

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/visit us at the following locations:

Main Office:

4775averidge Avenue, San Diego, CA, 92123 / 619.545.4148

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

Community Services for Families

Community Services for Families (CSF) partners with parents to promote child safety and the well-being of the entire family, and to keep children with their families. This program provides services to families involved with, or at risk of involvement with, Child Welfare in San Diego's Central and North Central regions who can benefit from parenting assistance and support. Using evidence-based models proven to be effective, CSF team members strengthen parents, ensure stable and safe homes, and increase the health of children and their families. Check out their [flyer](#) for details.

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SAY SD Programs & Events

Community Services for Families has more classes starting in May. The next English group will begin May 29 for ages 8-12. A Spanish group for ages 0-12 will begin May 21. To enroll, parents can call 619-283-9624 ext. 378. Click here for the [flyer](#) with additional details for classes beginning in May.

Enjoy beginner-friendly yoga in the park! The Collective will be hosting a Mindfulness & Sober Curiosity Workshop on May 18. This event is LGBTQ+ lead and centered. Allies are welcome to participate. The goal is to promote mindfulness and share intentional strategies for healthy relationships with substances. Refer to their [flyer](#) for more information and RSVP details.

Participate in the first annual Tobacco & the Environment Symposium. Join SAY and other partners while they discuss tobacco prevention policy. This is open to all wanting to address commercial tobacco's impact on the environment. This will take place on May 31. You can refer to the [flyer](#) for additional information.

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.

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. FSFS 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 Santa Road, San Diego, CA 92124 (behind Popeye's). You can call their location (658-495-0044 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 ([@youthuniteco](#)) 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:

Working with a caregiver looking for resources? The Central Region Grandparents Raising Grandchildren (CRG) Symposium will be taking place Saturday, May 25. This year's theme is "Harmony Within, Balance Throughout." Resources and services will be relevant to grandparents, other relatives, or adults with a family-like bond to a child who have assumed the role of primary caregivers. You can refer to the [flyer](#) for additional details.

Do you or a client need additional assistance with food over the summer? 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.

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 [brochure](#) for additional details regarding the study, types of interventions being assessed, and eligibility.

Know someone experiencing, or at risk of, homelessness? Join Homeless Court Program (HCP) at their next Homeless Resource Fair on May 17 at Willie Henderson Sports Complex; the following resource fair will be on May 24. 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 [May 17](#) and [May 24](#) for additional details on HCP on resources available at the fairs.

Learn more about trans and nonbinary resources! Join Project TRANS at The Center 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](#).

Are you a user of PRONTO? 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 MTS doing on-site verification on June 13 from 9am-7:30pm at Malcolm X Library.

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, activities and more. You can refer to the flyers for additional details: [ENG | SPA](#)

Working with someone aged 16-24 preparing for adulthood? The Shine 4Ever program is founded on Creative Arts, Health & Well-Being, Financial Literacy and Global Citizenship. This program will be driven by a series of creative practices that support the idea that "Every Human is an Artist" ... and only YOU can shape your reality. Space is limited and applications will be accepted until May 21st. Participants will present what they learned at the Shine 4Ever Showcase on August 10th. Please refer to [link](#) for additional details and registration.

Applications are open for City College's Summer Readiness Program. First-time college students can have the opportunity to kickstart their academic journey during this free 4-week summer program. By participating in SRP, students can smoothly transition from high school to college while receiving essential support and guidance. Application deadline is May 24. Refer to their [website](#) and [flyer](#) for additional details.

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.

Recruiting 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 ([ENG | SPA](#)) for additional information.

Want to try holistic healing? The Community Wellness Collaborative provide free Acupuncture, Naturopathic Medicine, Chair Yoga, and other holistic healing arts. This occurs every Thursday from 2pm-4pm at Queen Bee's in North Park. Visit their [website](#) for additional details.

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Fun Community Events!

Come learn more on the African Diaspora! Join Second Chance on May 18 when they host the event "Stop, Listen & Learn... Get to Know the District and Enjoy the Music of the Diaspora." There will be music and opportunity to learn about the San Diego Black Arts + Culture District. You can refer to the [webpage](#) for more information.

Visit Pepper Park for a multicultural celebration! This will occur on May 18 from 12-5pm. There will be a Kids Zone, local artist performances, food vendors and more! Refer to their [flyer](#) and [webpage](#) for additional information.

Participate in BBBS's upcoming SR fundraising event! Big Brothers Big Sisters of San Diego County will be hosting a "Run Any Way" event on May 19th. 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.

Enjoy Tennis Fest this weekend! San Diego Tennis Fest will be on Sunday, May 19 and is a FREE afternoon of fun for all ages and abilities. USPTA teaching pros and volunteers from all around San Diego will gather for on-court clinics to teach strokes, skills and strategy for beginners to seasoned players. Vendors are also on hand to provide products and info. There will also be an exhibition match, Ben Press Award ceremony and raffle prize giveaways. Registration is not required but is encouraged. Find more details on the event [website](#).

Celebrate World Bee Day! The Japanese Friendship Garden will be partnering with other Balboa Park and community organizations including the Air and Space Museum, National History Museum, SD Beekeeping Society, SD Youth Symphony, CA Native Plant Society, Hives for Heroes and other groups to showcase bees through exhibits, music, interactive demonstrations, microscopic observations, art and educational hands-on activities. The event will be on May 19 and is free with admission. Learn more on the event [website](#).

Support LGBTQ-owned business while celebrating found families and AAPI month! Join San Diego Pride and San Diego QAPIMEDA Coalition at their Found Family Fest on Tuesday, May 28. Find more details on the event [webpage](#).

Learn about bats and moths! Join San Diego Canyonlands for a fun and educational event learning about bats and moths. Using bat detectors and flashlights, SD Canyonlands will monitor and echolocate bats living along Chollos Creek on Saturday, May 18 from 7pm-8:30pm. Click [here](#) for more details.

Celebrate AAPI month! Join this year's AAPI Unity Festival to celebrate Asian American and Pacific Islander Youth. The event will feature community resources, a scholarship contest, AAPI youth performances, vendors, and a high school AAPI org social. The festival will take place on Sunday, May 28 from 1pm-4pm at the Jacobs Center. Refer to the [flyer](#) for more info.

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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@sayandiego.org.

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