

Rhode Island **FAMILY GUIDE**

2021-2022

RJ Feinstein Jr. Scholars Helping Others!





Grow With Groden.

Our schools provide a broad range of individualized services in the least restrictive classroom setting as possible.

The philosophy of the Groden schools emphasizes stress reduction through strong relationships with staff to maximize learning and positive coping, along with active engagement with families. Our model emphasizes Behavioral and Positive Psychology approaches, with practices including ABA techniques, positive behavior supports and improving well-being by providing programming to enhance kindness, resiliency and optimism.

Special emphasis is given to relaxation techniques and the implementation of cognitive picture rehearsal, which was created by Dr. June Groden early in the establishment of the Groden Center.

Our staff provide a safe and supportive environment to foster our student's functional, academic, communication, and vocational abilities. We work together to maximize life skills and community involvement, and to develop greater and more meaningful social engagement with family and friends.

To learn more about becoming part of the Groden Family go to:
<https://grodennetwork.org/aboutourschools>

To start the referral process, please call Peggy Stocker, Admissions Coordinator at **401-274-6310 x 1125** or **pstocker@grodencenter.org**



THE GRODEN NETWORK
Groden Center - Cove Center - Halcyon Center
Your Autism Experts

About this book ...

Every effort has been made to ensure the accuracy and thoroughness of listings in this book. Our goal is to create a state-wide, comprehensive resource - a book that will benefit all families. If there are omissions, errors, or if you have information that may help other families, please let us know, and it will be included in the next edition of the Rhode Island Family Guide and online at rifamilyguide.com.

The Rhode Island Family Guide assumes no responsibility for errors or omissions. In addition, inclusion in this book does not constitute a recommendation or endorsement of any products or services by the Rhode Island Family Guide. All opinions expressed in editorials are that of the individual writer & not necessarily those of this publication.

Due to the annual nature of this publication, we recommend that before heading out, you call to confirm information like dates, times, addresses, costs, etc.

We are living through a pandemic and that necessitates the need for flexibility. There WILL be changes through the coming year due to changing Covid protocols and pandemic affects. All information in this guide is therefore subject to change. Please verify information by phone before relying on printed or online resources.

IMPORTANT: It is advised that every parent or care giver take courses in safety and emergency procedures. Do not rely on written instruction contained in this guide.

On the cover

Ashton Elementary School teacher Jillian Pullano and some of her former students celebrating the afternoon after Pullano learned that she won the first statewide Alan Shawn Feinstein Educator Award. Thank you to Jillian Pullano for your extraordinary kindness and impact.

(Photo by Charles Lawrence)



Rhode Island FAMILY GUIDE

since 1992

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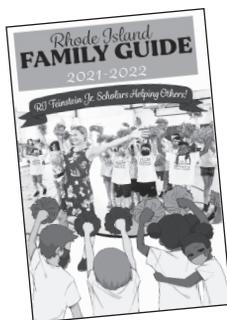
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REGISTER TO VOTE

To register to vote, you have a few options:

- 1) You can register to vote online at the portal of the Secretary of State; you will need a RI driver's license or state ID number to do so. Or,
- 2) You can download the pdf (available in English and Spanish) on the Secretary of State's website and mail it to your local

board of canvassers. You do not need a license or state ID number for mailed-in registrations. OR

- 3) You can register at the Department of Motor Vehicles.
<http://sos.ri.gov/divisions/Elections/Voters/voter-registration>
 Here you can also find information on your elected officials, your polling place and more.

WELCOME BACK!

“Lifes greatest rewards come from the biggest challenges.”

The Pandemic and Hope

The pandemic has affected us all, some severely and dramatically. Of course! This is a global health crisis! There is no blame to assign, but there are challenges to face: swirling uncertainty, trauma from the loss of friends and loved ones, unemployment, housing, isolation, loneliness, insecurity, fear. Leaving our homes now requires thought regarding potential risks to ourselves and to others. Unfortunately, this is the new normal for the foreseeable future.

So what can we do? First, get vaccinated. We've done it for generations to ward off other debilitating illnesses like smallpox, measles, polio. Vaccines save lives. If you're not sure whether to wear a mask, wear one, especially with any group of people and indoors. Always better to be safe. We need to be compassionate, to help where we can and to be empathic and understanding. The current level of stress is very real. Access the plentiful resources for help.

On the positive side, challenge brings about the opportunity for change and growth, and while initially uncomfortable (as change often is), it can be meaningful and ultimately a positive shift. It also builds resilience and makes us stronger. Take a deep breath to reflect and consider the best way forward. Ask yourself, "what is working (or not) in my life". There are also helpful resources to assist in the process of rebuilding stability.

So despite the chaos, there is a bright future ahead. There is hope. Always. Never lose sight of that.

An attitude of gratitude is a core aspect of resilience and helpful during times of crisis.

I am grateful to be living in Rhode Island during this tumultuous time. There are extensive opportunities to explore our state's unique beauty and natural resources for hiking, biking, swimming, and just relaxing outside in nature. It's truly an essential part of coping during stressful times. I'm also grateful to our State leadership that has kept us informed and safe in an ever changing pandemic; grateful to our front line workers who continue to show up and sacrifice every day; and ever grateful for the generosity of neighbors helping each other. We have seen Rhode Island at its best and I am so proud to be a part.

Sheryl

Call us for all of your Relocation needs!



Relocation Services

140 Wickenden Street
Providence, RI 02903

1.800.886.1775

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COMPANIES
OF THE WORLD

LUXURY
PORTFOLIO
FINE PROPERTY COLLECTION

residentialproperties.com/relocation

COVID-19 Resource List



General COVID-19 Information:

- **COVID-19 Website:** covid.ri.gov
- **Spanish COVID-19 Website:**
<https://covid.ri.gov/?language=es>
- **Portuguese COVID-19 Website:**
<https://covid.ri.gov/?language=pt-pt>
- **COVID-19 Info Line: (401) 222-8022**
 - Monday–Friday, 7:30 a.m. to 7 p.m.
 - Saturday–Sunday, 8:30 a.m. to 4:30 p.m.
 - After Hours: Call 211
 - Email: RIDOH.COVID19Questions@health.ri.gov
- **About COVID-19** – Learn about COVID-19 symptoms and when to seek emergency medical attention.
<https://covid.ri.gov/covid-19-prevention/about-covid-19-disease>
- **Protect Your Household** – Guidance to protect the people you live with and lower the chances of catching and spreading COVID-19.
<https://covid.ri.gov/covid-19-prevention/protect-your-household>
- **Resources for the Public** – A variety of COVID-19-related information, guidance, and services offered around the state.
<https://covid.ri.gov/public>
- **COVID-19 Information in Multiple Languages:**
<https://covid.ri.gov/multiple-languages>
- **COVID-19 Publications and Resources:**
<https://covid.ri.gov/public/publications-and-resources>

Vaccine and Treatment:

- **Rhode Island’s COVID-19 Vaccine Information** – Learn more about COVID-19 vaccines and how to find a COVID-19 vaccine near you
<https://covid.ri.gov/vaccination>
- **COVID-19 Vaccine FAQs**
<https://covid.ri.gov/vaccination/covid-19-vaccine-faqs?language=en>
- **COVID-19 Treatment** – Rhode Island has a doctor-recommended treatment for COVID-19 that’s fast, easy, and highly effective.
<https://covid.ri.gov/covid-19-prevention/treatment>

Testing:

- **COVID-19 Testing in Rhode Island** – Learn about scheduling a COVID-19 test and getting your results plus find testing information for K-12 students and staff: <https://covid.ri.gov/testing>
- **Schedule a COVID-19 Test at a State-run Testing Site:**
<http://portal.ri.gov>
- **Rhode Island COVID-19 Testing Sites:** <https://covid.ri.gov/testing>

Case Investigation & Contact Tracing:

- **Contact Tracing** – Learn how contact tracing works and what you need to do if you receive a call from a contact tracer, plus ways to tell the difference between real contact tracing calls and scams.
<https://covid.ri.gov/covid-19-prevention/contact-tracing>

Quarantine & Isolation:

- **When to Isolate or Quarantine** – This web page includes guidance and tools to help you assess when, how, and how long you should isolate or quarantine.
<https://covid.ri.gov/covid-19-prevention/quarantine-and-isolation>
- **Food Delivery** – RI Delivers is Rhode Islanders' connection to help those living in quarantine or isolation due to COVID-19.
<https://ridelivers.ri.gov>
- For help with food delivery, supplies, housing assistance, benefits, or other assistance, call 211 Option 6
- **Travel** – What Rhode Island residents and visitors need to know about traveling during the pandemic.
<https://covid.ri.gov/covid-19-prevention/travel-tofrom-ri>



EMERGENCY CARE

During the Coronavirus Pandemic

~Jeremiah Schuur, MD, and Anthony Napoli, MD

Since the start of the COVID-19 pandemic we have seen an approximate 30 to 40 percent decrease in emergency department (ED) visits across the Lifespan health system. We are concerned that some patients with emergency conditions such as heart attacks are not coming to the hospital out of fear of COVID.

When to seek care at an ED

Recommendations for seeking care in the emergency department are not significantly different during a pandemic as compared to normal operations, with the exception of recognizing signs/symptoms related to COVID-19. Emergency departments are the resource for time-sensitive acute care conditions.

During this pandemic, what is most concerning is a delay in getting care for acute conditions that are time dependent. Those include chest pain and other symptoms of heart attacks; strokes or stroke symptoms such as slurred speech or one-sided weakness; surgical emergencies such as appendicitis; and traumatic accidents.

In the last several decades we have made substantial strides in offering emergency care to time-sensitive conditions like heart attacks, strokes, trauma, and sepsis. In some of these cases, actual minutes count. We don't want patients to hold off coming to the ED when it is necessary. We are equipped to care for both COVID-19 patients and non-COVID-19 patients and do so for both safely.



Telehealth

In some instances, telehealth may be an option for many symptoms. Contact your primary care provider for more information.

Signs you need immediate help

It is important that you know the signs and symptoms that signal the need for immediate medical attention.

We recommend the American College of Emergency Physicians document "*Know When To Go*" which lists the following:

For adults:

Adults experiencing any of the following should seek immediate medical attention. Call 9-1-1 or go to the emergency department for:

- difficulty breathing, shortness of breath
- chest or upper abdominal pain or pressure lasting two minutes or more

(Continued next page.)

- fainting, sudden dizziness, weakness
- changes in vision
- choking
- head or spine injury
- injury due to a serious motor vehicle accident, burns or smoke inhalation, near drowning, deep or large wound or other serious injuries
- ingestion of a poisonous substance
- difficulty speaking
- confusion or changes in mental status, unusual behavior, difficulty waking
- any sudden or severe pain
- uncontrolled bleeding
- severe or persistent vomiting or diarrhea
- coughing or vomiting blood
- suicidal or homicidal feelings
- unusual abdominal pain
- feeding or eating difficulties
- increasing or severe, persistent pain
- fever accompanied by change in behavior (especially with a severe, sudden headache accompanied by mental changes, neck/back stiffness)
- any significant change from normal behavior, including confusion or delirium, decreased responsiveness or alertness, excessive sleepiness, irritability, seizure, strange or withdrawn behavior, or lethargy

For coronavirus-specific symptoms:

To determine if you require immediate medical attention, the RI Department of Health website offers an online tool to check your symptoms along with more information on coronavirus - see previous article from RIDOH.

For children:

A child experiencing any of the following should receive immediate medical attention. Call 9-1-1 or go to the emergency department for:

- severe headache or vomiting, especially following a head injury
- uncontrolled bleeding
- inability to stand up or unsteady walking
- unconsciousness
- abnormal or difficult breathing
- skin or lips appear blue, purple or gray

The Lifespan emergency medicine departments at Rhode Island, The Miriam, Newport and Hasbro Children's hospitals have all taken many steps to ensure all patients can be cared for in a safe environment and receive the timely, high quality care they need and deserve. We have a carefully prepared workflow to keep our patients with COVID-19 in separate areas from those who do not have the virus. We work in close coordination with the departments of infection prevention and infectious disease, hospital administrators, and the Rhode Island Department of Health. We also welcome additional best practices consultations from our colleagues around the country as we all battle this pandemic.

We want to reassure our community that even during this pandemic, we are well equipped to provide safe, high quality care for all of our patients.

★ EMERGENCY NUMBERS

AMBULANCE,
POLICE, FIRE or
ANY EMERGENCY



TIP: Teach young children to dial 911 or 0 in an emergency. Once the operator identifies that the caller is a child in distress, the call will be traced and emergency vehicles will be automatically dispatched.

CPR – A SKILL FOR LIFE

Do you know what to do if a family member or co-worker collapses or if someone chokes and needs help? The new American Heart Association guidelines for Hands-Only CPR (cardio pulmonary resuscitation) provides easily remembered skills so that you can feel confident helping a family member, friend, or even a stranger who needs assistance. To take a CPR class, call **Women & Infants' Health Education Department at 401-276-7800** or call the **RI Red Cross at 401-831-7700** or call **Lifespan Community Health at 401-444-8063**.

Be prepared ... Learn CPR!

Ask about classes in First Aid and AED as well.

24 Hour Pharmacies



CVS:

- Coventry - 763 Tiogue Ave.....821-2060
- Cranston - 681 Reservoir Ave.....943-7186
- E. Prov. - 640 Warren Ave.....438-2272
- Johnston - 1400 Hartford Ave.....861-0310
- Middletown - 99 East Main Rd....847-0254
- N. Prov. - 1919 Min. Spring Ave....353-2501
- N. Smithfield - 120 Eddy Dowling Hwy
.....762-3172
- Pawtucket - 835 Newport Ave.....726-0724
- Wakefield - 11 Main St.....783-3384
- Warwick - 2400 Warwick Ave.....737-2305
- 767 Warwick Ave.....467-7788
- Westerly - 150 Granite St.....348-2070

WALGREENS:

- E. Prov. - 655 Warren Ave.....434-5700
- Pawtucket - 100 Broad St.....724-6724
- Providence - 533 Elmwood Ave....781-7930
- Woonsocket - 45 Cumberland St...765-5040

Two steps to save a life:

CALL 911

Push hard and fast in the center of the chest

- from the American Heart Association

CPR—Child and Infant

No Breathing



Check the scene and the person
Call 9-1-1.

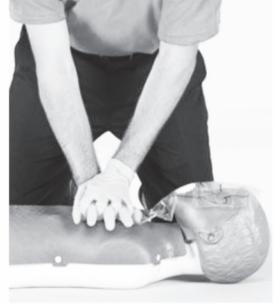
1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at a rate of at least 100 compressions per minute.

Child: Push about 2 inches deep.

Infant: Push about 1½ inches deep.

The child or infant must be on a firm, flat surface.



2 GIVE 2 RESCUE BREATHS

Tilt the head back and lift the chin up.

Child: Pinch the nose shut then make a complete seal over child's mouth.

Infant: Make a complete seal over infant's mouth and nose.

Blow in for about 1 second to make the chest clearly rise.

Give rescue breaths, one after the other.



If chest does not rise with the initial rescue breath, retilt the head before giving the second breath.

If the second breath does not make the chest rise, the child or infant may be choking. After each subsequent set of chest compressions and before attempting breaths, look for an object and, if seen, remove it. Continue CPR.

3 DO NOT STOP

Continue cycles of CPR. Do not stop unless you find an obvious sign of life (such as breathing), an AED is ready to use, another trained responder or EMS personnel take over, you are too exhausted to continue or the scene becomes unsafe.



If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

Conscious Choking—Child

Cannot Cough, Speak or Breathe



American
Red Cross



Check the scene and the person.

Call 9-1-1.

Get consent from a parent or guardian, if present.

1 GIVE 5 BACK BLOWS

Bend the child forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.

Stand or kneel behind the child, depending on his or her size.



2 GIVE 5 ABDOMINAL THRUSTS

Place a fist with the thumb side against the middle of the child's abdomen, just above the navel. Cover your fist with your other hand.

Give 5 quick, upward abdominal thrusts.



3 CONTINUE CARE

Give sets of 5 back blows and 5 abdominal thrusts until the object is forced out, the child can cough forcefully or breathe, or the child becomes unconscious.



If the child becomes unconscious, carefully lower him or her to the ground and begin CPR, starting with compressions. (*See previous page.*)

***IMPORTANT:** *These instructions are meant as guidelines. We strongly recommend taking an Infant/Child CPR course for specific, accurate instruction.*

Locations include (see page 8):

- American Red Cross | redcross.org/ri | 831-7700 or 1-800-842-1122 (Pet CPR too!)
- Women & Infants Hospital | Providence 276-7800 | E. Greenwich 276-7800

Controlling External Bleeding



American Red Cross



Check the scene and the person
Put on disposable gloves

1 COVER THE WOUND WITH A STERILE DRESSING

2 APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS



3 COVER THE DRESSING WITH A BANDAGE

Check for circulation (feeling, warmth and color) beyond the injury.



4 IF BLEEDING DOES NOT STOP, CALL 9-1-1 AND APPLY MORE PRESSURE

Add more dressings and bandages and apply additional pressure.

Take steps to minimize shock.

Wash hands with soap and water after giving care.

Be prepared,
not scared.



Considering the number of disasters that have occurred in the past decade, chances are you'll experience some sort of emergency. Between school, sports and other activities, chances are you won't be with your kids when it happens.

Ready.gov/kids has the tools to make preparing easy and even fun, so your kids can feel...

Prepared, not scared.

Go to

www.Ready.gov/kids

and talk to your family today.



FEMA



EMERGENCY PREPAREDNESS

An emergency can happen at any time. It is important to make sure that you and your family are prepared. To get started, remember these 3 easy steps; **Make a Kit**, **Make a Plan**, and **Stay Informed**.



Make a Plan:

- Choose a meeting place near your home and another meeting place outside of your neighborhood in case your family is not together when an emergency happens.
- Sit down together a make a family communication plan.

To learn more, visit www.ready.gov/make-a-plan.

- Know evacuation routes and possible shelters in your area.
- Have a plan for any pets, as most disaster relief shelters do not allow pets.
- Contact life-support system suppliers for things like oxygen tanks, respirators, and ventilators to learn how they can provide support before a power outage.
 - To alert local emergency responders about a family member's special health care needs before an emergency, consider using the Rhode Island Special Needs Emergency Registry. For more information, visit www.health.ri.gov/emregistry.
- Consider different scenarios in an emergency and role play what you would do in each case.
- For ways to help children get involved in preparedness planning, visit www.cdc.gov/phpr/readywrigley/ and www.ready.gov/kids for fun tools and tips.

Make a Kit:

Some basics to include:

- Food and water for each person (and pet) to last at least 3 days.
 - Include one gallon of water per person, per day.
 - Non-perishable foods (ready-to-eat canned foods, peanut butter, fruits, vegetables, and crackers).
- Battery-operated AM/FM radio, flashlights, and extra batteries.
- Car chargers for cell phones and chargers for laptops.
- Children's games.
- Several-day supply of prescription medications.
- Eyeglasses, dentures, hearing aids with extra batteries.
- Lists of medical conditions, prescriptions, and allergies of each family member.
- Copies of important documents, such as birth certificates, insurance policies, health insurance cards, and passports in a waterproof container.
- Photos of family members and pets, in case they get lost.
- Cash, in case of a power outage and ATMs aren't working.
- Small tools like a manual can opener and a wrench, or pliers to turn off utilities.
- Formula, bottles, diapers, wipes, blankets, and toys, if you have babies
- Pet supplies, such as tags, leash, medications, crates, and litter.

