

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:

4775 Viewtoppe Avenue, San Diego, CA, 92123 / 858.563.4148

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 [Yuglesley Alank](#).

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

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SAY SD Programs & Events

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.

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 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 (619.283.9624).

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 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:

Looking for support while preparing for college? Barrio Logan College Institute will be hosting a virtual College Prep Workshop on May 10 from 5pm-6:30pm. You can refer to the [flyer](#) for details and registration.

Join Copley YMCA for their Women's Health Awareness Week! YMCA will be joined by UCSD Moore's Cancer Center and OPSAM to bring awareness and screenings to the Copley site on May 15. You can refer to the [flyer](#) for additional details.

Know a junior or senior high schooler interested in public health? San Diego County's Health & Human Services Agency is hosting a Peer Public Health Advocate Summer Camp. Applications will be accepted until May 15. Participants will receive hands-on training from public health professionals. Visit the following [link](#) for additional details on eligibility and the camp. Additionally, there will be a career panel health on May 16th from 3:30-5pm open to all ages. You can refer to this [link](#) for additional information and registration.

Learn more on resources for LGBTQ+ Older Adults! 50+ and Better Together Senior Services at The Center is hosting LGBTQ+ Health Symposium and Resource Fair on May 15 from 10am-3pm. Information will be provided about long term care, health care, challenges for older LGBTQ+ adults and more. RSVP is encouraged, but not required. Find more details on the event's [website](#).

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-6pm at Queen Bee's in North Park. Visit their [website](#) for additional details.

Working with someone aged 18-24 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.

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, Medi-Cal, Citizenship and Immigration Services. You can refer to the flyers for more information and future dates. Flyers: [ENG](#) | [SPS](#)

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](#) | [SPS](#)

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.

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 [website](#) and refer to the flyers ([ENG](#) | [SPS](#)) for additional information.

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!

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 [website](#) for additional details.

Join the San Diego American Indian Health Center for their 26th Annual Balboa Park Pow Wow. The event will be from May 11 to May 12. There will be food vendors, arts & crafts vendors, live performances and more! Visit their event [website](#) for more details.

Enjoy a mini-convention this Saturday! BizBaz is holding a "nerdy, anime, Kawaii-cute mini-convention" on May 11 from 12pm-5pm. There will be vendors, special guests, cosplay contests and more. Visit the event [website](#) for additional details.

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 [website](#) 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 [website](#) for additional information.

Participate in BBBS's upcoming 5K fundraising event! Big Brothers Big Sisters of San Diego County will be hosting a "5K 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 [website](#) for more details.

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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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