11, join The Center from 5:30pm-7:30pm for a free game night of board games and cards. All are welcome to join as they create a social space for our LGBTQ+ community. Games, pizza and soft drinks will be provided. Click [here](#) to RSVP and for additional details.

Attend the 4th Annual Juneteenth Summer BBQ! The event will take place at La Jolla Shores on June 15. The Juneteenth BBQ with Paddle 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 [flyer](#) for additional details. Visit SAY's Dads Corps' booth while you're there!

Attend the Juneteenth Healing the Community Festival! The event by the Cooper Family Foundation will be on June 15 from 11am-6:30pm at Memorial Park. Refer to the [flyer](#) and [webpage](#) for more information.

Be present at Chula Vista's Juneteenth Flag Raising Ceremony. This will take place on June 17 at 8pm at Chula Vista City Hall. Here is the [flyer](#) with more information.

Looking for a skating and roller friendly event? Impulse San Diego is having their Flamer Wheels Vol. 2 event on June 18 from 9pm-11pm. This is a free 18+, roller event. There will be food, live DJ, drag performances and more. Here is the event [webpage](#) with more details.

Enjoy going to flea markets? The Betty Beach Flea by Momi Rice Cream Market will be on June 15 from 11am-5pm. This will be groceries and homemade items, jewelry, art, jewelry, candies, Dr Berner's soap giveaways and more! Entry is free with RSVP. Check out their Instagram [page](#) with additional information and how to register.

Newly interested in sewing and history? Join The World Best Cultural Center and Community Fit 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 see; 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 or respective linkifiers.

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

If you would like your resource added or removed from this guide, please contact:

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