Stay Informed:

- During an emergency, stay tuned to radio, television, and social media for alerts and information.
- Follow advice from local and state officials.
- Heed Wireless Emergency Alerts, which are automatic texts sent to you in an emergency (no sign-up required). Learn more at www.ready.gov/alerts.

HOME SAFETY

**Call 911
if child has
stopped breathing
or lost
consciousness.**

POISONING DANGERS IN YOUR HOME:

- cleaning products
- nail polish, make-up, perfume
- glue, batteries, mothballs
- mouthwash, vitamins
- limit medications
 - Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
 - Consider locking up medications.
 - Dispose of any medications you no longer need.



WAYS CHILDREN ARE EXPOSED TO POISONS:

- eating or drinking
- through the skin
- breathing in toxic fumes
- through the eyes

HOW CAN YOU KEEP YOUR CHILDREN SAFE?

- Keep cosmetics out of reach.
- Install child-proof locks.
- Do not allow your children to take any medications or vitamins themselves.
- Never use strong chemicals in an enclosed area.
- Keep chemicals capped and out of reach.
- Ask your pharmacist for child resistant caps for all medicines.

**If you suspect poisoning, call
the Regional Center for Poison
Control and Prevention**

..... 1-800-222-1222

**(Call for a free poison center hotline
sticker.)**

**NOTE: DO NOT USE SYRUP OF
IPECAC.** -The American Academy of Pediatrics

WHAT TO DO IN THE EVENT OF ACCIDENTAL POISONING:

- Find out what substance has caused the poisoning
- Call 911 if your child can't breathe.
- Follow the first aid instructions on the label.
- If the substance has gotten into the eyes, flush with a gentle stream of water for 15 minutes.
- Rinse with water if a toxic substance gets on the skin.
- In the case of inhaling poison, take the child out into fresh air.

**Always seek medical attention when
you believe your child has been
exposed to dangerous chemicals or
substances.**

FOR MORE INFORMATION:

- **The National Capital Poison Center**
www.poison.org
- **American Academy of Pediatrics**
[www.aap.org/advocacy/releases/
poisonpreventiontips.htm](http://www.aap.org/advocacy/releases/poisonpreventiontips.htm)
- **National Center for Injury
Prevention and Control**
[cdc.gov/homeandrecreationalsafety/
poisoning/preventiontips.htm](http://cdc.gov/homeandrecreationalsafety/poisoning/preventiontips.htm)
- **Regional Center for Poison
Control and Prevention**
www.maripoisoncenter.com/

*Information provided by
Prevent Child Abuse Rhode Island
401-728-7920
www.preventchildabuse-ri.org*



Childhood Lead Poisoning

What is childhood lead poisoning?

Childhood lead poisoning is a sickness caused by swallowing or breathing lead or lead dust. Lead poisoning can hurt a child's brain and nervous system and slow down growth and development. Children can have difficulty learning and behaving well and may have trouble paying attention.

Where does lead come from?

Small amounts of lead can harm a child. Lead paint is the most common source. Most homes built before 1978 have lead paint, and it is usually under newer paint. When the paint peels or cracks, children can lick, swallow, or breathe in the paint chips or dust. Dust can also be created if lead paint is disturbed during home renovations or repairs. Lead can also be found in soil and tap water. It is also in pottery, crystal, or ceramic dishes, some children's jewelry, toys, keys, and old furniture.

How can I protect my child from lead?

- Keep your child away from peeling and chipped paint and wash their hands frequently, especially before meals and before they go to bed.
- Use a wet mop to clean floors and use damp paper towels to clean windowsills.
- Let the water faucet run for one minute before using it if it hasn't been run for a few hours.
- Only use cold tap water for drinking, cooking, and making baby formula.
- Do not serve or store food in pewter, crystal, or cracked pottery.
- Serve foods that have calcium, iron, and vitamin C.
- Before making repairs in a home built before 1978, follow lead-safe work practices or hire a licensed professional.

Visit: health.ri.gov/lead

Do you know if your home is lead safe?

Lead is poisonous and can be found in paint, dust, soil, and/or water. It can be present in homes built before 1978.



Lead poisoning can cause health problems. In children, it can negatively affect development and cause learning disabilities.

Protect your family.

- Have children regularly screened for blood lead levels
- Have your home tested for lead
- Ask your landlord if your home is lead safe—or ask to see the Certificate of Lead Conformance (homes built before 1978).

Questions about lead poisoning?

- Talk to your doctor
- Call the Rhode Island Department of Health at 401-222-5960 or visit health.ri.gov/lead



¿Sabe si su casa es segura en cuanto al plomo?

El plomo es venenoso y se puede encontrar en la pintura, el polvo, la tierra y/o el agua. Puede estar presente en viviendas construidas antes de 1978.



El envenenamiento por plomo puede causar problemas de salud. En los niños, puede afectar negativamente el desarrollo y causar problemas de aprendizaje.

Proteja a su familia.

- Hágales a los niños exámenes con regularidad para detectar los niveles de plomo en la sangre.
- Hágale la prueba para detectar plomo a su casa
- Pregúntele a su arrendador si su casa es segura en cuanto al plomo o pídale ver el Certificado de Conformidad de plomo (casas construidas antes de 1978).

¿Preguntas sobre el envenenamiento por plomo?

- Hable con su médico
- Llame a la Línea de Información del Departamento de Salud de Rhode Island al 401-222-5960 o visite health.ri.gov/plomo



Radon.



You can't see it. You can't smell it or taste it. But it may be a problem in your home. One in four Rhode Island homes tested has radon levels above the US Environmental Protection Agency's (EPA) action level of 4.0 pCi/l. Radon is a colorless, odorless gas that is estimated to cause thousands of deaths each year. That's because when you breathe air containing radon, you are more likely to develop lung cancer. In fact, the US Surgeon General has warned that radon is the second leading cause of lung cancer— following smoking cigarettes.

HOW DOES RADON GET INTO YOUR HOME?

Radon is a radioactive gas that comes from the natural decay of uranium found in soil, rock, and water. It moves through the ground and into the air. It can get into your home through cracks in solid floors or walls, construction joints, gaps in suspended floors, around service pipes, space inside walls, and even the water supply. Radon gets trapped in your home and can build up to unsafe levels.

HOW TO TELL IF YOU HAVE RADON:

Testing for a radon problem in your home is easy and only takes a few minutes of your time to set up. There are many kinds of low-cost "do it yourself" radon test kits you can get online or in home improvement stores.

Follow the directions on the packaging for the proper placement of the kit and where to send the finished test to find out your radon level. You can also hire a state-licensed Radon Testing Business to do the testing for you. A list of licensed businesses is available on the Rhode Island Department of Health's website at <https://health.ri.gov/radon>•

For more information on radon, call the Health Information Line at 1-401-222-5960.

ONLINE RESOURCES:

- *Rhode Island Department of Health
<https://health.ri.gov/radon>
- *US Environmental Protection Agency
<https://www.epa.gov/radon>
- *American Lung Association
<https://www.lung.org/clean-air/at-home/indoor-air-pollutants/radon>

GET THE FACTS ABOUT RADON



- Radon is the 2nd leading cause of lung cancer deaths after smoking.
- An estimated 1 in 4 homes in Rhode Island has high radon levels.
- Could you be at risk?



Learn how to protect your family from radon at:
health.ri.gov/radon

✓ Fire Safety



American
Red Cross

HOME FIRE PREPAREDNESS CAMPAIGN

Reducing fire injury and deaths one home at a time



FREE SMOKE ALARMS!

At no cost to you, we would like to share some simple steps you can take at home that will help you protect your family against fire. In addition, the Red Cross will install **FREE** smoke alarms within your home. Visits generally last 20 minutes and can be scheduled at your convenience.

During your home visit you will receive:

- Installed smoke alarms if needed
- Guidance in the development of a Family Disaster Plan
- Valuable emergency preparedness tips and information

All demonstration and installation services are performed by Red Cross trained volunteers and/or licensed/insured professionals.

Register at www.redcross.org/ri/schedule-a-visit or call 1-877-287-3327 and choose option 1 to schedule your visit.



**If a fire starts in your home,
get out to safety,
then dial 911.**

Did you know ...

ARMED FORCES EMERGENCY SERVICES (AFES): The American Red Cross of Rhode Island is connected to every military base in the world and every ship at sea. The Red Cross is the only communication link between a soldier stationed abroad and his/her family in Rhode Island. In the event of a birth, illness or death, the American Red Cross makes arrangements to bring local soldiers home. Call 1-877-272-7337 for more information.

✓ CAR SAFETY

Motor vehicle crashes are a leading cause of death among children. In 2018, 636 children 12 years old and younger died in motor vehicle traffic crashes, and more than 97,000 were injured. Parents and caregivers can make a lifesaving difference by knowing the laws and following best practice.
 (Source: Centers for Disease Control)

INFANTS TO AGE 2:

Ride rear-facing in the back-seat until at least 2 years old. Children should ride rear-facing for as long as possible. Once a child has outgrown their infant car seat, they should continue riding rear-facing in a convertible car seat. Children should ride rear-facing in a convertible car seat until the child has outgrown the rear-facing height or weight limits of their seat. The rear-facing positioning protects the child's head, neck, and spine in the event of a crash, such that the force of the crash is distributed over the shell of the car seat, thus lessening the risk of serious injury. Most infant seats hold a child up to 30 pounds. Many convertible car seats have rear-facing weight limits of 40-50 pounds. Remember, infant seats are designed to protect a child for car travel only and are not meant to safely secure atop a shopping cart or rest on a countertop. They are also not approved as a safe sleep space when not installed in a vehicle.

▪ **RI Law:** Under 2 years old and 30 lbs. must ride in a rear-facing car seat

✓ **Best Practice:** Children should ride rear-facing AS LONG AS POSSIBLE, until they outgrow the height or weight limits of their convertible car seat. (This could mean rear-facing until 3 or 4!)



AGE 2 TO PRESCHOOL:

Once your child has outgrown their rear-facing convertible seat, they may ride forward-facing in a five-point harness until they outgrow the forward-facing height or weight limits provided by the car seat manufacturer. Many seats accommodate children up to 65+ pounds.

▪ **RI Law:** All children under age 8 must ride in the rear of the vehicle and in a child restraint seat (car seat or booster seat).

✓ **Best practice:** Children should ride in a 5-point harness for as long as possible, until they outgrow the height or weight limits of their forward-facing car seat.

SCHOOL-AGED CHILDREN:

Once your child has outgrown their forward-facing car seat, they are ready to transition to a booster seat. Most booster seats require children to be at least 4 years old. When riding in a booster seat, the shoulder portion of the seat belt should rest across the chest and shoulder not the neck, and the lap portion of the seat belt should rest across the thighs or upper hips not the stomach. If your vehicle does not have head restraints, the child must use a high-back booster seat. Children will stay in a booster seat until the vehicle seat belt fits them properly, usually between 10-12 years old.

(Continued next page.)

(Continued Car Safety - School-Aged Children)

A child can properly sit without the booster seat and use just the adult seat belt when they pass the *Seat Belt Fit Test*:

- 1) the child can sit against the vehicle seat back and,
- 2) the child's feet touch the floor
- 3) the shoulder portion of the seat belt rests across the chest & shoulder and not the neck or face
- 4) the lap belt rests across the thighs or hips, and not the stomach
- 5) the child is mature enough to sit properly the entire ride

If you answer "no" to any of these, the child must continue to use a booster seat. A child may pass in one vehicle and not another or in one seating position and not another so test frequently!

▪ **RI Law:** Children under 8 must ride in the back seat of the vehicle and ride in a car seat or booster seat.

✓ **Best Practice:** Children should stay in a booster seat until they pass the Seat Belt Fit Test.
.....

TEENAGERS:

While the backseat is always safest, teenagers aged 13 and older and taller than 57 inches may sit with the lap/shoulder seatbelt in a front seat, which is pushed back away from the airbag.

Studies show that restraint use for children was highest in cars driven by adults who wore a seatbelt themselves. It is the law in Rhode Island and Massachusetts for children to be properly restrained for car travel, so buckle up for safety - yours and theirs.

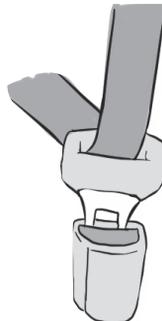


It is now illegal for a driver to hold a cell phone or other wireless device while operating a vehicle. The use of headphones or other accessories that cover both ears also is not allowed.

Driving in the car with your kids presents a wonderful opportunity; the most amazing conversations happen when adults and children are present in the moment.!

*For more information –
www.healthychildren.org*

Elizabeth B. Lange, MD FAAP is a pediatrician at Waterman Pediatrics/Coastal Medical and a state-wide advocate for children's health and family well-being. She may be contacted at 401-421-6481.



Car Seat Tips ...

■ A certification label shows the safety seat meets Federal Motor Vehicle Safety Standards. Do not use household carriers or feeder seats, as they will not protect your baby in a crash. Also, look for Safety Standard labels to help spot a counterfeit car seat.

■ Most car seats expire 6 years from the date of manufacture although some transitional seats have longer expiration dates. Check your car seat for the expiration date or assume it is 6 years.

■ The National Highway Traffic Safety Administration (NHTSA) does not recommend using a car seat that has been involved in more than a minor crash. Some car seat manufacturers do not allow use of their seat after ANY crash. If your car seat has been in a crash, contact your car seat manufacturer immediately.

■ Never place anything behind your child in the car seat. Blankets should be placed on the child after they are secured in the seat. Children should not be harnessed into their car seats wearing puffy winter coats. Remove the coats, harness the child, and place the coat over the child backwards for warmth.

■ Set an example by wearing your seat belt on every ride.

BOOSTER SEATS MUST BE USED WITH A LAP AND SHOULDER SEAT BELT.

■ Children should be kept riding rear facing as long as possible - some seat designs allow up to 50 lbs. rear facing

■ To find one of RI's car seat fitting stations, call the RI Department of Transportation Office on Highway Safety (RIDOT) at 222-3024 or visit 4-Safety.org

RHODE ISLAND SEATBELT AND CAR SEAT LAW

■ All passengers must be properly restrained

■ All children under 2 years of age or 30 lbs must ride in the back seat in a rear-facing car seat

■ All children under age 8 must ride in the back seat and in a child safety seat (car seat or booster seat)

UNRESTRAINED PENALTY: \$85

RECALLS:

1-800-424-9393

www.nhtsa.gov/recalls#car-seats

Check to see if your seat is on a recall list. Follow instructions for repair or replacement.

Did you recently buy a used car seat? Used seats are not safe and are not recommended. There is no way to certify a used seat as safe.

Question about child restraint recalls?

Call the Auto Safety Hotline
1-888-DASH-2-DO7

Information provided by Safe Kids Rhode Island. (Contact us at 401-444-2208, on facebook at facebook.com/safekidsri, our webpage 4-SAFETY.org, the National SAFEKIDS website www.safekids.org) and the Department of Transportation Office on Highway Safety (Contact us at 401-222-3024 or online at www.dot.state.ri.us as well as www.nhtsa.gov).

Parents Should Consider The Benefits Of Students Walking and Biking To School

Did you walk or bike to school as a child? If you did, chances are you developed independence and critical safety skills to navigate in and around traffic. When students walk and bike to school they also receive the many benefits of exercise – physical activity improves focus, reduces the risk of obesity, builds healthy bones and muscles, and reduces feelings of anxiety and depression.

Unfortunately, there is a significant decline in walking and cycling among youth today, evidenced by a lower proportion of children walking or biking to school. Parents driving their children to school represents up to 15% of morning rush hour traffic. As a new school year begins, consider whether it is feasible to have your child walk or bike to school. By age 10 (or fifth grade), most children have the maturity to walk or bike to school if

taught traffic safety skills such as walking facing traffic and crossing in crosswalks and at intersections. This decision should be based on the traffic engineering and infrastructure of your community: are there sidewalks, crosswalks, or bike paths or bike lanes? The route to school should be practiced with adults in advance. Many communities have implemented “walking school bus” programs, where groups of students walk together, joining along the route at scheduled times, led by a parent or volunteer. ●

AAA Northeast assists communities by offering many free educational programs on bike, pedestrian, school bus, and child passenger safety, as well as toolkits to start a walking school bus. AAA also provides materials and training to begin a AAA School Safety Patrol program and lesson plans for educators at no cost. If you're interested in learning more or accessing these free materials, visit AAA.com/Community

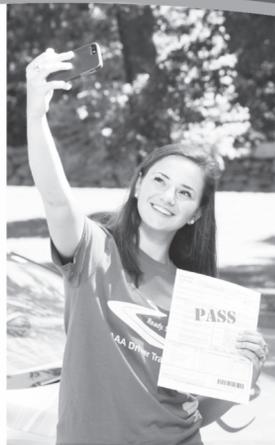
Ready. Set. **DRIVE.**

Register now for classes!

- Classroom courses held throughout Rhode Island
- Flexible behind-the-wheel training schedules
- Graduates receive a **FREE** one-year AAA Associate membership*

**Members save
up to \$75!**

Nonmembers welcome



AAA.com/DriverTraining • 1-855-222-1050

*One (1) free AAA Associate membership per person, per completed driver training package. Associate household memberships are available only to those residing in the same household as the Primary member. An offer of a free Associate membership cannot be combined with any other offer. DS.390299.19

✓ BIKE SAFETY

● Gear

Make sure that your child's bike fits properly. New riders should be able to put both feet on the ground when stopped. Arms should be able to bend when pedaling, and legs should be able to comfortably extend.

Cyclists of all ages should wear a helmet. Youth up to 15 years old are required to wear one by law but it's a great idea for parents as well – be a role model for your child! Ensure your child's helmet fits properly – it should rest slightly above the forehead with straps coming together just under the ears and clasping firmly under the chin.

Riding at night? Get lights. A white light is required on the front of the bike and a red reflector is required on the rear. Side reflectors (usually found mounted in the spokes) are also required by state law. Brightly colored and reflective clothing is always a good idea.

● Young Children/ New Riders

Is your child just learning? Consider getting a balance bike or taking the pedals off her/his bike. If the seat is low enough, your child can learn to balance on two wheels by scooting along with their feet. Pedaling can come later.

Practice, practice, practice on quieter side streets and protected spaces before taking children on busier roads. Children riding on sidewalks should always give way to pedestrians and make an audible signal (voice or bell) when passing.

● Older Children

Some cities and towns have ordinances that limit sidewalk riding for children 13 and older. Check with your local municipality or police department for details.

● On Road Cycling

Children's spatial and visual awareness can be at various stages of development. It's common (even for older children) to think: If I see the car then the car sees me. Tell them: If I make eye contact with the driver then the driver sees me.

When riding in the road, follow the same rules as other vehicles. On the road, the same rules apply to cars and bicycles.



This can take longer for children to learn as most do not drive. Obey all traffic signs and signals and be sure to ride with the direction of traffic on all streets. Be especially careful at intersections. Watch for turning vehicles and use the appropriate lane for both turns and going straight.

● Before You Go

Perform an "ABC Quick Check" with your child before each ride. A= check the air in the tires, B= check each brake separately, C= check the chain and gears. Bonus points for D= Lift the bike up and gently drop it onto its tires to see if anything is loose. Learn some basic mechanics, teach your kids and ride with a few basic tools. Knowing how to change a flat tire, adjust brakes, and put a chain back on can save your day!

