

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-sd.org or contact/vist us at the following locations:

Main Office:

4775 Viewridge Avenue, San Diego, CA, 92123 | 619.585.4143

Mid-City Family Resource Center:

4275 El Cajon Blvd., Suite 101, San Diego, CA 92115 | 619.283.9624

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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

Join the next San Diego Military Family Collaborative Convening! It will take place Friday, 24 May 2024 from 10am-12pm at National University located at 6388 Lightwave Ave, San Diego, CA 92123. This month's topic is "You Can Do It! Opportunities for Military Spouses!" If you are a military family or work with military families, you're welcome to join! It's a great time of learning and networking together!

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

Attend Dads Corps free legal clinic! This will be on May 30 from 6-7pm via Zoom. Topics include Parental Rights, Custody, Child Support and more. To register, please contact [Jessica Christian](#). Click [here](#) for the flyer.

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.

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 Dimay 5th will have STEAM Summer Camp from June 10th to August 2nd. Refer to their [flyer](#) for more information on activities, pricing and registration.

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: 3467 Santo Road, San Diego, CA 92124 (behind Poppy's). You can call their location 619-486-0044 for additional details.

Help provide single dads with supplies for their family this Father's Day! Donate to Dads Corps to support their Daddy Drive. Donators will equip fathers and their children with diapers, wipes, blankets, school supplies and more! View the [flyer](#) and [link](#) for more 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 ([@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 Intergenerational Trauma Among Asian American and Asian Immigrant (AAAI) Communities. The webinar is from Lotus Project and will take place on May 28 from 1pm-2:30pm. Participants will learn more about the unique historical and cultural contexts that impact the intergenerational trauma and mental health experiences of Southeast Asian youth and families, as well as culturally sensitive practices and community mental health program designs that promote healing in these communities. Click [here](#) to learn more and to register.

Join SD Urban League Young Professionals to learn mental wellness tips specifically tailored for communities of color. Mindful Melanin will be on May 30 from 6pm-8pm and will promote mental well-being in communities of color through various workshops and discussions. Learn effective strategies to prioritize your mental health and connect with like-minded individuals. Find more info on the event [website](#).

Join Hillcrest Youth Center for the first Families Network meeting! This will take place on May 30 from 5:30pm-7pm. There will be activities and opportunity for families to connect. Family Services at The Center is an inclusive program designed to create a safe space for families of LGBTQ+ youth, and LGBTQ+ families. You can find more details on the event [website](#).

Looking for different resources on senior services? Attend St. Paul's Annual Senior and Family Resource Fair on June 1 from 9am-12pm. There will be information on over forty vendors and senior care options. Visit the event [website](#) 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 Shock event [website](#).

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 5th. The resource fair will be at Jackie Robinson YMCA from 10am-3pm. There will be different medical screenings available as well as various resources. Shuttles will also be available to and from the Education Cultural Complex and the Resource Fair. Find more information on the [flyer](#).

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.

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 [website](#).

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 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 [brochure](#) 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 [website](#) and refer to the flyers ([ENGLISH](#)) 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 [website](#). Check in with your child's school for access to this program.

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Fun Community Events!

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 26 from 1pm-6pm at the Jacobs Center. Refer to the [flyer](#) for more info.

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

Attend the next San Diego Safe Destination Night! Join SD Nights for their next event on May 29 from 5-8pm. This will take place at Jackie Robinson YMCA. Find more info on their [flyer](#).

Enjoy a multicultural celebration at Caesar 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 [website](#).

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 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@say-sd.org

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