

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.say-sandiego.org or contact/visit us at the following locations:

Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 | 658.565.4146

Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 101, San Diego, CA 92108 | 619.383.9624

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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. 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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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 6pm-8pm. 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 Birney Site will have STEAM Summer Camp from June 10th to August 2nd. Refer to their [flyer](#) 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 619-263-6624 ext. 378. Please refer to the [flyer](#) for dates and additional details.

Help support a BIPOC and sober friendly Pride event! San Diego Black Pride and The Collective Coalition at SAY are seeking vendors for Soulful Sobriety happening on June 23. BIPOC and LGBTQ+ vendors and services are encouraged to participate! The last day to apply for a free space is June 10; 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! Conate 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 [flyer](#) and [list](#) for more details.

Participate in First 3 First Steps Playgroup. F3FS 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 (619.263.6624).

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 658-486-2044 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 (101 YMCA Way, San Diego, CA 92102). You can follow on Instagram ([@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:

Learn about the importance and history of Juneteenth! Join Yusuf Miller at Lakeside Library on June 6 at 6:30pm as he speaks on Why Juneteenth is Important to American History: An Analysis of the African American Perspective. This is an informative and free event. Find the flyer [here](#) with more information.

Teens looking for a cool space to get away from the summer heat? The Legler Benbow High IDEA Lab at Valencia Park/Mission X Library invites teenagers to come in during their extended Study & Chill summer tours to hang out, paint, or draw, with some KJ tunes 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 Clay Mesa-Norah 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 flyers ([ENG](#) | [SPS](#)) for more details.

Interested in careers in technology? Join Grossmont College for a daylong 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 (656) 637-3282 or (619) 753-1626, or email civril@fscd.org to enroll.

Learn more about trans and nonbinary resources! Join Project TRANS at The Center on May 31 from 4pm-7pm as they celebrate Transgender & Nonbinary wellness with a free gender affirming clothing store pop up, trans and nonbinary specific affirming care organizations and tables, to learn about resources available locally and virtually. There will be transgender and nonbinary people's history trivia with prizes, good vibes, music, food, and refreshments will be provided. Masks are encouraged. Get more details on the event [webpage](#).

Looking for different resources on senior services? Attend St. Paul's Annual Senior and Family Resource Fair on June 7 from 9am-12pm. There will be information on over forty vendors and senior care options. Visit the event [webpage](#) for event details and to RSVP.

Participate in a free hands-on bystander CPR and AED class! This will take place June 1 from 9am-11:30am at Hilltop Baptist Church. There will be refreshments for volunteers who attend and some free small giveaways for learners who attend. You can find more details and register through the Compass and Stroke event [webpage](#).

Be a part of the Youth Hip Hop Leadership Symposium! The event by Walk With Me Impact will happen on June 1 from 12pm-4pm at KIPP Atlanta. There will be activities designed to inspire and empower youth and their families, as well as a mobile skate park, games, music, industry professionals, resources and youth business market. There will also be a rap contest for youth ages 12-17 with exciting prizes! Click [here](#) for additional event and rap contest details.

Attend the next Community Health & Resource Fair on June 8th. The resource fair will be at Jackie Robinson YMCA from 10am-3pm. There will be different medical screenings available as well as various resources. Strollers will also be available to and from the Education Cultural Center and the Resource Fair. Find more information on the [flyer](#).

Are you a user of PROMTO? 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 MTD doing on-site verification on June 13 from 5pm-7:30pm at Malcolm X Library.

Are you, or someone you know, struggling with post-partum and looking for support? Postpartum Support International offers a variety of virtual support groups for parents. Learn more on the organization and find information on the groups on their [website](#).

Are you a veteran or first responder suffering from post-traumatic stress? Participate in a research study with different health group organizations to learn most effective treatments for veterans. Please refer to the [webpage](#) for additional details regarding the study, types of interventions being assessed, and eligibility.

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 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 [webpage](#) and refer to the flyers ([ENG](#) | [SPS](#)) 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.

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Fun Community Events!

Enjoy a multicultural celebration at Cesar Chavez Park! Port of San Diego presents "A Day at the Park" on June 1 from 11am-4pm. The event will have family-friendly activities, local artists and musicians, food vendors and more. Find more details on the event [webpage](#).

Be a part of the 11th Annual Old School Fun in the Sun Day at the Park. Enjoy a Day at the park on June 1 with The San Diego Black Infant Health Program (BIH) and The San Diego Association of Black Social Workers! The event will be at the Martin Luther King Jr. Rec Center. There will be Food, Fun, Fitness, a Family Resource Fair, and Prize Giveaways! Refer to the [flyer](#) to register and more details. This event is free and open to the public.

Attend Chula Vista's Pride Flag Raising Ceremony. The flag raising will take place at Chula Vista City Hall (278 Fourth Ave., Chula Vista, CA 91918) on June 5 at 6pm. Click [here](#) for the flyer.

Celebrate National Cancer Survivors 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 Home Association's Black 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 Thruway Park at Snapdragon Stadium. Refer to the flyers ([ENG](#) | [SPS](#)) for more information. Click [here](#) to register.

Join The Center for "Saxhey, 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 27th Annual Filipino Cultural Celebration. This will take place on June 8 from 12pm-6pm at the Coastside Civic 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 Bamba on June 7 at 7:30pm. Festival attendees can have an opportunity to meet Luis Valdez, writer/director of La Bamba. Click [back](#) to learn more on both events.

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!

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 link/flyers.

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

If you would like your resource added or removed from this page, please contact: resources@say-sandiego.org

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