● Where to Ride

Consider taking a trip to one of Rhode Island's many bike paths. Our state network has over 60 miles of riding.

Mountain biking? In Rhode Island? Consider getting in touch with the RI Chapter of the New England Mountain Bike Association. They have regular group rides for all abilities and organize several "Fun Ride" events throughout the year. It's a great way to avoid traffic and have fun in the woods. (See page 153 for info. on Rhode Island's bike paths.)

Have fun! Biking is a great way for families to spend time together actively and in the outdoors.●

Bike Newport is making biking better in Newport and our surrounding communities. Through Education, Advocacy, and working with Riders we're getting people out of cars and into the saddle for fun and well-being!

Concussions: What Every Parent Needs to Know

-by the Brain Injury
Association of RI

As parents, safety is something that is always on our mind. We do our best to protect our kids, giving safety instructions repeatedly, putting helmets on heads, donning shin guards, gloves and other protective gear, all in an attempt to safeguard them from harm. Even then, kids inevitably find their way to accidents, revealed by bumps, scrapes and bruises.



But, what about some of the hidden injuries that may go undetected by parents?

We're specifically talking about injuries that may happen to the brain that don't readily appear, like concussions. The CDC defines concussion as

"a type of traumatic brain injury — or TBI — caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.

This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells".

"In reality, the majority of concussions do not result in a loss of consciousness."

Coaches are trained to look for concussion symptoms in sports and "when in doubt, sit them out". A challenge some parents may have in this arena can be a simple lack of knowledge.

Many believe a concussion is when someone is knocked out. In reality, the majority of concussions do not result in a loss of consciousness. Therefore, a concussion may easily go undetected, due to a child not reporting a blow or fall, no outward visible signs, and/or the symptoms go unrecognized by an adult. Undetected concussions can lead to more serious, long-lasting consequences. Do you know what signs to look for if your child has received a possible concussion?

Some Common Concussion Signs & Symptoms:

- Appears dazed, stunned, confused
- Moves clumsily
- Forgets/can't recall events
- Behavioral or personality changes
- Complains of headache, nausea
- Sensitivity to light or noise
- Dizziness or blurred vision
- Doesn't "feel right"

For a comprehensive list, visit www.cdc.gov/headsup/youthsports/parents

For more information, visit the BIARI website at www.biari.org or call Doreen Grasso, BIARI's Education & Program Manager at 401-228-3319. The Brain Injury Association is the only state agency solely dedicated to increasing awareness of brain injury and its consequences, providing education to prevent injury and enhancing the quality of life for those affected by brain injury.

(Continued Concussions)

Parents now have the RI REAP Manual to use as an advocacy tool to assist them when their child sustains a concussion.

Parents who have a child suffering from a concussion may find out all too quickly the challenges of navigating the after effects/symptoms and finding a coordinated support system between health care and their child's school. Every concussion has its own unique set of circumstances. The Brain Injury Association of Rhode Island (BIARI), in partnership with the RI Department of Health, has a solution to assist with such challenges.

The RI REAP, created in 2020, is a community-based concussion management manual for all stakeholders working with children who have sustained a concussion (parents, nurses, teachers, counselors, sports personnel, coaches, athletic trainers, etc.), creating a coordinated "safety net" for those students.

Not all concussions are from a sport-related activity. The goal of REAP is to streamline the language and protocols for Return to Learn for ALL students sustaining a concussion in addition to

the state Return to Play policies already in place. The RI REAP manual can be found on the BIARI website, www.biari.org, under the RESOURCES tab.

The REAP multidisciplinary approach to concussion management is separated into component "teams" (Family Team, School Physical Team, School Academic Team and Medical Team). REAP stands for Remove/Reduce, Educate, Adjust/Accommodate and Pace. Ideally, each school would create their own Concussion Management Team to coordinate efforts. Parents can simply follow the orange sections of the manual, designed specifically for them, which provide valuable information regarding what to do for the important

4 weeks after their child sustains a concussion. It's important to know the other sections as well, so one can advocate for supports within the school setting, if needed. BIARI has provided webinars to many school nurses, school counselors and athletic trainers over the past year and plans to continue its efforts this coming school year. If parents find their child's school has not yet participated in those webinars, they can initiate a connection between the school with BIARI, which will provide that free training and support. Classroom teachers can also access the statewide TACT (Teacher Acute Concussion Tool) to receive 4 weekly emails with Get Schooled on Concussion tip sheets with advice on how to accommodate a student returning to their classroom post-concussion. Weaving together this multi-disciplinary support system will bridge gaps in services, striving for the best possible outcomes for students. The Brain Injury Association of Rhode Island is here to fully support that endeavor! ●



Brain Safety and Senior Living

~by Julia DeGiovanni

Brain injury changes the way people of all ages go about their daily lives. Though there is never really a “good time” to acquire a brain injury, when one acquires such an injury later in life it is much harder to recover. That is why prevention, resources and ultimately proper treatment are essential.

The CDC (Center for Disease Control and Prevention) defines a Traumatic Brain Injury (TBI) as a “disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury.” Every year 10,000 older adults (65 years and older) die from a brain injury while 55,000 are hospitalized and 800,000 visit the Emergency Department. Individuals aged 75 years and older have the highest rates of TBI hospitalization and death (261.0 per 100,000 and 50.0 per 100,000 respectively).

The most common Senior-related TBI is from falls. These falls can be from environmental factors (i.e. unsafe railings, lighting and slippery surfaces), medications (i.e. sedatives, antidepressant and over-the-counter medications), physical factors (i.e. poor vision, dizziness, balance problems and decline in bone/ muscle strength) and lifestyle factors (i.e. alcohol, drugs and sports activities). However, to prevent falls there are 8 important strategies:

Strategy #1: Make you home safe.

Approximately half of falls happen within the home. It is vital to remove “home hazards” such as slippery rugs. Arrange electrical cords so they are against walls and under furniture. Arrange furniture as not to block walk ways.

Strategy #2: Make recreational activities safe.

Wear proper gear such as helmets when riding bikes. Be aware of different surfaces such as sand or mulch. Use a cane or properly fitted walker when walking on inconsistent surfaces.



“Approximately half of falls happen within the home.”

Strategy #3: Participate in regular exercise.

Regular exercise is the most effective way to maintain agility and strength for older adults. Consult your doctor before beginning an exercise regime.

Strategy #4: Review your medications with your doctor or pharmacist. As a person ages their body chemistry can change. Review your medications with your health care professional and be aware of side effects such as drowsiness or light-headedness.

Strategy #5: Have your vision checked by a vision professional.

Non-diagnosed eye conditions or non-currant corrective lenses could dramatically impact safety.

Strategy #6: Limit alcohol consumption. Alcohol affects people differently and even a limited amount can impair one’s judgement, coordination and reaction time.

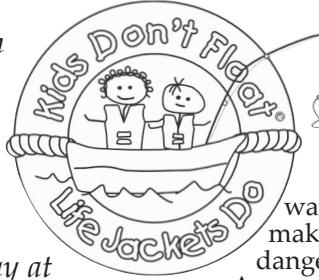
Strategy #7: Talk to your doctor. As with most of these other strategies, it is important to maintain a healthy, open relationship with your doctor. He or she is there to help you as medical concerns arise.

Strategy #8: Be prepared if you live alone. There are numerous emergency response services that are both affordable and discreet. In case of accident an emergency service is vital to your safety and care.

The goal is to be proactive instead of having to be reactive. With these eight simple strategies, seniors can continue to live out their best lives. ●

✓ WATER SAFETY

Living in the Ocean State means taking advantage of the hundreds of miles of coastline for which Rhode Island is famous. Whether you're spending a day at the beach or just splashing around the backyard pool, water safety is a top priority.



- **Watch weather forecasts and don't swim during an electrical storm.**

If you see a storm, fog, or high winds, get out of the water! Water conducts electricity, making the pool or ocean dangerous during a storm. Approaching storms can also cause heavy surf - stay out of the water!

- **Don't dive or jump into shallow water.**

Every year, about 1,000 disabling neck and back injuries occur as the result of unsafe water activities. Learn proper diving and jumping techniques and don't dive into water that is less than 9 ft. deep.

- **Wear a life jacket when boating.** That applies to everyone, no matter how good a swimmer. It is too difficult to put on a life jacket once you're in the water. Also, make sure your life jacket has the Coast Guard Stamp of Approval. Boating includes all water sports - kayaking, canoeing, SUP, water skiing, etc.

- **Know your limits.** Be aware of the "too's:" too tired, too cold, too far from shore, too much sun, too much strenuous activity. Don't let peer pressure influence your decisions; know your limits.

- **Never mix alcohol and water activities.**

- **Be prepared.** Parents, grandparents, and babysitters - anyone supervising children near water should know CPR and First Aid. In an emergency, knowing what to do can mean the difference between life and death.●

- **Learn to swim.**

This is the most important thing you can do for your family. The Red Cross, YMCA, JCC, Boys & Girls Clubs, Pods, and numerous camps and other organizations offer swim instruction for every age and level of ability. Make water safety instruction a top priority

- **Swim where there's a lifeguard on duty.**

An emergency can occur in seconds. Having someone nearby who is trained to handle emergency situations is critical - especially with small children.

- **Keep young children under the constant supervision of a parent or responsible adult.**

"Floaties" or inner tubes cannot take the place of a set of adult eyes. Make sure your childcare provider understands the importance of never leaving children alone - even for a second.

- **Wear sunscreen.** Too much sun causes skin cancer and premature aging. Choose sunscreen with an SPF (sun protection factor) of at least 15 and make sure it protects against UVB and UVA rays. Limit sun exposure (especially for young children) from 10am-2pm.

IN THE BEGINNING



HELP FOR NEW PARENTS

SUPPORT FOR MOMS & DADS

Bellani Maternity 822-9900
www.bellanimaternity.com
1276 Bald Hill Rd., Warwick

Child & Family 849-2300
www.childandfamilyri.org
31 John Clarke Road, Middletown
Offers an array of support programs and services for mothers and fathers through our Family Care Coordinating Partnership (FCCP).

Children's Friend 276-4300
www.cfsri.org
153 Summer Street, Prov. English/Spanish support groups for parents.

Comprehensive Community Action 467-9610
311 Doric Ave., Cranston
comcap.org
Numerous programs and services to support new parents and families.

Family Visiting 222-5960
Are you pregnant or a parent or caregiver of young children? Need a little support? The Family Visiting Program provides free services to Rhode Island families: prenatal support and services for infants and toddlers, personalized attention for you and your baby, and tips to support baby development and growth. To learn more or get connected, please call 401-222-5960 or visit health.ri.gov/familyvisiting.

Healthy Families America 276-4300

Healthy Families America is a national evidence-based maternal and child home visiting service. HFA pairs expectant mothers or families with newborns with a Family Support Worker, who provides free home visiting services to the family and their child until the child's fourth birthday

For more information contact Susan Dounetos at 401-752-7598 or sdounetos@cfsri.org or Michelle Hirst at 401-276-4332 or mhirst@cfsri.org

Moms Clubs

www.momsclub.org
Support group for moms by moms who stay at home part time or full time with their children. Activities for children, moms, and families as well as organized play groups.

Montessori Mommies 400-2507

Angel Care Montessori
150 Waterman St., Prov.
angelcaremontessori.com
This class (with or without your little one) will demystify Montessori, learn about the absorbent mind and sensory education, and bring Montessori principles into home practice in beautiful & loving ways.

Mothers of Twins Club (or Multiples)

Check out Meetup.com and search under Rhode Island Groups.

Want to meet other new moms or dads or single parents in your area?

Go to www.meetup.com and search new parent(s) groups in your town, or you can be more specific such as parent of girls or boys or twins or special needs. You're not alone!

Safe Sleep and Your Baby

Each year in the United States about 3,500 babies die during sleep because of unsafe sleep environments. Some of these deaths are caused by suffocation, entrapment, or strangulation. Some infants die of sudden infant death syndrome (SIDS), the sudden, unexplained death of a baby younger than one year of age that does not have a known cause even after a complete investigation. According to the American Academy of Pediatrics (AAP), there are ways for parents to create a safe sleep environment for their babies.



- Place babies on their backs, every time, for naps and at night time.
- Place your baby to sleep on a firm sleep surface. Use a crib, bassinet, portable crib, or play yard that meets current safety standards with a firm mattress that fits snugly and is covered only by a tight-fitting crib sheet.
- Remove all soft objects and loose bedding from your baby's crib including bumpers/stuffed animals

- Place your baby to sleep in the same room where you sleep but not the same bed for the first 6 months to a year.
- Breastfeed your baby often and for as long as you can.
- Schedule and attend all well-baby visits. The immunizations your baby receives may have a protective effect against SIDS.
- Avoid smoking around your baby and keep your baby away from places where people smoke.
- Do not dress your baby too warmly. Place your baby in a wearable blanket to keep warm for sleep. Keep the room comfortable at 68 to 72 degrees F.
- Offer your baby a pacifier at nap time and bedtime. If you are breastfeeding, wait until breastfeeding is going well (3-4 weeks) before offering a pacifier. ●

*Provided by
Women & Infants
womenandinfants.org*

Parent
**Support
Network**
OF RHODE ISLAND

We provide family support through mutual aid, education and advocacy.

You are not alone.
Call 401-467-6855 for non-clinical peer support around mental health and/or substance use challenges.

- helpline
- 1-on-1 peer support
- support groups
- resources

Learn more at psnri.org

Parent Support Network of RI 467-6855

www.psnri.org
535 Centerville Rd, Ste 202, Warwick
Provides support, education, and advocacy for families of children and youth with emotional and behavioral challenges. Parents can call helpline, Mon-Fri, 9am-5pm for emotional support, guidance, and resources. This is a statewide program.

Fatherhood Initiative

www.psnri.org/fatherhood
Meets every Wednesday of the month at 5:30-7:00pm online or in person at PSN located at 535 Centerville Rd, 3rd floor, in Warwick. Where fathers support fathers. (See ad previous page.)

RI New Mom's Connection

www.rinewmoms.com
info@rinewmoms.com
Also prenatal group.



Rhode Island Parent Information Network (RIPIN) 270-0101

www.ripin.org
300 Jefferson Blvd., Suite 300, Warwick. Offers parenting support services for children with special needs (see ad page 49.)

Shalom Baby 421-4111 x141

www.jewishallianceri.org/jewishlife
Have you or someone you know recently experienced the birth or adoption of a child? Shalom Baby helps young families network with one another and connect to the Jewish community. For more information, contact Lyndsey Ursillo at 401-421-4111 ext. 141.



Early Hearing Detection and Intervention Program

Hearing loss can affect a baby's ability to develop speech, language, and social skills. But treatment can be possible—the earlier we find and treat hearing loss, the better.

That's why it's very important to get your baby's hearing screened before they are one month old.

For more information on having your baby's hearing screened, call the Rhode Island Department of Health Early Hearing Detection and Intervention Program at **401-222-5960**, or visit:

health.ri.gov/newbornscreening/hearing.



HEARING SCREENING

Women & Infants

www.womenandinfants.org

• **Parenting Newsletter:** Free weekly e-newsletter for new and expectant parents. Text your hospital code: WIRI to 617-580-3050.

You will receive a text message back with a link to an online sign-up form. You may also sign up by going to womenandinfants.org, under "Having a Baby/Preparing for Your Stay."

• **Infant Behavior, Cry, and Sleep Clinic** 274-1122, x48935
One-of-a-kind clinical services for infants with crying, colic, sleep, and behavior concerns.

• **The Warm Line** 1-800-711-7011
Provides new parents with a toll-free telephone support system. This popular service, staffed by professional nurses and lactation consultants, offers helpful information regarding your new baby, breastfeeding tips, and postpartum issues. Within 48 hours of your arrival home, a Warm Line nurse will call to see how you are doing and answer any questions you may have. You can also call if you have a question later about post-partum recovery, breastfeeding, newborn care, and other women's health issues. Leave your message and someone will return your call within one hour. Hours: Monday through Friday from 9 a.m. to 9 p.m. and weekends from 9 a.m. to 5 p.m. Closed on holidays.

• **New Moms Group** 276-7800
Women and Infants designed this group for new mothers to meet, make friends, and share new experiences as parents. This group meets every Wednesday via Zoom from 10 am to noon weekly. Please the health Education Department at 276-7800 for the Zoom invitation.



Check out our new website:
StaySafeRhodeIsland.com
YOU MAY WIN PRIZES
and learn a thing or two!



RHODE ISLAND Family Guide



Babysitting Classes

**The American Red Cross
Babysitter's Training Course**
.. 831-7700 or 1-800-842-1122
www.redcross.org
For children 11-15 years old.

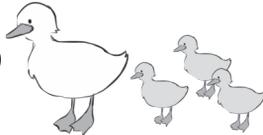
**Lifespan Community Health
Institute** 444-8009
Safe Sitter Essentials with CPR is a 1-day class designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

**Women & Infants
Babysitting Academy**
..... 276-7800

Our Babysitting Academy is designed to teach girls and boys age 11 and older to become responsible babysitters. This course includes babysitting responsibilities, child growth and development, child care, accident prevention and safety, CPR and First Aid training, activities for children, and positive discipline techniques.



CHILD CARE



Finding it, affording it, training and more ...

Dr. Day Care State licensed & nationally accredited with locations across Rhode Island!
Learning Center Infant · Toddler · Preschool/Pre-K · School Age



www.drdaycare.com
 Dr. Mary Ann Shallcross Smith, President



BEAUTIFUL BEGINNINGS
 CHILD CARE CENTER

Through play and a mixture of child choice and teacher directed activities, children acquire the foundation for reading, writing and logical thinking.



BRIGHT STARS 4★ RATED:
 ~ INFANT ~ TODDler ~
 ~ PRESCHOOL ~ PRE-K ~

401-785-8485
www.bbchildcareri.org
 700 Elmwood Ave., Providence

BrightStars 855-398-7605
www.earlyeducationmatters.org
 535 Centerville Rd, Warwick
 BrightStars assists families in finding quality child care, education and afterschool programs. BrightStars also evaluates the quality of these programs using star ratings

Children's Friend ... 276-4300
www.cfsri.org
 The Children's Friend Child Care Program is designed to provide quality care and education to children ages three, four, and five. (Child Care at Dexter Street is available for children six weeks to five years of age.) Our goals are to foster a positive self-concept, develop social skills, promote language and physical development, encourage creative expression, and foster an awareness and respect of diverse cultures and values. Experienced and degreed teachers lead each classroom. Bilingual staff are always available to help support the center's children and families. A registered nurse is available to provide support and answer parents' health questions. Eligible families may use DHS child care vouchers. A nutritious breakfast, lunch, and afternoon snack are provided, which have been approved by the Department of Education's Child and Adult Care Food Program.* The hours of operation for the Child Care Centers are 6:30 a.m. to 5:30 p.m., Monday through Friday. Child Care is available at these six locations. For more information, please contact the Child Development Supervisor for the specific location at the number provided.

DCYF Daycare Licensing
 528-3624
 Licensing family home daycares and daycare centers, and information on finding qualified care near you.



OCEAN STATE KIDZ CLUB

350 PARK AVENUE, CRANSTON, RI 02905

401-227-9303

WWW.OCEANSTATEKIDZRI.COM

OCEANSTATEKIDZRI@GMAIL.COM

f OCEAN STATE KIDZ CLUB RI

After-School Program | Vacation Weeks | Summer Camp

NOW ENROLLING for AFTER SCHOOL:

Rhode Island Middle Schoolers | 6th - 9th Grade

2:00pm - 5:30pm | Full time & Part time available | \$125 per week
Transportation available from Warwick Vets, Western Hills, Bain & Park View



Caring staff, pet therapy, homework help, and snacks



Dance, singing, shows & performance opportunities



Multi-media arts, creative writing, crafts, sewing club, and STEM mentoring



Sports and games



Fun festivities, contests, holiday celebrations, and more...



CALL TODAY to schedule a TOUR!

CCAP VOUCHERS ACCEPTED

RHODE ISLAND CHILD CARE SUBSIDY PROGRAMS

* **NACCRRAWARE**

NACCRRA Military Fee Assistance Program: NACCRRA is the National Association of Child Care Resources and Referral Agencies. NACCRRA is working with the U.S. Military Services to help families offset the cost of child care in their communities. Please contact one of the referral specialists at BrightStars at **1-855-398-7605**. Also visit NACCRRA at naccrra.org/militaryprograms/army to sign up for the subsidy program through NACCRRA.

* **4-H**

4-H is the largest out of school youth program in the U.S., with over 7 million members and 500,000 teen and adult volunteers. The National 4-H Headquarters has worked in partnership with U.S. Army Child and Youth Services (CYS), Air Force Family Member Programs (FMP)

and Navy to extend 4-H to U.S. military families worldwide. www.4-hmilitarypartnerships.org

* **Department of Human Services (DHS)**

DHS provides child care subsidy programs for low-income families as well as military families. Please contact us at **1-855-MY-RIDHS (1-855-697-4347)** to see if your family is eligible. www.dhs.ri.gov

* **Diocese of Providence**

The Diocese of Providence also provides a child care subsidy program, the Cabrini Fund Scholarship. Please contact the Diocese of Providence at **401-421-7833** to see if your family is eligible.

Ask your child care provider if they have any special offers, provide a sliding scale program, or have scholarships available.

Child Support Services

www.cse.ri.gov
77 Dorrance St., Prov.
Establishes paternity, child and medical support and enforces those orders.

kids.ri.gov

PRENATAL TO PRE-K: This is how RI kids stay strong. When you know the steps to take, you set your child up for a healthy future and a strong start to school. Check out all the support and guidance our state offers to our youngest citizens. It's the Rhode Island way. Learn more at kids.ri.gov.

NANNY AND AU PAIR SERVICES

AuPair Care ... 1-800-428-7247
www.aupaircare.com

AuPair in America
..... **1-800-928-7247**
aupairinamerica.com

Cass and Co. .. 1-888-453-2277
casscompany.com

Cultural Care AuPair
..... **1-800-333-6056**
www.culturalcare.com

Go AuPair 888-287-2471
goaupair.com

Rhode Island Early Intervention Providers

(for children 0-3 years old)



Early Intervention works in partnership with families to promote the growth and development of infants and toddlers.

Services help children from birth to three years of age who have or may have a disability, are experiencing developmental delay, or are at risk for significant developmental problems.

Early Intervention consists of a multidisciplinary team, which works in partnership with families. The team works diligently to provide services that are respectful of a family's values, incorporating strategies into a child's natural environments – meaning everyday life routines and places. All services are family-centered and individualized to ensure the most successful outcomes for a child and their family.

Who is eligible?

Children ages birth through three who are developmentally delayed or have a diagnosed physical or mental condition that has a high probability of resulting in a developmental delay are eligible for EI services.

For a children ages 3-5 years old, contact Child Outreach in your school district for a comprehensive developmental screening at ride.ri.gov/childoutreachcontacts

or call
RI Dept. of Education at
401-222-4600.

Children's Friend

621 Dexter Street
Central Falls, RI 02863-2603
Ph. (401) 721-9200

Community Care Alliance

8 Court Street
Mailing Address: PO Box 1700
Woonsocket, RI 02895
Referral Line: (401) 235-6029
Ph. (401) 235-7000

Easter Seals, RI

213 Robinson Street
Wakefield, RI 02879
Ph. (401) 284-1000

Family Service of RI

134 Thurbers Avenue
Providence, RI 02905-4754
Ph. (401) 331-1350
Referral line (401) 519-2307
Referral line for Spanish speaking families (401) 519-2308

Groden Center Early Intervention

203 Concord Street, Suite 335
Pawtucket, RI 02860
Ph. (401) 525-2380

Looking Upwards, Inc.

2974 East Main Road
Portsmouth, RI 02871
Mailing Address: PO Box 838
Portsmouth, RI 02871
Ph. (401) 293-5790

Meeting Street

1000 Eddy Street
Providence, RI 02905
Ph. (401) 533-9100
Referral line (401) 533-9104

Seven Hills Rhode Island

178 Norwood Ave.
Cranston, RI 02905
Ph. (401) 921-1470

Seven Hills Rhode Island

68 Cumberland Street Woonsocket,
RI 02895
Ph. (401) 921-1470

Arthur Trudeau Memorial Center

3445 Post Road
Warwick, RI 02886
Ph. (401) 823-1731

How Early Intervention Helps Children With Autism and Developmental Issues

What is Early Intervention (EI)?

Simply put, Early Intervention (EI) is a comprehensive and coordinated program of home and community-based services that offers support for families of infants and toddlers with developmental disabilities or delays. Organizations like The Groden Center provide parents and caregivers with a myriad of EI tools and techniques that when consistently applied, can help children with special needs. Specifically, as it pertains to their learning and socialization skills.



Effective Strategies for Early Intervention

Whenever possible, services are provided in places where children usually play or take part in daily activities. Strategies focus on implementing rules, rituals, and routines to help develop:

- Physical skills (reaching, crawling, walking, building, drawing)
- Cognitive skills (thinking, learning, solving problems)
- Communication skills (talking, listening, understanding others)
- Self-help or adaptive skills (eating, dressing)
- Social or emotional skills (playing, interacting with others)

What can early intervention do for my child?

Research over the past 30 years has documented the importance of EI for young children who have developmental disabilities*. Some benefits include:

- Early intervention services can change a child's developmental trajectory and improve outcomes for children, families, and communities.
- Intervention is likely to be more effective and less costly when provided earlier in life rather than later.
- Neural circuits, which create the foundation for learning, behavior and health, are the most flexible or "plastic" during the first three years of life.

How Does An Effective EI Program Help Children and Parents/Caregivers of Children With Early Developmental Issues like Autism?

Mary Pat Turner contacted The Groden Network shortly after moving to Rhode Island a year ago. They worked with her to design a custom program for her son to help with his early development issues.

"My son Ari who is now three, received a number of services through Early Intervention, and it was a really important experience for us. One thing that was amazing is that with the therapies Groden provided (based on his needs), there wasn't a cap on how many therapies or how many times a week he could see a therapist. This made an enormous difference in how well my son progressed."

*July 2011, the National Early Childhood Technical Assistance Center (NECTAC)

(Continued page 38.)



“Seven Hills
is Everywhere
Because We
Come to You”

Seven Hills

Rhode Island
An Affiliate of Seven Hills Foundation

401.921.1470 • sevenhills.org

Early Steps, Big Strides

Early Intervention Leads to Meeting Major Milestones

For families whose children are experiencing developmental delays, Early Intervention (EI) can bridge the gap between identifying concerns and meeting major milestones.

The Difference is in the Dedication and Determination

The Early Intervention team at Seven Hills Rhode Island is passionate about helping children overcome obstacles that may be disrupting their routine at home, child care, or in the community. The team partners with families to establish goals and develop strategies to help their children learn and succeed.

Early Intervention is Free to Families of Eligible Children

Early Intervention is free to Rhode Island families if their child meets eligibility criteria. A child may be referred by a parent, birth hospital, pediatrician, child care provider—any professional or loved one who has a concern and would like the child to be evaluated.

To have your child referred and assessed by the EI team at Seven Hills Rhode Island, call 401.921.1470, today!

178 Norwood Ave., Cranston • 68 Cumberland St., Woonsocket

Early
Intervention
Can Make A
World of
Difference



Find out more about more about our early intervention programs for infants and toddlers under 3



THE GRODEN NETWORK
Groden Center - Cove Center - Halcyon Center
Your Autism Experts

grodennetwork.org/early-intervention • 401-525-2380

(Continued Early Intervention Article)

At first, the therapists met with Mary Pat and her family at home and at their local playground, then moved to a virtual environment after COVID became an issue. "Although it was more effective having the therapist come to our home to show and coach me through hands-on strategies we could use, we were still able to keep up that consistency and support using video conferencing during the pandemic."

Early Intervention Services Are Sometimes Confused with ABA, But There Are Differences

Unlike with ABA (Applied Behavior Analysis), EI therapists do not work directly with the children. Instead they focus on working with parents, caregivers and family members to educate and coach them on effective techniques and strategies. With EI, a more family-centric approach is key to Early Intervention success.

But with dedicated EI therapists, help doesn't stop with teaching and coaching. In the case of Mary Pat, The Groden Network was able to assist her in procuring a compression shirt for her child.

"With EI, a more family-centric approach is key to Early Intervention success."

"It actually changed his behavior, the way he felt, his sensory experience. I never would have guessed how a compression shirt would be such a huge help. It allowed my son to feel more grounded. Angela at Groden provided us with that and now we never go anywhere without it. So Groden helped by not just suggesting things, but also helping to make them possible."

How to find Out if Early Intervention Is Right for Your Child

Talk to your health care provider if you have any concerns about your child's development. The earlier a diagnosis can be made, the sooner they can get the help they need. If you have any questions about Early Intervention Services in Rhode Island, please feel free to reach out to the The Groden Network. We will be happy to assist you and provide detailed information about our EI services. ●

Do you have a question about your child's development?

You can call us. Our caring team of specialists can help.

We answer families' questions and offer a full range of services:

- Child Evaluations
- Coaching for Families
- Support for Children's Physical, Emotional & Language Development
- Networking for Community Resources

Children birth to 3 years are eligible. **No out of pocket cost to families.**
Services are provided in your home or child's daily environment.



Looking Upwards'
Early Intervention

Laying a Foundation for a Lifetime of Growth
(401) 293-5790 x 310

Looking Upwards

40 years of experience in helping
people develop to their fullest potential
www.lookingupwards.org

CHILD GROWTH & DEVELOPMENT

(See also *Guidance & Support and Education*)

Brown Center for the Study of Children at Risk

..... 274-1122 ext. 48935

<http://www.womenandinfants.org/services/child-and-family-development/>

50 Holden St., 1st floor, Providence. The Brown Center for the Study of Children at Risk was established at the Warren Alpert Medical School of Brown University and Women & Infants Hospital in 2005. The mission of the Center is to stimulate outstanding interdisciplinary research, education, and clinical services on the biological and social factors that determine the developmental outcome of at-risk children.

COZ/Parents As Teachers Bristol/Warren 245-1460, x8076

50 Asylum Rd., Warren. Parents as Teachers is a free program, part of the Bristol/Warren regional school district, available to Bristol and Warren families with children from prenatal to K entry. Our goals are to improve caregiver knowledge of child development, develop parenting capabilities, and promote school readiness. The program uses a national scientifically valid and evidence-based early childhood curriculum. Families are offered: personal visits, group connections, screenings (developmental, health, vision and hearing) for early identification of potential delays and connections to a variety of resources. (See page 105 for more COZ information).

Head Start Programs

(See page 106.)

Highlander Institute

..... 831-7323

highlanderinstitute.org
Highlander Institute partners with communities to imagine and create more equitable, relevant, and effective schools. Using research, we convene, coach and build capacity to improve outcome and experiences for all students. (See *Charter Schools*, page 109.)

Looking Upwards Early Intervention Services

..... 293-5790, ext. 310

2974 East Main Road, Portsmouth
www.lookingupwards.org
For families concerned about their child's development, Looking Upwards' Early Intervention services offer support. Our caring team creates a partnership with families. We bring together expertise from diverse disciplines such as occupational and physical therapists, nurses, educators and social workers to provide guidance. We coach families, assisting them to support their child's development and to lay the foundation for their child's lifetime of growth. Services are for children from birth to 3 years of age. Looking Upwards has more than 40 years of experience in supporting people of all abilities to live to their fullest potential. For an evaluation or more information, contact Caroline Souza at 293-5790 ext. 310 (see *ad previous page and on page 51*).

Meeting Street Early Intervention 533-9104

1000 Eddy Street, Providence
www.meetingstreet.org
Provides comprehensive, compassionate and individualized support to children (birth to age 3) experiencing a developmental delay. Anyone can refer a child to Early Intervention and there are no out-of-pocket costs to participating families.

Parenting Matters ... 444-8076

www.lifespan.org/parentingmatters
 Parenting Matters is Rhode Island's premier event on raising and working with children. The half-day annual conference and periodic evening workshops offer parents, childcare providers, social workers and teachers a unique opportunity to learn from top child development and behavior professionals in a casual setting. For more information contact 444-8076 or visit www.lifespan.org/parentingmatters

Temas Familiares 444-8076

Temas Familiares is a free semi-annual workshop completely in Spanish about resources, parenting, and health concerns impacting families.

KIDS GETTING OLDER - ADOLESCENTS

(See *Support for Children*, page 50.)

Alateen 781-0044

www.riaafg.org
 Support for teens who have friends or family with problems with drugs or alcohol. (Also see *Addictions section*, page 65.)

Boys & Girls Clubs of RI

In every community, kids are left to find their own recreation and companionship on the streets. Boys & Girls Clubs offer an alternative. Boys & Girls Clubs are a safe place to learn and grow - and have fun.

- Cumberland/Lincoln 333-4850
www.bgcccl.org
- E. Providence 434-6776
www.epbgc.org
- Newport 847-6927
www.bgcnnewport.org

- Pawtucket 722-8840
www.bgc pawt.org
- Providence 444-0750
www.bgcprov.org
- Warwick 467-4385
www.wbgclubs.org
- Woonsocket 766-9242
www.bgcwoonsocket.org

Boys Town

www.boystown.org/new-england
●National Hotline .. 800-448-3000
 Free resource and counseling service that assists children and parents 24/7, year round.

●yourlifeyourvoice.org is a special website that enables and encourages teens to share their problems and concerns in positive ways and provides access to immediate help in a crisis.

●Common Sense Parenting - classes throughout Rhode Island. The program is executed in two curriculums: School age & Adolescents and Toddler & Preschooler's. If you are a parent or a child care giver - you can join the class! To inquire about the program or learn more you can call us at 401-214-4967, find us on Facebook at Boys Town New England, or find us online at boystownnewengland.com/csp.

Child & Family 849-2300

www.childandfamilyri.org
 31 John Clarke Road, Middletown

FAMILY SERVICES:

ADOPTION

Adoption Options 331-1244

1165 North Main Street, Providence.
 www.adoptionoptions.org
 A non-sectarian service of Jewish Collaborative Services (JCS), Adoption Options provides services to those who wish to adopt a child.

Adoption R.I. 865-6000
 www.adoptionRI.org
 290 West Exchange St., Suite 100,
 Providence. *(Ad/article this page.)*

Alliance for Children
 725-9555
 www.allforchildrenadoption.org
 500 Prospect St., Pawtucket

Catholic Social Services
 508-674-4681
 www.cssdioc.org
 1600 Bay St., Fall River, MA

Children's Friend ... 276-4352
 www.cfsri.org
 153 Summer St., Providence
 For more information please contact
 Valentina Laprade at 401.276.4352 or
 vlaprade@cfsri.org.

Children Need Families, Families Need Support



Are you a family touched by adoption, kinship or foster care? **Adoption RI** offers programs, workshops and support services to help build on positive family and community connections.

Adoption Rhode Island
 AdoptionRI.org • 401.865.6000 

Urban League of Rhode Island 351-5000
 www.ulri.org
 246 Prairie Ave., Providence

We All Need Somebody to Lean On



Are you a parent, grandparent or family member who is raising a child or children as a result of adoption, kinship or foster care? Raising a family, regardless of how it is formed, undoubtedly comes with a degree of ups and downs, good times and bad, highlights and challenges. However, children who have been removed or separated from their birth parent(s) experiences additional circumstances – trauma – that could lead to more complex challenges.

It is understandable that caregivers of these children may not relate to the effects that early childhood trauma can have on a child as he or she gets older and perhaps tries to make sense of their past as it fits into the present, and future. It is not uncommon for caregivers to become frustrated or feel alone in their struggle to deal with new behaviors and/or to help a child work through their past, all while maintaining hope and belief in themselves, and their sense of belonging within the family.

Adoption Rhode Island is here to help.

Adoption Rhode Island's mission is to create safety, belonging and permanency for adopted and foster children, vulnerable youth, and families through compassionate services, advocacy, and education.

Yes, we work to find permanent connections to better the futures of children and youth in foster care, but we also provide programs, services, education and support to help maintain those connections.

Support services from ARI come in multiple forms... Summer camp and other childhood experiences, play therapy, interactive workshops, expressive and recreational activities for youth; And resources such as education and training, group and individual therapy, in-home consultations, and a sense of community for adults and families as a whole. We can also help parents and caregivers navigate the system as it pertains to benefits & other services they may be entitled to.

Could you or someone you know use somebody to lean on? To learn more about Adoption Rhode Island, the children and families we serve, services provided or how you can help, visit our website at AdoptionRI.org or call us at 401-865-6000. ●

*Donna Rivera
 Communications Director
 Adoption Rhode Island*



FOSTER CARE:

AGENCIES:

Boys Town 845-2250
58 Flanagan Road, Portsmouth
Boys and girls, ages 0-18.
www.boystown.org/new-england

Child & Family Treatment Foster Care 781-3669
Boys and Girls, infancy to age 17
1268 Eddy Street, Providence
www.childandfamilyri.com
(See ad below.)

Children's Friend 276-4352
www.cfsri.org
153 Summer St., Providence
(See ad on page 44.)

Communities for People
..... 273-7103
www.communities-for-people.org
Connect with us on Facebook
@FosterHopeRI
(See ad this page.)

Community Care Alliance
..... 235-7000
245 Main St., Woonsocket
www.communitycareri.org

Department of Children Youth and Families
..... 528-3700
Boys and girls, infant-18.
www.dcyf.ri.gov

Devereux Therapeutic Foster Care of Rhode Island
..... 734-9680
www.devereux.org
2346 Post Rd., Suite 103, Warwick
(See ad next page.)

Family Service of RI
..... 331-1350
www.familyserviceri.org
All ages.

Foster Forward Helpline 438-3900, x100
55 South Brow St., E. Prov. Serving all youth in foster care, those who have aged out, foster parents and mentors.



Communities for People

FOSTER HOPE WITH US.

Learn more about becoming a Foster Parent.

401-481-5430
email: fosterhopeRI@c4p.org
@fosterhopeRI
www.c4p.org/fostercare



Whether you want to mentor, foster, or adopt we will help you get started!



Child & Family Foster Care

CARE, FOSTER !

**Children, youth and sibling groups,
Who are unable to live at home,
Need a stable place to live and a
Stable caring adult to actively parent.**

Program Supports include: assistance through licensing; Clinical support and home visits; assistance with advocacy/navigating systems; financial stipend to assist with the cost of child rearing

Child & Family Treatment Foster Care
1268 Eddy Street, Providence, RI 02905
Office-401-781-3669/ Cell-401-744-7654
foster@childandfamilyri.org

Returning to the real world after COVID

For many of us, as the world opens back up and we can once again get together with family, friends and co-workers we breathe a sigh of relief and gratitude. Life is starting to feel normal again and we can get back to enjoying it. But as we pick up where we left off over a year ago, there is a population in Rhode Island who are even more in need of our support and community involvement than before COVID began. The stress of unemployment, staying home all the time and not having access to social services, schools and mental health supports has put a strain on many families, to the point of breaking.



These families include children of all ages who now need a safe, stable place to live and learn while their families rebuild.

The number of children in need of foster homes in Rhode Island is only increasing but the pandemic has made recruiting foster homes more difficult. We are urgently seeking families who are ready to make a difference in the lives of children in need. Families are needed for all ages, but especially for tweens and teens, sibling groups, youth who identify as part of the LGBTQIA community and parenting teens. No matter whether you have an extra bed in your own child's room, or empty bedrooms to fill, you can help. All you need is an open heart, an open mind and a commitment to making a difference in the life of a child and their family.

(Continued next page.)



We are seeking foster families, do you have room in your heart?

24/7 Support

Monthly tax free stipend

Mileage reimbursement

Comprehensive training

\$1000 sign on bonus

\$1000 referral bonus

2346 POST ROAD, SUITE 103

WARWICK

RHODE ISLAND

02886

401-734-9680

WWW.DEVEREUXMA.ORG

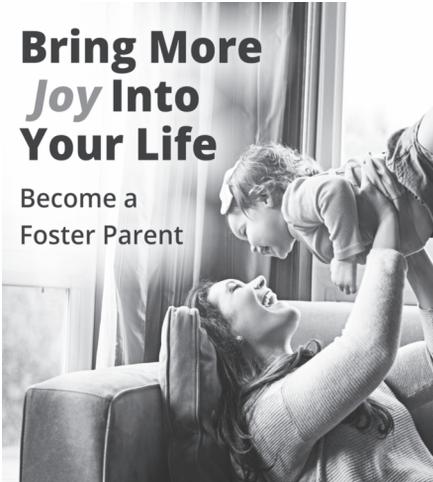
RABBOTT@DEVEREUX.ORG

Devereux
ADVANCED BEHAVIORAL HEALTH

MASSACHUSETTS & RHODE ISLAND
THERAPEUTIC FOSTER CARE

Bring More Joy Into Your Life

Become a Foster Parent



For more information, call to speak with our Foster Care Recruiter or Program Manager at

401.276.4300



Children's FRIEND

(Continued Foster Care)

At Devereux Therapeutic Foster care, we believe no child or family should ever go it alone. We work closely with DCYF to support this vulnerable population in our communities, their birth parents and the foster families who serve them. We provide a team of professionals that support each of our foster families throughout their foster care journey. We ensure all of our foster families receive thorough training in trauma informed parenting, at least weekly meetings or phone calls with a case manager, case support to make sure the children in your home receive the support services they need to be successful and 24 hour on-call support to make sure you are never in it alone. If you are ready to open your home and your heart to a child in need, let's connect today. 401-734-9680. We look forward to supporting you on your journey.●

You Can Change The Life of a Child



Learn more about fostering kids with higher needs



THE GRODEN NETWORK
Groden Center - Cove Center - Halcyon Center
Your Autism Experts

grodennetwork.org/fostercare • 401-274-6310 x1229

Groden Center

..... 274-6310, x1259

grodennetwork.org
provides treatment level foster care for a diverse population of children and youth with special needs and matches them with licensed treatment foster homes across Rhode Island.

For more information, please reach out to Brendan Carty at 401.274.6310 X 1229 or bcarty@grodencenter.org



North American Family Institute

..... 921-8700

www.nafiri.org

Boys and girls, ages 11-17.

Urban League Rhode Island

..... 351-5000, x117

www.ulri.org

246 Prairie Ave., Providence



SERVICES THAT GRANT WISHES TO CHILDREN

Children's Wishes ... 921-1300

2346 Post Rd., Suite 102, Warwick
www.cwishesri.com

Our mission is to grant wishes to Rhode Island children facing life-threatening medical conditions with an emphasis on personalization, treating each eligible child with the care and attention they deserve.

The Impossible Dream

..... 823-5566

575 Centerville Rd., Warwick
www.impossibledreamplayground.org
The Impossible Dream makes dreams possible for chronically-ill children.

Some dreams have included trips to theme parks, specialized medical equipment or recreational toys, meetings with celebrities, and lifts for vans. The special Impossible Dream playground has fully integrated playground equipment for both physically-challenged and able-bodied children. The playground is open to the public free of charge and

includes a mini golf course, picnic area, basketball, sand boxes, a variety of playground toys. Playground is open 7 days a week, April - Oct., 10am-3pm. Closed holidays and holiday weekends. Donations accepted.

A Wish Come True .. 781-9199

1010 Warwick Ave., Warwick
www.awish.org

A Wish Come True is an organization dedicated to granting wishes to children between the ages of 3-18 that have life threatening illnesses. Visit us on Facebook: www.facebook.com/awishcometrueawct

Make A Wish Massachusetts and Rhode Island 781-9474

www.massri.wish.org

20 Hemingway Drive, E. Providence
The Make A Wish Foundation grants special wishes to RI and MA children between the ages of 2 1/2 and 18 with a life-threatening medical condition.



Allison was bawling, she turned to me and said, 'Mom, I got a D.' It was the first time she called me 'Mom.'

Lisa, adopted 16-year-old Allison



LEARN ABOUT ADOPTING A TEEN
YOU CAN'T IMAGINE THE REWARD

ADOPTUSKIDS.ORG

Choreograph Your Wellness

by Jane Mizrahi, LICSW



New YouTube Channel!

Search for Jane Mizrahi on YouTube to access the videos and start your healing journey.

**Trauma • Stress • Sleep
Boundaries • Hope**

*Jane Mizrahi, LICSW is a local author, clinical social worker, and registered trauma yoga therapist (Trauma Cooperative Yoga) and recently published an educational mental health wellness guide, in the form of an eBook: *Choreograph Your Wellness*.*

More information on her guide: The guide is broken down to five units: The first unit is on basic wellness teachings, which include tips on sleep hygiene, nourishment, movement, connection, and organization, all to help you better manage your relationship to stress. With these teachings you might find yourself greeting stress with more ease: “I was expecting you, dear stress, but this time, I lead!” In unit two, Jane provides teaching on learning how to live with more ease in the present moment despite a difficult past and an uncertain future. In unit Three you will find teachings on identifying and managing difficult emotions. Unit Four describes ways to set healthy boundaries and work with self-evaluation questions like, “How much tension am I willing to tolerate with this decision?” In the last and fifth unit Jane offers ways for you to challenge unproductive patterns, but first invites you to understand the purpose of these patterns and build compassion, toward finally finding joy.

To purchase this mental health wellness guide download (\$5.99), visit: <https://janemiz424.wixsite.com/cywebook> But order now because Jane is offering 10 free wellness guides with the coupon: RI Family Guide.

More information and Contact: For questions about working with Jane in her capacity as therapist, Trauma Cooperative Yoga facilitator or to discuss *Choreograph Your Wellness*, contact her at 401.824.4042 or email at janemiz424@gmail.com

Grief is a natural response to loss. We have all been grieving, for a long time, throughout the pandemic that is COVID-19. We grieve things that we once had: friendships, family members who have died or moved away and the ability to gather safely and embrace. Anxiety and depression have come to the forefront for all of us. Some of us may have never felt anxious, nervous or experienced extreme sadness until the pandemic hit. You are not alone. We have heard, "we are all in this together," and that still rings true today.

Grief can be very isolating and it has been much harder to grieve in the pandemic. We are used to being able to embrace and gather, attend functions and express condolences in-person at funeral services. These acts that we once took for granted, were much harder and nearly impossible during the pandemic. Some of us may have turned to mental health professionals to help guide our grief and feelings. Others struggled to pivot and work from home, while getting your children geared up for

distance learning. Still, some may have relapsed with substance use and needed to seek professional mental health services to get by.

It's okay not to be okay.

That is sometimes the hardest thing: admitting that we need help. We can hope that things will resume to a form of normalcy, though we need to see what we have learned from this whole experience. Loss is hard. Feel your feelings. Share your story with others. Seek professional help. Anxiety and depression are natural responses to grief.

The mental health of adult caregivers who are raising children is so important. Make sure you are putting your oxygen mask on first, so you can help your children be their best selves. You are modeling how to take care of yourself. Your children are paying attention and they need to see that it's healthy to express feelings, ask for help and to feel your feelings. Take good care of you, so that you can take care of those who need you. ●



A community bereavement center for children and teens



FRIENDS WAY is Rhode Island's only bereavement center for children and teens, ages three to eighteen. Our programs are conducted by highly qualified, industry trained professionals and volunteers, and are based on proven methods of grief counseling, including peer-to-peer support and expressive arts. Though our program does not provide therapy, it does offer a safe and compassionate environment for emotional healing.



A Trusted Source

FRIENDS WAY is a primary resource for community organizations throughout Rhode Island, including schools, organizations and first responders. We provide education for their staff members about working with grieving children and offer on-site support and guidance in times of crisis.



For more information about FRIENDS WAY, please contact us at: 401-921-0980

Families Reaching Into Each New Day, Inc., 755 West Shore Road, Warwick, RI 02889



www.friendsway.org

Volunteers

are the heart of FRIENDS WAY! If you are a caring, sensitive and compassionate person who would like to donate your time in helping this valuable community program, please contact us at 401-921-0980.

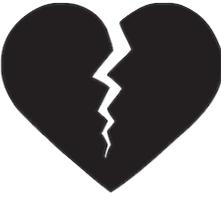


About the Program

At FRIENDS WAY, children and teens share their feelings and reactions to grief in an honest and open way. They are also encouraged to express themselves through creative activities such as painting, drawing and clay sculpting. These activities help them demonstrate their feelings when they simply cannot find the words to do so.

At the beginning of each session, children, their parents and caregivers share a meal. Following the meal, while their children participate in group sessions, parents and care givers are on site talking with each other about their own experiences and their children's reactions to loss.

FRIENDS WAY programs are 100% supported by community, and are provided at no charge to families.



BEREAVED PARENTS

Compassionate Friends

www.tcfprovidence.com
 Support group for parents who are grieving the loss of a child. We meet at The Central Congregational Church, 296 Angell St., Prov., 7pm the second Monday of each month. Contact: Lucille at 231-9229.

Friends Way 921-0980

www.friendsway.org
 765 West Shore Road, Warwick RI's only children's bereavement center, offering peer-based support groups for children aged 3-18, and their caregivers, who have suffered the death of a significant person, at no cost to families.
(See article and ad previous page.)

Miscarriage, Infant Death & Stillbirth Group (M.I.S.)

..... 274-1122, x44049

www.mispals.org
 Meets the 1st and 3rd Wed. of the month at 7:00 p.m. at the Ronald McDonald House, 45 Gay St., Prov.

Pregnancy After Loss Support (P.A.L.S.)

..... 274-1122, x44049

www.mispals.org
 For women who are pregnant following a loss and would like to share their fears and concerns with other women. The group meets the second Wednesday of each month at 7pm at the Ronald McDonald House, 45 Gay Street, Providence.

Samaritans Safe Place

www.samaritansri.org
 A support group where family members and friends share emotional pain caused by suicide. (Check website for post-Covid reopening.)

- **Need to Talk Listening Line**
 272-4044 or 800-365-4044




**We help with special education, healthcare and more.
 Obtenga ayuda con educación especial, cuidado de la salud y más.**

Our services are free, confidential, and multilingual.
 Nuestros servicios son gratis y confidenciales y multilingüe.

Contact Us: 401-270-0101
 info@ripin.org
 www.ripin.org

CHILD AND FAMILY SERVICES

GUIDANCE & SUPPORT

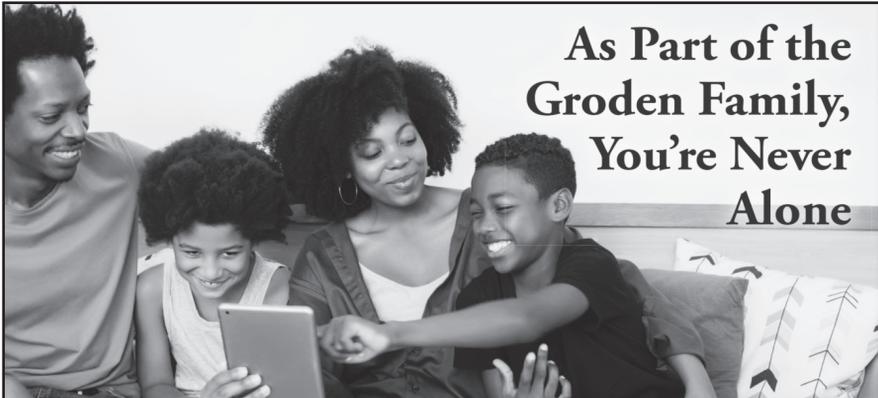
FOR KIDS

Al-Anon 781-0044
www.riafg.org
Provides support groups for teenagers (and adults) with alcoholic or chemically-dependent parents, family members or friends.

Ala-Teen 781-0044
106 Rolfe Square, Cranston
Support for teenagers who have an alcohol or substance abuse problem. Many locations in R.I.

Big Brothers Big Sisters of the Ocean State 921-2434
www.bbbs.org
1540 Pontiac Ave., Cranston. One-to-one mentoring program for young girls and boys (7-15) with the need for a positive male/female role model in their lives. Mentors are 19+.

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) 369-0045
www.chadd.org
Support and information for the ADHD community. Programs offered first Wednesday of each month, 7pm, Bradley Hospital, Pine Room. Call to confirm.



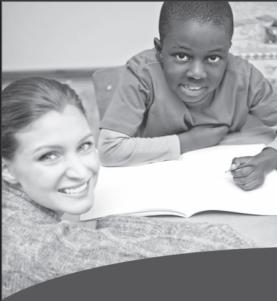
As Part of the Groden Family, You're Never Alone

Find out how our community and home-based services can support your family



THE GRODEN NETWORK
Groden Center - Cove Center - Halcyon Center
Your Autism Experts

<https://grodennetwork.org/CHTS> • 401-274-6310 x1272



“Seven Hills
is Everywhere
Because We
Come to You”

Seven Hills
Rhode Island
An Affiliate of Seven Hills Foundation
sevenhills.org

Child & Family Services

Developmental Supports for Children and Their Families

Child & Family Services of Seven Hills Rhode Island (SHRI) provides a wide range of supports to help families raise their children with disabilities and special needs:

Home-Based Therapeutic Services (HBTS) supports children, 21 & under, improve communication, behavioral, psychosocial, and developmental skills.

Applied Behavior Analysis (ABA) provides weekly, intensive home-based services to children, aged 3-12, who have been diagnosed with Autism Spectrum Disorder.

Personal Assistance Services & Supports (PASS) supports families in managing the life skills of their children, 21 & under, who have special needs.

Respite provides time apart for families and their children, 21 & under, with special needs.

To learn more about SHRI's home-based Child & Family Services, call 401.229.9790, today!

401.229.9790, 68 Cumberland St., Woonsocket • 401.921.1470, 178 Norwood Ave., Cranston

Children's Services

Helping Your Child to Thrive

Our caring team of specialists offer expertise in child development, behavioral health, behavior management & developmental disabilities.

Home-Based Therapeutic Services (HBTS)

Specialized Coaching for Families

Personal Assistance Services (PASS)

Family-Directed Support Services



401-293-5790

*Over 40 years experience supporting
optimal development*


Looking Upwards

Understanding Executive Function

Helping Your Child With Executive Dysfunction

From The Wolf School

For most of us, executive function skills have become second nature. When we have a full to-do list – our brain automatically kicks in to help us prioritize. When plans we made weeks ago change at the last minute, our flexible thinking comes out and helps us go with the flow. Executive function skills are required for practically everything that we do in day-to-day life, and in these recent challenging months executive function skills have become even more criti-

cal. But what happens when you struggle with executive dysfunction?

Many Complex Learners, or students with more than one learning difference, struggle with executive functioning skills like planning, organizing, impulse control, flexible thinking, working memory, and emotional control. When a child struggles with executive function, it's not always easily recognized. This struggle can present itself in a multitude of ways like issues with time management or starting a task, being easily distracted, having very big reactions to little things due to poor self-regulation, poor listening skills, and trouble with working memory.

While executive dysfunction can lead to problems at school, these issues don't just present in the classroom. Parents are often left wondering what they can do to help their child at home.

We've adapted some of the Wolf School's favorite tips and strategies for you to use at home. Read on for 4 ways you can help your child with executive dysfunction at home!

Be clear

When talking with your child, be clear as you describe the plan for the day. This can help alleviate anxiety when they know what they are expected to be doing and what comes next. Break down the plan for them by explaining that first, we have to clean our rooms and then we can go to the park

Complex Learners who struggle with executive function often struggle with how to start a task or what a finished product will look like so it's important to be clear in your directions. It can be easy to get frustrated when you instruct your child to set the table and come out to find nothing has been done. But your child may not understand the steps it takes to get to a fully set table. So, break it down for them by breaking it into chunks. First, get your supplies of plates, cutlery, napkins, and

Creating the Connections

Training & Resources for Rhode Island



Outreach and Support for individuals and families.

- **Gain a better understanding** of your child's development and how to access screenings.
- **Family support** to individuals with ASD or other developmental delays and their families who are navigating systems of care.
- **Tele-education** to increase access to resources that promote screening, evaluation, diagnosis and enrollment in appropriate services.

(401) 785-2666

www.theautismproject.org

The Autism Project is an affiliate of Gateway Healthcare, a Lifespan Partner.



@autismprojectRI

glasses. Then, set 4 plates down in front of each seat. Next, place a napkin to the left of each plate, finally put one fork and one knife on each napkin. Finally, put a glass in front of every plate.

Use visuals and minimize distractions

When a child struggles with executive function, their brains can easily be overloaded with information that they just aren't capable of holding onto. This is because they struggle with working memory. That means that even simple directions can feel overwhelming to your child. To help this, try using visuals and minimizing distractions. One of Wolf's favorite techniques is to take photos of what "ready" looks like. If your child never seems to remember all the steps it takes to be ready to leave the house for school. One day work with them step by step and take a photo of the final look (backpack

packed and on, shoes and jacket on, teeth brushed, etc.). This can help you decrease language in your instructions by being able to prompt them to simply match the photo.

When your child is tasked with organizing their school folders, it can be easy to agree to let them do it in front of the television or in the kitchen as you're getting dinner ready. But children with executive dysfunction are easily distracted internally (by their own thoughts and imagination) and externally (by what's happening around them). When you give them a task like planning or organizing that they may already struggle with, have them work in an environment that's as distraction-free as possible.

Encourage Self Talk

Working through an assignment or task can take a lot of work for Complex Learners.

(Continued)



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LEARNING
PARTNERS**
MAKING PROGRESS POSSIBLE

AUTISM SERVICES
Early Intervention ABA Services
Social Skills Training
Parent Training & Participation
Focused In-Home ABA Therapy

(818) 241-6780 x551

We accept most major insurance plans, including Medicaid!
www.AutismLearningPartners.com

Encourage them to talk themselves through the situation. Sometimes saying the first step out loud can prompt your child to remember the next step and when they say it themselves, you are helping to encourage independence in your child!

Be sure to model this for your child as you work through things on your own. As you're driving around, say to yourself, "First I need to go to the bank, next I have to go to the dry cleaners, and last I will go to the grocery store."

Be a helper

You can help your child work through their executive function issues without taking over and doing the task for them. First, it's important to let your child know that you understand their struggle but know they can do it! Even saying simple things like "I know planning can be really hard for you but I'm so proud to see you planning out how you're going to tackle your history project!" can make a really big difference

Also, remember that repetition can go a long way. If you see that your child is trying to complete a task themselves but keeps getting stuck on the next step, it's okay to keep repeating the plan. For Complex Learners, it can take some time before they are able to fully process everything that has been said to them.

Finally, to help your child with working memory have them repeat the plan for the day or the instructions back to you. This can help them with language processing and with comprehension.

Struggling with executive function can make seemingly simple tasks difficult but with patience and the right strategies, you can help your child strengthen



Community Care Alliance (CCA) 235-7000

800 Clinton St., Woonsocket
www.communitycareri.org

●Children's Behavioral Health Services - 235-7410

800 Clinton Street, Woonsocket
www.communitycareri.org
Children's Behavioral Health Services - 235-7410

800 Clinton Street, Woonsocket
Intensive Home and Community Based, as well as Office Based Treatment for emotional and behavioral concerns. Intensive clinical services and family support. Child Psychiatry also available if needed. Walk-In Hours: Monday - Friday 8:30 -11:00 AM. Also offering programs for Teens and Young Adults and Adults

●Behavioral Health Crisis/ Emergency Services 401-235-7120 Early Childhood Home Visiting Programs - 401-235-6029

Help to promote the growth and development of infants and toddlers with developmental delays as well as provide family training, education and support.

Center of Excellence for Opioid Addiction Treatment- 401-235-7120
(See ad back cover.)

EBCAP Head Start & Early Head Start Home Based Program 367-2001

www.ebcap.org
(for children 0-5 and pregnant moms) EBCAP HS & EHS Home Based Program provides high quality comprehensive early childhood education services for eligible families and children from prenatal to age five. We use "Growing Great Kids" curriculum specially designed for home based programs. We provide weekly home visits and bi-monthly socialization group experience. (See Head Start page 106.)

Youth Speaking Out

Youth Speaking Out (YSO) is made up of children, youth and young adults up to age 25 years old who have personal experience living with a mental health challenge and/or are currently or formerly involved with “systems” (ex. DCYF, Juvenile Justice, Special Education). We also have a desire to make a positive impact on Rhode Island’s child and family serving systems, to advocate for ourselves and our peers, reduce mental health and related stigmas, and to give back to our community. All High School Students Welcome!!



For more information call
401-467-6855 or visit psnri.org/youth

Community Action Programs

Community Action Programs (CAPs) serve to address the needs of economically disadvantaged and working families throughout RI. CAPs generally provide employment assistance, education, you and family support, basic needs, financial and health counseling, and senior services. CAPs also administer Low-Income Heating and Energy Assistance Program (LIHEAP) funding from October - April. For more information, contact your local CAP agency. *(Also see Education section.)*

Blackstone Valley Community Action Program	bvcap.org	401-723-4520	Pawtucket, Central Falls, Lincoln, Cumberland, Woonsocket
Community Action Partnership of Providence	cappr.org	401-273-2000	Providence
Community Care Alliance	communitycareri.org	401-235-7000	Woonsocket
Comprehensive Community Action Program	comcap.org	401-467-9610	Cranston, Foster, Scituate, Coventry
East Bay Community Action Program - Upper Bay Region	ebcap.org	401-437-1000	East Providence, Warren, Bristol, Barrington
East Bay Community Action Program - Lower Bay Region	ebcap.org	401-847-7821	Newport, Portsmouth, Tiverton, Middletown, Jamestown, Little Compton
Rhode Island Community Action Association	ricommunityaction.org	401-941-0774	Cranston
Tri-Town Community Action – Northern Region	tri-town.org	401-351-2750	North Providence, Johnston, North Smithfield, Burrillville, Gloucester
Tri-Town Community Action – Southern Region	sccainc.org	401-351-2750	Exeter, Charlestown, Narragansett, West Warwick, Hopkinton, North Kingstown, South Kingstown, Richmond, West Greenwich, New Shoreham
Westbay Community Action, Inc.	westbaycap.org	401-732-4666	Warwick, West Warwick, East Greenwich

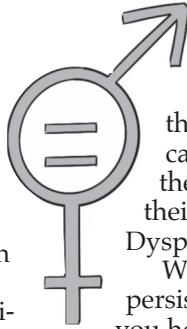
Gender Identity in Children

By Sandra Richard, Past President, PFLAG Greater Providence

When we talk about gender identity, dismiss entirely the idea of gender as being binary. Gender exists on a spectrum. Gender is a part of a person's internal sense of self. It can be female, male, neither, or both!

At 3-4 years old children begin to understand their sense of self. For most, they will identify as either female or male matching the gender assigned at birth (cisgender); but for others they may insist that they are the opposite of the gender assigned at birth (transgender) or feel that neither female or male suits how they feel about their own gender (non-binary or gender diverse).

Gender is a journey for some children and their families, but it isn't completely linear or predictable. According to Col Williams, a psychologist in the Gender Management Service at Boston Children's Hospital,



As parents, we need to listen to our children. To insist they are the gender they were assigned at birth can cause intense discomfort when their sense of self does not match their physical attributes (Gender Dysphoria).

When your child is insistent, persistent, and consistent in telling you how they feel about themselves and their gender, listen and believe them. If you are not sure what to do, contact a medical specialist in pediatric/adolescent gender and sexual health and/or a therapist who specializes in gender identity in children.

It's also very important to support your child by using their preferred name and pronouns. It is especially helpful in protecting against the risk of depression and suicide in teens. "Using your child's chosen language is an incredibly important way to communicate love, support and affirmation," says Williams.

You can find support by connecting with PFLAG, a national non-profit volunteer-led organization providing support to families with LGBTQ loved ones, whose mission in addition to support is to educate themselves and others about the unique issues and challenges facing the LGBTQ community and to advocate to create policies and laws that achieve full equality for members of the LGBTQ community. Go to www.PFLAG.org to find a Chapter near you. ●

"A person's gender identity can shift and change over time as they grow. At its heart it's a journey of authenticity and of just trying to be themselves."

FOR FAMILIES

Kids' Link RI.. 1-855-543-5465

24-hour, free, confidential phone line that connects parents and caregivers to clinicians to help them access children's services in Rhode Island and determine the best place to go for treatment and counseling.

Kids Peace New England

..... 1-800-257-3223

www.kidspeace.org
Provides short- and long-term residential programs for children ages 8-18 exhibiting various emotional and/or behavioral difficulties at home or school. Also Autistic Spectrum Disorder residential and day treatment programs.

Run Away Services

..... 1-800-RUN-AWAY

www.1800runaway.org
Crisis line for runaways or parents of runaways.

SibLink 444-8945

www.siblink.lifespan.org
A program that provides support for siblings of children with chronic illnesses or disabilities.

Women & Infants Hospital

●**Women & Infants Hospital Center for Children and Families –**
..... 401-274-1122, ext. 48935

As a parent, you want the best for your child. At Women & Infants, we offer a variety of inpatient and outpatient services to help you and your family:

- **Autism Spectrum Disorders Clinic**
- **Behavior and Development Clinic**
- **Infant Toddler Sleep Service**

Youth Pride RI 421-5626

www.youthprideri.org
Provides support, advocacy, and education for youth and young adults (ages 13-23) impacted by sexual orientation and gender identity/expression.



ADDult Support Group of RI hotline 1-415-555-1234

www.RIADDults.org
A non-profit and educational organization for adults with ADD or ADHD. Meetings cancelled until further notice due to Covid.

AIDS Project RI 831-5522

www.aidsprojectri.org
55 Hope St., Prov. This community-based organization helps local individuals and families cope with AIDS. By appt.

Boys Town New England
(See listing under Adolescents.)

Blackstone Valley Prevention Coalition 766-3332

blackstonevalleypreventioncoalition.com
Formerly 7 distinct Prevention Coalitions, BVPC is now a regional Prevention Coalition comprised from Burrillville, Central Falls, Cumberland, Lincoln, North Smithfield, Pawtucket and Woonsocket. (See ad next page.)

Care New England (CNE) Behavioral Health Services Call Center 844-401-0111

24 hour/7 days per week service designed to help patients or providers access all behavioral health or addiction services provided by CNE. Programs include inpatient, partial hospitalization (day programs), intensive outpatient or outpatient (appointment with a behavioral health specialist). Specialty programs include addictions services, young adult, adolescent and the obsessive compulsive and anxiety disorders program.

FAMILY SERVICES

Child & Family

31 John Clarke Rd., Middletown
..... 849-2300

1268 Eddy St., Providence
..... 781-3669

www.childandfamilyri.com
Services and programs offered include Child Care, Individual, Family and Substance Abuse Counseling, Family Care Coordinating Programs, Elder Care Services, and much more.

Children's Friend 276-4300

www.cfsri.org
153 Summer St., Providence.
Children's Friend is the innovative leader in improving the well-being and healthy development of RI's most vulnerable young children. We accomplish this by providing flexible, effective, and culturally-relevant services, and advocating for programs and policies that support and strengthen these children and their families.

Project Connect: (See information under Addiction, page 65.)

Project Family: Project Family helps to avoid the unnecessary placement of children in foster care by intervening early and working to support and strengthen the entire family. Project Family provides home-based services for families statewide identified by the Department of Children, Youth and Families (DCYF).

Project Family effectively helps parents improve their parenting skills, meet their family's basic needs, and access community resources such as mental health or substance abuse treatment. For more information please contact Rachel Cooper at 401-276-4373 or rcooper@cfsri.org.
(Also see page 32 and ad on page 34.)



THE BANDANA PROJECT

Step **1** TIE BANDANA TO BACKPACK

Step **2** FIGHT STIGMA

SHOW SUPPORT FOR MENTAL HEALTH

TAKE A BANDANA

SPREAD AWARENESS SHARE RESOURCES



SCAN CODE FOR MORE INFORMATION



VISIT OUR WEBSITE:
blackstonevalleypreventioncoalition.com

The Difference Between Big “T” and Little “t” Trauma, and What Parents Can Do to Help

by Karen Oliveira, LICSW

When we hear the term trauma we often think of big “T” trauma, extreme life-threatening events that are deeply disturbing and provoke psychological distress due to being victim of or directly witnessing natural disasters, war, violence or violent crimes, severe accidents, or school shootings.

However, little “t” trauma, can have serious psychological implications if an adult or child do not have the internal coping mechanisms, to promote resilience. There is no fault to not having coping skills. This means a person has not yet learned these coping strategies and now has the opportunity to learn, through support of a counselor.

Situations such as bullying, discrimination, emotional abuse and neglect, loss (person, pet, job, etc.), untreated mental illness of a parent, and divorce are some examples of little “t” trauma. These are stressful life occurrences which have the potential of leading to more serious psychological problems, such as anxiety and depression, if the person does not have the capacity to cope and does not get support.

Behavioral Signs of Trauma



The behavioral signs of trauma may look different depending on a person’s developmental stage. However, some common signs of trauma across stages can be:

- Changes in behavior
- Anxiety, fear and worry about self and others
- Angry outbursts and aggression

- Increased somatic complaints (e.g., headaches, stomachaches, and chest pains in older children thru adulthood.

For a more extensive list for children, see the Child Trauma Toolkit for Educators at http://www.nctsn.org/nctsn_asset/s/pdfs/Child_Trauma_Toolkit_Final.pdf

How Parents Can Help

- 1) Educate yourself about the symptoms of trauma in your child and in you.
- 2) Validate types “T” and “t” trauma since the recognition of trauma can promote recovery.
- 3) Confide in professionals you know such as a school social worker or psychologist. They can connect you and your child to outside professionals if needed.

Most importantly, be kind and gentle to yourself as a parent. You don’t know until you know, and that is when you have the power to make changes. ●

Karen is a Licensed Independent Clinical Social Worker (LICSW) in Rhode Island and former Assistant Professor at RI College School of Social Work. For more information you can reach Karen at 508-343-0379 or karen@kintsugicenterforhealing.com

Kids’ Link RI (1-855-543-5465) is 24-hour, free, confidential phone line that connects parents and caregivers to clinicians to help them access children’s services in Rhode Island and determine the best place to go for treatment and counseling.

FAMILY SERVICES

Clinical Services for Youth (CSY) 246-1195

www.ebcap.org
2 Old County Rd., Barrington
Offers crisis intervention, counseling and outreach geared toward meeting the needs of and achieving stability for youth ages 5-17 and their families, who reside in the East Bay.

Comprehensive Community Action Program 467-9610

www.comcap.org
Largest community action program in Rhode Island providing Family Medicine & Dental Care; Behavior Health Services & Substance Abuse Counseling; Head Start & Child Care; Family Development Services; Social Services, WIC Nutrition Program, Food Bank, Home Heating & Energy Assurances to health services. (See page 55 for other Community Action Programs.)

Crossroads RI 521-2255

www.crossroadsri.org
160 Broad St., Providence.
Provides housing and services to individuals and families homeless in Rhode Island.

Department of Human Services (DHS)

..... 1-855-MY-RIDHS

www.dhs.ri.gov
DHS provides critical benefits and programs to all Rhode Islanders who need it - including veterans, people with disabilities, elders, young adults, pregnant/parenting teens, and families - to achieve their goals. Services include child care subsidies, temporary cash assistance, job training services, food assistance (SNAP) and home energy assistance.

PeaceLove Studios ... 475-9778

www.peacelove.org
PeaceLove is dedicated to breaking the "silence" surrounding mental illness through art/creative expression.

FAB - For Anything But alcohol, drugs or tobacco. Providing substance-free activities in the community, fostering a role model approach to underage substance use and prevention. weirdgirlcreations.com.

Family Service of RI 331-1350

familyserviceri.org
FSRI has three Providence offices (134 Thurbers, 55 Hope and 9 Pleasant), and provides impactful services state-wide. Advancing Health, Healing, Hope and Home strategies, FSRI provides 30+ trauma-informed, science-based programs - such as foster care, residential youth care, early intervention, first connections, school-based programs, homeless diversion, family strengthening programs, victims services, trauma interventions and more. We lead the South

Providence Health Equity Zone (HEZ). FSRI's AIDS Project RI program stands against the stigma and provides services to those living with, affected by, and at-risk for HIV/AIDS in our community. FSRI's Mt.

Pleasant Academy, a school certified as both a regular and special education facility, supports children with IEPs and 504 Accommodation Plans. FSRI's affiliate, Lucy's Hearth, provides emergency shelter and housing.

Family Therapy Clinic 444-3967

Rhode Island Hospital provides help with parenting issues, especially with adolescents, relationship and women's issues, marital issues, mental illness, life stage adjustments or role changing issues, and issues pertaining to the loss due to death or divorce, etc.



Goodwill Industries

..... 861-2080

www.goodwillsne.org
100 Houghton St., Providence
Goodwill is a vocational rehabilitation agency that provides job training and employment services for those with disabilities and other barriers to employment.

The Groden Center

..... 274-6310

Wide range of programs that support children and adolescents with developmental disabilities by partnering with families to provide effective, evidence based, therapeutic services and learning opportunities to promote greater independence and fulfilling quality of life. We provide services in the home, community, schools, and in our life skills clinic to both individuals with Autism Spectrum Disorder and other developmental delays and their families.

To learn more about Community and Home Therapeutic Services, contact Jessica Boettger at 401-274-6310 ext. 1272 or jboettger@grodencenter.org
(See ad page 37, 44, and 50.)

International House of R.I.

..... 421-7181

www.ihouseri.org
8 Stimson Ave., Prov. Helps temporary international residents of RI.

Jewish Collaborative Services (JCS)

..... 331-1244

www.jcsri.org
1165 North Main Street, Providence
The mission is to sustain, nurture and strengthen the well-being of seniors, adults, children and families and to ensure access to a full continuum of care through the life cycle, within the framework of Jewish tradition and values.

(See Senior Section as well.)

● **Adoption Options**

(See section on Adoption.)

● **The Counseling Center:**

A non-sectarian program of Jewish Collaborative Services (JCS), The Counseling Center provides psychotherapy for individuals, children and families.

● **The Louis & Goldie Chester K kosher Food Pantry**

John Hope Settlement House

..... 421-6993

7 Thomas P. Whitten Way, Providence. Offers a family-life education program.

Jonnycake Center

..... 789-1559

jonnycakecenter.org
1231 Kingston Road, Peace Dale.
Aids low-income families by offering food, clothing and household items, and emergency assistance.

Looking Upwards' Children's Services

..... 293-5790, ext. 300

2974 East Main Road, Portsmouth
www.lookingupwards.org
Supporting children with special healthcare needs to develop to their fullest potential is the focus of Looking Upwards' children's program. To promote children's growth, we bring together expertise in a wide array of disciplines. Our caring clinical team listens to each family's goals for their child and creates an individualized plan. Services are offered in the child's home, community, school and other natural settings. We help children to develop their strengths, learn new skills and successfully participate in the world around them. Services are available for children from birth to young adults and include: Early Intervention, Home Based Therapeutic Services (HBTS), Personal Assistant and Support Services (PASS), School-to-Career Transition, and Behavioral Consulting Services. For more information call Connie Cherveney at 293-5790 ext. 300. (See ad pages 38 & 51.)

FAMILY SERVICES

Meals on Wheels 351-6700

70 Bath St., Prov. www.RIMeals.org
Provides meals to seniors.
Volunteers and donations welcome.

Meeting Street 533-9100

1000 Eddy Street, Providence
meetingstreet.org
Meeting Street provides high-quality inclusive education in a state-of-the-art environment to help all students reach their full potential. Programs available for children ages six weeks to 24 years.

Navy Fleet & Family Support Center 841-2283

1260 Peary Street, Newport
www.cnic.navy.mil/newport/index.htm
Parenting classes and various family workshops available to all Rhode Island military families including National Guard and Reserve.

The Parent Support Network of RI 467-6855

535 Centerville Rd., Suite. 202, Warwick www.psnri.org
Provides support, education, and advocacy training for families of children and youth with emotional and behavioral difficulties.

●**The Peer Mentoring Program Warm Line 467-6855**
Parents can call in Monday through Friday 9:00am-5:00 pm for emotional support, educational guidance, etc. This is a statewide program.
(See ad page 29.)

Parents, Families & Friends of Lesbians and Gays (PFLAG)

Helpline 307-1802
www.pflagprovidence.org

Support group for parents, families and friends of gays and lesbians, to share support and understanding about homosexuality. Meetings are the 1st Wednesday of the month at the MET School, 325 Public St., Prov. at 6:45-8:00pm and 2nd Monday of the month at the Channing Memorial Church, 135 Pelham Street in Newport. (See article page 56.)

Parent Support Group (Bradley Hospital)

..... 432-1205

email bradleygroups@lifespan.org
For parents and families of children with emotional, behavioral, psychiatric, or developmental challenges. Meets monthly, 2nd Thursday, 6:30-8pm in the Pine Room at Bradley Hospital. Babysitting is available but must be scheduled in advance.

Other Support groups include:

●**Friend social skills group:** A weekly social skills group for children and parents.

●**T.A.G. (Teen Anxiety Group):** A weekly anxiety management group for teens and their parents or guardians.

●**Incredible Years group:** A weekly group for parents of children who have low frustration tolerance. Visit www.lifespan.org/events/parent-support-group for more groups and information.

Project Link 453-7618

528 North Main St., Providence
www.providencecenter.org/womens-day

The Providence Center's outpatient treatment program that specializes in improving the health and well-being of pregnant women and women with young children who are impacted by substance abuse and mental health issues.

The Providence Center

..... 276-4020

530 North Main St., Providence
www.providencecenter.org
The Providence Center provides treatment and supportive services to adults, children, adolescents and families who experience mental health, addiction, emotional or behavioral problems.



Rhode Island Donation Exchange 831-5511
www.donationexchange.org

100 Dupont Drive, Prov.
 Founded in 1992, the mission of The RI Donation Exchange Program (RIDEP) is to improve the quality of life for those individuals and families least able to meet their basic needs. By appointment only!

R.I. Community Food Bank 942-6325

www.rifoodbank.org
 200 Niantic Ave., Providence
 Distributes food to emergency food pantries, soup kitchens and others.

RI Office of Veteran Services 921-2119

Veterans Crisis Line 1-800-273-8255 (press 1)

www.vets.ri.gov
www.riserves.org
 560 Jefferson Boulevard, Suite 206, Warwick. The Rhode Island Office of Veterans Affairs serves the Ocean State's 61,078 Veterans and their families. We execute our mission through (1) the RI Veterans Home, (2) the RI Veterans Memorial Cemetery, and (3) the RI Veterans Resource Center. The new RI Veterans Home is a state-of-the-art facility that allows our resident-veterans an opportunity to live independently while providing them with access to the skilled nursing care they need. The RI Veterans Memorial Cemetery provides a dignified resting place for our Veterans and their eligible spouses or dependents. It also has several monuments and memorials dedicated to the various war eras, military branches, and veterans groups. The RI Veterans Resource Centers serves as the coordination center for RIServes, a network of service providers serving the veteran community. It serves as a "no wrong door" entry point for veterans, service members and their families to access the services and benefits they've earned.

Self-Determination

Every parent wants their child to lead a happy, productive life. They hope their child will be part of a community, have friends, find meaningful employment, live as independently as possible, and enjoy health and well-being. The self-determination skills children develop early in life can provide a strong foundation for success in adulthood. As with learning any new skill, it takes time and practice. For this reason, parents need to think about ways to promote choice-making, decision-making, goal-setting, and problem-solving throughout the early, middle, and teen years.

As a parent, you may wonder how to help your child learn to control his/her life and future while at the same time keeping him safe from harm. This may be especially true if your child has a disability. Taking risks is often part of taking steps toward independence and self-determination. Some parents do not want their children to take any risks and so they limit their child's experiences to only "safe" ones. The challenge is to manage risk, not avoid it. Risk increases when skill, experience and support are limited. Likewise, increasing your child's skill, experience and/or supports can reduce the risk.

Providing many opportunities for your child to make meaningful decisions that impact his/her daily life is important. Making meaningful decisions starts with careful consideration of the choices that are available. Offering a wide range of choices in matters big and small can help your child discover his/her preferences, interests, strengths and learning styles. This knowledge can help your child build a fulfilling life that reflects his or her own dreams. ●

From the Paul V. Sherlock Center on Disabilities at RIC

FAMILY SERVICES

RIPIN Cedar Family Center

..... 270-0101, x365

300 Jefferson Blvd., Ste 300, Warwick
Information, community supports,
and access to clinical expertise for
Medicaid-eligible families of chil-
dren and youth with special health
care needs. Call or email
RIPINCedarFamilyCenter@ripin.org.

RIPIN Family Voices:

familyvoices@ripin.org

Staffed by family members who
have first-hand experience and
training in navigating complex
health care services and programs.
Peer Professionals help families with
health, education, and community-
based resources available to those
with special needs. Offers monthly
Peer Support Group for caregivers
of children and youth with special
healthcare needs (*see ad page 49*).

R.I.S.E. 421-2010

(Rhode Islanders Sponsoring
Education) www.riseonline.org
Scholarships and mentors for
children with a parental history of
incarceration.

Ronald McDonald House

..... 274-4447

www.rmhprovidence.org

45 Gay St., Providence

Provides a place for families
to call home while their sick
child receives treatment in a
hospital, enabling them to
stay close at no cost.

Families are never turned
away due to their inability to
pay. The House provides all
the comforts of home, plus the com-
passion and hospitality of staff, vol-
unteers, and other families — all just
steps away from the hospital.



Samaritans of Rhode Island Hotline

..... 272-4044

..... 1-800-365-4044

www.samaritansri.org

Safe Place - support group for
adults who have lost a loved one or
friend to suicide. The program is

free and meets each Tuesday
evening from 6:30pm-8:30pm
(excluding holidays) at the First
Unitarian Church Community
Center, 1 Benevolent St., Providence.
(NOTE: No In-Person During Covid)

St. Mary's Home for Children

..... 53-3900

www.smhfc.org

420 Fruit Hill Ave. North Providence
Serving all of Rhode Island, St.
Mary's is a non-profit mental health
organization which works with chil-
dren and families affected by trauma
and mental illness. St. Mary's oper-
ates residential services for children,
office- and community-based servic-
es for children and adults through
its Shepherd Program, and a special
education school called The George
N. Hunt Campus School.

STEP Groups 874-5956

<http://www.uri.edu/cftclinic>

2 Lower College Rd., Kingston

The URI Family Therapy Clinic

offers 7-week STEP (Systematic
Training for Effective Parenting)

program for parents of young chil-
dren (ages 1-6), middle school chil-
dren, and teens. Parents learn com-
munication skills, positive discipline
techniques, ways to build self-
esteem and more. Individual or
group.

J. Arthur Trudeau Memorial Center

..... 739-2700

3445 Post Road, Warwick

www.trudeaucenter.org

Promoting an enhanced quality of
life for children and adults with
developmental disabilities.

West Bay Community Action (WBCAP)

..... 732-4660

www.westbaycap.org

205 Buttonwoods Ave., Warwick

WBCA is the only multi-service
agency serving the basic needs of
Kent County residents. We help
individuals and families become
self-sufficient & improve their lives.

●The Business Services Division

Assessment, education, training, and job placement. The division works with employers throughout the region to link them with job-ready employment candidates.

●**Children's Service Division** prides itself in delivering high quality comprehensive early care and education programs for children & families.

●**Family Resources** includes programs addressing housing, food services and more.



CODAC

Cranston	461-5056
Providence	942-1450
Newport	846-4150
South County	789-0934
East Bay	434-4999
Pawtucket	808-6278
Health Lane-Thrive	384-7300

24/7 Access to Care:
490-0716 or 383-0301(Spanish)

www.codacinc.org
 CODAC is RI's oldest and largest provider of opioid treatment and related behavioral health services. With seven community-based locations statewide, CODAC has been a leader in creating and adopting programming that reflects emergent need in opioid treatment and recovery and integrates evidence-based programs and best practice standards into service delivery. As part of our commitment to providing whole person care, CODAC has implemented onsite psychiatric and mental health services, trauma-informed care, and specialized counseling groups for specific patient populations. All CODAC sites are certified Centers of Excellence, offering medication assisted treatment with all three FDA approved medications for the treatment of opioid use disorder. CODAC has established a nationally recognized tobacco cessation program (Tobacco Cessation Services of RI), and a treatment/referral program for problem gambling. In partnership with the Rhode Island Department of Corrections, CODAC established the first comprehensive MAT program in a prison in the country and has subsequently established a similar program at the Ludlow County Prison in MA.

ADDICTION

**Anchor Recovery
Community Center**

..... **889-5770 or 721-5100**

www.anchorrecovery.org

Butler Hospital

..... **1-844-401-0111**

www.butler.org

Butler Hospital is the only private, nonprofit psychiatric and substance abuse hospital in Rhode Island and southeastern New England and serves seniors, adults, young adults and adolescents.

Caritas Arts **463-8829**

70 East Street, Cranston

Serves adolescent substance abusers and their families.

Children's Friend **276-4300**

www.cfsri.org

153 Summer St., Providence.

Project Connect: Project Connect is the only program in the state that works with DCYF to keep children safe and strengthen families by helping parents achieve a substance-free lifestyle. The program is intensive, home-based, and provides services for an average of one year. The Project Connect staff is specially trained in substance abuse and child welfare risk assessment.

For more information please contact Rachel Cooper at 401.276.4373 or rcooper@cfsri.org.

Community Care Alliance (CCA) 235-7000

800 Clinton Street, Woonsocket

***Behavioral Health Crisis/Emergency 401-235-7120**

***BH LINK** - Alternative to MH/ Substance abuse Emergency Room. 975 Waterman Ave. East Providence. (24 hours) 401-414-5466

***Adult Open Access/Intake-** Comprehensive Biopsychosocial assessment on a walk-in basis. Monday - Friday, 8:00 AM – 2:00 PM 401-235-7121

***Children's Behavioral Health Services** -Intensive home, community and office-based treatment for emotional and behavioral concerns. Child Psychiatry available if needed. 800 Clinton Street (lower level), Woonsocket. Walk-In Hours: Monday - Friday 8:30am - 11:00am 401-235-7410

***Adult Outpatient Services** - Co-occurring mental and substance use disorder services.

(Continued CCA)

***Serenity Center** - Peer-run center offers individual recovery support and many recovery groups. 66 Social Street, Woonsocket 401-808-4810

***FCCP** - Free Family preservation program (*see back cover*) Transitional and Integrated Health Services 401-235-7121 For more information visit www.communitycareri.org

Partnership to End Addiction 1-855-DRUGFREE

www.drugfree.org
Website has loads of resources, tips for parents and teens. Resource for services in Rhode Island.

Phoenix House 441-6107 OR 888-392-7867

phoenixhousene.org/rhode-island
Helping individuals reclaim their lives through effective substance use and behavioral health care.

The Providence Center 276-4020

www.providencecenter.org

Treatment works.
Recovery is possible.

Primary care providers offer Medication-Assisted Treatment (MAT) at Thundermist Health Center.

Call (401) 767-4100 to learn more about our MAT and primary care services.

Woonsocket • West Warwick • Wakefield



Everyone Can Be A First Responder. Carry Naloxone.

Did you know that one in three opioid overdoses in Rhode Island occurred in public places? Overdoses can happen in everyday places and sometimes in plain sight including streets, sidewalks, parking lots, restaurants, stores, and beaches.



"Naloxone - sometimes called Narcan® - is a life-saving medicine that you can get at a local pharmacy without a prescription from a healthcare provider."

We all have a role to play in reversing our local overdose crisis. One important role is carrying the overdose reversal medicine, naloxone. Naloxone - sometimes called Narcan® - is a life-saving medicine that you can get at a local pharmacy without a prescription from a healthcare provider. When you buy naloxone at a pharmacy, the pharmacist will show you how to use it.

All health insurers in Rhode Island cover at least one type of generic naloxone with a no cost/low-cost co-payment. Medicaid fully covers the cost of generic naloxone and Narcan® single-step intranasal spray.

Naloxone facts:

- Naloxone can be safely administered by lay people.
- It is easy to use as a nasal spray.
- If you think that someone is overdosing, call 9-1-1 first.

- People who administer naloxone to someone who is overdosing are legally protected by Rhode Island's Good Samaritan Law.

For more resources on how to get naloxone, visit:

**PreventOverdoseRI.org/
get-naloxone**

Treatment and recovery support services are available 24 hours a day, seven days a week with BH Link. To get help for you or a loved one, call the **BH Link Crisis Hotline** **401-414-LINK (5465)** or go to the **BH Link Walk-In Center** located at 975 Waterman Ave., East Providence, RI 02914. Hablamos español.

Data source: Rhode Island Department of Health (RIDOH) Emergency Medical Services (EMS), 2018

AN OVERDOSE DOESN'T MEAN IT'S OVER

NALOXONE SAVES LIVES

GET IT AT ANY PHARMACY

PreventOverdoseRI.org



COVID-19 and Substance Use: Double Trouble for Rhode Islanders

As our communities slowly emerge from the shadow of the coronavirus pandemic, it's clear that we're not out of the woods by any means. While many restrictions have been lifted, infection rates are still—and increasingly—worrisome. In addition to the primary dangers the virus has presented, a host of related issues have affected us all, such as isolation, loss of employment, and interruptions to education. In addition, the pandemic has caused many deaths unrelated to the virus itself, by provoking an increase in substance use and associated overdoses. As hundreds of families nationwide mourn the deaths of loved ones from COVID, many more continue to grieve for losses caused by an equally relentless scourge: the substance use epidemic that has devastated our country for years. And this crisis has only grown worse with the advent of the pandemic.

Substance users are at significant risk for chronic conditions including liver, lung, and heart disease, as well as HIV. These in turn pose an additional danger of complications or death from COVID, especially among opioid users. The vicious cycle continues as COVID-related triggers affect users. Quarantines and social distancing requirements have caused isolation, loneliness, and depression among much of the



population, while fear and anxiety over the virus have only aggravated these feelings. Substance users have been shown in multiple studies to be especially vulnerable to such negative emotions.

Furthermore, while the current opioid epidemic has plagued communities for years, it has spiked sharply since the onset of the coronavirus pandemic. Alarming, Rhode Island saw an estimated 26% increase in overdose deaths in 2020, with an even greater surge in opioid-related deaths (33%), and the trend gives every sign of continuing.

Although the coronavirus remains a dire threat to the life and health of Rhode Islanders, the availability of effective vaccines has greatly diminished the risks for those who have been inoculated. However, the only real defense against the dangers of substance use is abstinence—NOT using—or finding treatment once the damage has been done. Parents have been called “the anti-drug” and, while it’s impossible for even the most caring parents to watch over their children at all times, modeling positive behaviors and giving firm guidance can provide a secure foundation for a healthy future life.●

*Catherine Denning
Phoenix House New England
www.phoenixhousene.org*



“Rhode Rules for Rhode Island” is a campaign to help RI residents learn about the Social Host Law which states that it is illegal to buy, provide, supply alcohol or provide a place to consumer alcohol to anyone under the age of 21.

For information, visit

www.facebook.com/SocialHostRI



FOR SENIORS

AARP of RI 248-2663
<https://local.aarp.org/providence-ri/>
 10 Orms St. Suite 200, Providence

Alzheimer's Association Rhode Island Chapter
 24/7 Helpline **1-800-272-3900**
 Local RI Chapter **421-0008**
 245 Waterman St., Suite 306, Providence. www.alz.org
 (See ad and article page 61.)

Catholic Social Services of Rhode Island, Diocese of Providence 278-2505

Community Health Network at RIPIN 432-7217
 Free or low-cost evidence-based health and wellness programs proven to work for people with chronic conditions such as arthritis, pre-diabetes, diabetes, asthma, heart disease, and depression. Programs are also available to help improve balance/prevent falls, manage chronic paid, quit tobacco use, and provide support to caregivers.

Jewish Collaborative Services (JCS) 331-1244
 1165 North Main Street, Providence www.jcsri.org (See ad page 71.)

● **Geriatric Care Management:** Provides a combination of assessment, resources and referrals to help seniors and their families manage the challenges of aging, including navigating health and memory care and senior living options.

● **Kosher Meals on Wheels:** Delivers nutritious kosher meals to homebound seniors, 60+ and disabled individuals in Providence, Pawtucket, Cranston and Warwick.

● **Kosher Senior Cafes:** Delivers nutritious kosher meals to homebound seniors, 60+ in Providence, Pawtucket, Cranston and Warwick.

● **Lifeline RI Emergency Response System:** Philip's Lifeline is offered through JCS, providing peace of mind to you and your caregiver(s).

● **Partners in Care:** Partners in Care is an AmeriCorps program that serves families in RI and Southeastern MA who have a connection with military service and are caring for an older or disabled adult. Volunteers are recruited to provide respite for those caring for family members by offering visits and companionship, recreational activities at home and in the community and assistance with small chores, errands and transportation.

● **Senior Housing Options:** *The Phyllis Siperstein Tamarisk Assisted Living Residence* and *Celebrations Adult Day Services* at Tamarisk in Warwick. For more information and a tour, call Susan Adler at 401-732-0037.

Shalom Affordable Housing- Conveniently located in Warwick. Call Shalom at 401-738-4414 for more information.

Osher Lifelong Learning Institute at URI 874-4197

<https://web.uri.edu/olli/>
 OLLI provides learning opportunities to enhance the enjoyment, meaning, and direction of adult lives as well as the health and well-being of adults. OLLI seeks to develop a community of older learners.

What is a Health Care Power of Attorney?

This is a legal document in which you designate someone to be your representative, or agent, in the event you are unable to make or communicate decisions about all aspects of your health care. It is advised that everyone over the age of 18 have a Health Care Power of Attorney.

Reducing Your Risk of Developing Dementia: The Time to Start is Now!

Are there ways to help reduce your risk of developing dementia? The quick answer is "yes". While Alzheimer's prevention has no definitive answers at this time, research has been conducted to change how we view our lifestyle habits and their relationship to Alzheimer's disease.

For many years, physicians and other professionals in dementia-related fields have believed improving lifestyle choices could decrease a person's risk. While research is not yet conclusive, it has been found that lifestyle choices may help support brain health and prevent Alzheimer's—including physical activity, nutrition, mental stimulation, and social engagement.



Many of these lifestyle changes have been shown to lower the risk of other diseases, like heart disease and diabetes, which have been linked to Alzheimer's. With few drawbacks and plenty of known benefits, healthy lifestyle choices can improve your health and possibly protect your brain.

Regular physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits,

Help starts here, Rhode Island.

We provide a place to call for everyone when they need help.

As a caregiver you've been there for a loved one, now let 2-1-1 be there for you. United Way's 2-1-1 in Rhode Island helps caregivers find the resources they need 24/7. Let our call specialists help you.



Supported by

 Citizens

2-1-1

Get Connected. Get Help.™



United Way of Rhode Island

a medically approved exercise program is a valuable part of any overall wellness plan.

Current evidence also suggests that heart-healthy eating may help protect the brain. This includes limiting the intake of sugar and saturated fats and making sure to eat plenty of fruits, vegetables, and whole grains. No one diet is best. Two diets that have been studied and may be beneficial to lowering the risk of Alzheimer's are the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet.

- The DASH diet emphasizes vegetables, fruits, fat-free or low-fat dairy products, whole grains, fish, poultry, beans, seeds, nuts and vegetable oils. The DASH diet limits sodium, sweets, sugary beverages and red meats.
- A Mediterranean diet includes relatively little red meat. It emphasizes whole grains, fruits and vegetables, fish and shellfish, and healthy fats like nuts and olive oil.

A number of studies indicate that maintaining strong social connections and keeping mentally active as we age might lower the risk of cognitive decline and Alzheimer's. Experts are not certain about the reason for this association. It may be due to direct mechanisms through which social and mental stimulation strengthen connections between nerve cells in the brain.

The U.S. Pointer Study, taking place in six locations across the country including Rhode Island, is currently active and is a lifestyle intervention trial to support brain health and prevent cognitive decline. This two-year clinical trial will evaluate whether lifestyle interventions that simultaneously target many risk factors protect cognitive function in older adults who are at increased risk for cognitive decline. U.S. POINTER is the first such study to be conduct-

ed in a large group of Americans across the United States.

The impetus for the U.S. Pointer Study came from a similar study conducted in Finland from 2009 to 2011 called the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER). Nutritional guidance, exercise, cognitive training, and social activity were the lifestyle choices assessed as part of the study. Results showed that a combination of physical and cognitive exercise, diet, and social activity protected cognitive functioning in older adults. Small changes that start today can help reduce one's risk of developing dementia later in life. To learn more about current research trials, and to learn ten ways to love your brain, call the Alzheimer's Association toll-free 24/7 Helpline at 800.272.3900.●



Here for YOU. Here for ALL.

401.331.1244

Call us today to discuss which resources may be right for you.

alzheimer's  association®

Providing care and support services throughout Rhode Island, at no cost to families.

To access any of our programs, please call our 24/7 Helpline

800.272.3900

FAMILY SERVICES

MediCare vs. Medicaid

Call toll-free at 800-633-4227

Medicare = We CARE for our aging and disabled

Medicaid = We AID our poor Medicare

MediCare is a short-term medical coverage insurance for people over the age of 65 or disabled. Medicare focuses on short-term, acute care for conditions that are expected to improve. Medicare does NOT cover long-term care.

Medicaid is a Federal and State funded health insurance program that pays for medical and health related services for people with a low income and very few assets. This includes inpatient and outpatient hospital care, preventive services, durable medical equipment, and many more services and benefits.

*** SENIOR SAFETY ***

If a Senior is **NOT SAFE AT HOME** call:
Department of Elderly Affairs ... 462-0555 or 462-3000

NEGLECT or ABUSE In a FACILITY call:
Department of Health Facilities Regulation
..... 222-5200

and the RI Attorney General Patient Abuse or Neglect, Medicaid Fraud & Drug Diversion Unit
.... 222-2566 or 274-4400

x2269
and RI Long Term Care Ombudsman 785-3340



The POINT 2-1-1
Improving lives by lending a caring hand. The POINT is a statewide resource network that provides information, referrals, and long-term care options to seniors, adults with disabilities, and caregivers. Operated by United Way of Rhode Island and linked through 2-1-1, The POINT takes 40,000 calls each year and helps aging seniors enroll in Medicare, Medicaid, and other programs that will ensure a better quality of life (see ad page 70).

Providence Village RI
..... 441-5240
www.providencevillageri.org
276 Angell Street. Providence
The Providence Village is a group of friends and neighbors working together to support those of us who want to stay in our homes and communities as we grow older. We are creating a community of mutual support by providing practical assistance like transportation, technology and home help, social activities and events, and the opportunity to make a real difference by helping one another.

RI Office of Healthy Aging (Previously RI Department of Division of Elderly Affairs)
..... 462-3000

www.oha.ri.gov
25 Howard Ave, Bldg 57, Cranston
At OHA, we believe the best way to promote healthy aging and support people is to meet them where they are. OHA's Aging and Disability Resource Network (ADRN) serves as the 'no wrong door' for older and disabled adults, as well as family caregivers, coordinating the delivery of our services and facilitating people's access to information and assistance. The ADRN, comprised of 22 partners, is divided into six geographic regions to ensure elders, adults with disabilities, and their caregivers are connected to help in their

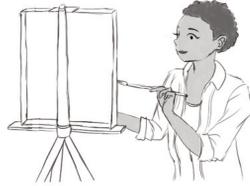
(Continued)

own – or neighboring – communities. At the center of our ADRN is The POINT – Rhode Island's statewide, multilingual call and walk-in center for elders, adults with disabilities, and their caregivers.

The POINT staff help people navigate their short- and long-term options for healthcare, housing, respite support, food assistance, and more. The POINT links people to in- and out-of-network services and assists clients with benefits enrollment. Please visit www.dea.ri.gov or call (401)462-3000 for information on OHA's services and programs.

RI Elder Info 585-0509

RIElderInfo.com is an award winning, expert-curated online resource for Rhode Island Seniors, Caregivers and Professionals. The site is tailored to the user-Senior, Caregiver or Professional. Community specific resources for all 39 cities and towns as well as information by general Topic can be found on the site. There is an Event Calendar of fun, educational or interesting things to do for Seniors and Caregivers-because aging isn't just flu shots and Bingo! The Event Calendar for Professionals contains educational opportunities as well as opportunities to expand professional networks.



The Rhode Island Office of Veterans Services 921-2119

www.vets.ri.gov
www.riserves.org
 560 Jefferson Boulevard, Suite 206, Warwick. We serve the Ocean State's 61,078 Veterans and their families. We execute our mission through (1) the RI Veterans Home, a skilled nursing care facility; (2) the RI Veterans Memorial Cemetery; and (3) the RI Veterans Resource Center, the coordination center for RIServes, a network of service providers serving the veteran community. It serves as a "no wrong door" entry point for veterans, service members and their families to access the services and benefits they've earned.

RIPIN Healthcare Advocate 1-855-747-3224 (TTY 711)

Free help and support to Rhode Islanders with Medicare and Medicaid. Help accessing doctors and medications; Long-term services and supports (LTSS) and PACE; assist with appeals, grievances, and other questions and concerns. Call or email callcenter@ripin.org



Over 7 Million people have counted on Lifeline to feel safer at home or on the go.

Lifeline RI

*It's your life.
 It's your freedom.
 It's your choice.*

- 24/7 Assistance
- Utilizes GPS
- AutoAlert fall detection
- Two-way communication
- Water resistant



Give yourself and your family peace of mind.
 Call us today: 401.331.1244 x306

Lifeline RI is a program of Jewish Collaborative Services



4 Steps To Keeping The Brain In Shape In Your Fragile Years

By Amy Cameron O'Rourke, author
of *The Fragile Years*



Our older years can provide a beautiful opportunity for connection, meaning, and joy. But staying healthy and vibrant takes some work, and that work begins with the brain.

As a professional care manager for more than 40 years, I have found four steps to be the most effective in keeping the brain in shape during the Fragile Years.

The first step: express yourself and be in touch with your emotions.

While this has not yet been studied, I've noticed that people who do not confront their emotions develop memory loss and decreased alertness much more often than those who are emotionally aware. Try confronting emotions by sharing them with family, journaling or creating art. Find your comfort zone. The important thing is to pick one or two of these activities, and practice regularly.

The second step: stay socially engaged.

When you're older, there is a higher risk of isolation, which is a predictor of memory loss. With that fact, keeps the brain working with social engagements like making friends of different ages who do things you enjoy, or volunteering at an organization. Maybe try a new art class. There are endless ideas for social engagement - age should never be a limitation.

The third step: multitask both physically and mentally.

Memory is better maintained by doing activities that stimulate the mind and body at the same time. Activities such as dusting while singing, painting while listening to music, or cooking and talking. These are all very doable in the Fragile Years.

The fourth step: taking care of hearing loss.

Hearing loss is also correlated to early memory loss. Hearing loss can be hard to identify, so it's important to pay attention to the signs and seek hearing aids if needed. One indicator that a hearing aid might be needed: when you start to ask, "What?!" a lot, suggesting that your hearing is in decline. Also, when more than one person tells you they ARE speaking loudly, believe them.

With these steps, both your brain and your quality of life will be in much better shape during your Fragile Years. ●

Road Scholar 800-454-5768

www.roadscholar.org

Our mission is to inspire adults to learn, discover and travel. Our learning adventures engage expert instructors, provide extraordinary access, and stimulate discourse and friendship among people for whom learning is the journey of a lifetime. (See website for potential Covid impact.)

Senior/Adult Centers in RI

www.seniorcenterdirectory.com/RhodeIsland/

(Visit website for a complete list of all Senior Centers in RI.) Offer a variety of programs and services to help senior citizens maintain their independence and vitality and provide a place for seniors to have the opportunity to meet and socialize with other seniors.



Programs include activities, educational classes, counseling and support groups, volunteer opportunities, and wellness programs. Many Senior Centers in RI also offer meals, help with financial and medical paperwork, transportation to and from the center, shopping trips, outings, and other social services.

RI Adult Centers for education and activities for those 50+ are for those more active. Adult centers are usually part of the Parks and Recreation Departments of city and county.

United Way 211

A free and confidential service that helps people find the local resources that they need, 24/7 (See "The Point" and ad on page 70.)



CareLink

One partner for community and post-acute solutions.



401-490-7610

www.carelinkri.org

rearley@carelinkri.org • info@carelinkri.org

400 Massasoit Avenue, Suite 113

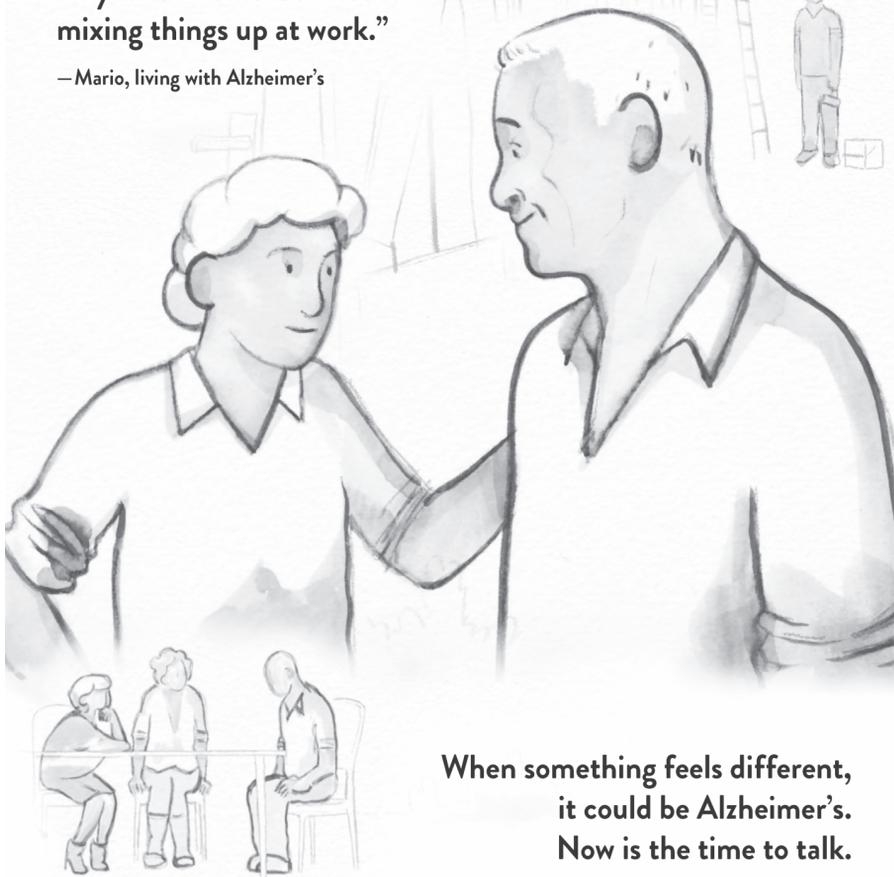
East Providence, RI 02914

CareLink is a collaborative partnership—a high-quality, responsive aging services network.

- Cathleen Naughton Associates
- Cornerstone Adult Services
- Hallworth House
- Hope Hospice
- St. Antoine Residence
- Saint Elizabeth Court
- Saint Elizabeth Home
- Saint Elizabeth Manor
- Saint Elizabeth Place
- Saint Elizabeth Terrace
- Scandinavian Rehab and Skilled Nursing
- St. Clare-Newport
- Steere House
- The Seasons
- The Villa at Saint Antoine
- Tockwotton on the Waterfront
- Visiting Nurse of HopeHealth

“My wife knew that I was mixing things up at work.”

—Mario, living with Alzheimer’s



When something feels different,
it could be Alzheimer’s.
Now is the time to talk.

Visit
alz.org/ourstories

to learn more



alzheimer’s 
association

Do Not Feed the Trolls:

Internet Safety Tips for Seniors

By Center for Cyber Safety and Education

Many dangers lurk on the internet, and seniors are favorite targets of scammers and cybercriminals because they're more likely to take the bait than other adults.

Internet trolls also love targeting the elderly, knowing they're more likely to get a reaction, which is what trolls live for.

Unfortunately, when seniors are trolled, the consequences can be even more dire because an online confrontation with someone trying to make them angry might escalate, affecting their mental, emotional and physical health. That's why it's time to teach your senior loved ones about safe online behavior so that they can avoid flame wars and know when they should respond to Internet trolls and malicious online harassment.

The Importance of Providing Seniors with Cyber Education

Seniors did not grow up with the internet like Millennials, making many older Gen X and Baby Boomers less experienced at navigating online spaces. And when they're not equipped with internet education and good online practices, they're more likely to feed the internet trolls or fall for online scams.

The social media platforms seniors use most are Facebook and LinkedIn, which means that they're more at

risk from cybercriminals who use those platforms to propagate scams and troll posts. Seniors use Facebook to connect with family and friends and to follow current events like politics.

Internet trolls follow threads with sensitive topics that are most likely to lead to heated arguments. Trolls will leave distasteful, seemingly ignorant, inflammatory and insulting comments. Many seniors may feel the urge to defend the person who was targeted by the hurtful words. Even though their intentions are good, in reality, responding may only escalate the situation.

No matter how beautifully crafted their rebuttals are, their efforts will die on the vine—or comment thread—because trolls are not looking to be proven wrong. A troll's only goal is to engage victims in an online argument, so-called flame wars.

Often, they will go to great lengths to find their victim's sensitive spots by accessing their public profiles and responding, so the victim feels attacked on a personal level.



Help the seniors in your life understand how to recognize when someone is trolling them and why they shouldn't engage, and especially why they should never share personal information with people or organizations they don't know and trust.

When they're armed with these new skills, it's easier for them to choose safer online behavior, which means ignoring a scammer, a cyberbully or troll who tries to aggravate them and provoke a never-ending battle of comments. ●

HELP DEALING WITH VIOLENCE

Child Abuse Hotline (DCYF) 1-800-742-4453

Child & Family.. 849-2300
www.childandfamilyri.com
31 John Clarke Road, Middletown
1268 Eddy St., Providence
Supportive Housing Program - Women with children under the age of 12, looking for a safe haven and a fresh start, can find caring support, guidance and a temporary place to live. Also offering life-skills training, education and vocational guidance, good parenting strategies, individual and group counseling, legal advocacy, health services and more.



Comprehensive Community Action 467-9610
www.comcap.org
Numerous programs and services including Victims of Crime Program and Anger Management Group for adolescents.

Day One 421-4100
www.dayoneri.org
100 Medway St., Providence
Offers individual counseling (on a sliding fee scale) for victims of sexual assault and domestic violence. Advocacy and support services. Hospital and police accompaniment for victims of crime.

Legal Advocacy 782-4173
www.dvrsc.org
Domestic Violence Resource Center of South County, McGrath Judicial Complex, Rte. 1, South Kingstown. Offers support and advocacy to victim of domestic violence in the family and district courts. Assist individuals in obtaining restraining orders. Provide legal and other referrals as needed. Weekdays, 8:30am-1, and 1:30-4:00pm. By appt.

TO REPORT AN INCIDENCE OF CHILD ABUSE OR NEGLECT CALL 1-800-RI-CHILD.

RI Coalition Against Domestic Violence
..... 467-9940
Hotline 1-800-494-8100

www.ricadv.org
422 Post Rd. Suite 102, Warwick
Offers information, referral, shelter, and support groups for women, children, and families. There are six member organizations (all 24-hr):

- **Blackstone Valley Advocacy Center 723-3057**
www.bvadvocacycenter.org
Pawtucket, Central Falls, Lincoln, Cumberland
- **Domestic Violence Resource Center of South County 782-3990**
www.dvrsc.org
Block Island, Narragansett, N. Kingstown, S. Kingstown, Westerly, Hope Valley, Hopkinton, Exeter, Richmond, Charlestown
- **Elizabeth Buffum Chace Center www.ebccenter.org 738-1700**
Warwick, W. Warwick, Coventry, East Greenwich, West Greenwich, Cranston, Foster, Johnston, North Providence, Scituate, N. Smithfield and Lincoln
- **Sojourner House 861-6191**
www.sojournerri.org
Providence, Woonsocket, and Northwestern RI (see additional listing)
- **Women's Resource Center of Newport and Bristol Counties 846-5263**
www.wrcnbc.org
Jamestown, Newport, Middletown, Portsmouth, Tiverton, Little Compton, Bristol, Warren, Barrington

Violence At Home



While most of us were binge watching Netflix during the pandemic, survivors of abuse were trapped in violent homes.

Last March, our world changed due to the COVID-19 pandemic. When stay-at-home orders were issued, most people were able to retreat to their homes. But not everyone had a home to retreat to, and for survivors of abuse, their home was not safe. In fact, to victims, their home was a source of fear and danger. Sojourner House, a comprehensive anti-violence agency that provides shelter, housing, and empowering services to victims of domestic violence, sexual assault, and human trafficking in Rhode Island, saw the impacts the pandemic had on survivors of abuse first-hand.

Abuse experts report that in times of crisis and disaster, rates of abuse increase. Additionally, further isolation, economic hardship, and loss of control over certain aspects of our lives create an environment where violence and abuse thrive. Without easy access to the services and support they needed to stay safe, many victims felt hopeless. For those who had escaped their abuser prior to the pandemic, the social isolation was triggering, causing many to experience anxiety, depression, and PTSD. Time and time again, survivors who were struggling with managing the day-to-day.

Many of the clients served by Sojourner House are low-income or have jobs as essential workers or in the hospitality industry, which was one of the hardest hit industries this past year. Survivors were faced with difficult choices and challenges that many of us never had to think of, such as deciding whether to stay at home with an abuser or becoming homeless; staying at home to care for their children and risk losing their job; working as an essential worker and risk bringing the virus home to loved

ones; and deciding between paying for rent or putting food on the table.

To respond to the needs of victims during the COVID-19 crisis, community-based organizations like Sojourner House pivoted. Sojourner House began answering its hotline 24/7, they launched a text line for survivors to better communicate with an advocate, they moved all services virtually, and they continued to move folks in and out of shelters and housing units. They answered 40% more crisis calls, gave out 150% more basic-necessity supplies, provided 100% more sessions of service, and served 23% more clients in 2020 than they did in 2019, indicating that community-based services were vital during the pandemic. Most astonishing was the amount of rental and utility assistance Sojourner House paid out directly to survivors. In a normal year, Sojourner House pays approximately \$26,000 for rental and utility assistance for victims. Since the pandemic began, they have paid out over \$350,000 to victims so they could stay safe and not have to make the difficult choice between returning to an abuser or becoming homeless.

Experiencing abuse at the hands of a loved one is hard enough. The pandemic brought on even more life altering challenges for survivors of abuse. As the world begins to open back up, organizations like Sojourner House haven't slowed down, and they don't expect to anytime soon. There will be long-term impacts that organizations and our communities must be prepared to address and support. For victims of abuse, ensuring that these long-term impacts are addressed is lifesaving. ●

If you or someone you know is in an abusive relationship or has experienced abuse, please call Sojourner House's 24/7 crisis hotline at 401-765-3232 or visit www.sojournerri.org for more information.

FAMILY SERVICES

Non-Violence Institute 785-2320

www.nonviolenceinstitute.org
265 Oxford St., Providence
Educates school and community groups with the history, principles and practices of nonviolence. *Outreach Specialists*, a team of community members who teach non-violence by responding immediately to crisis situations and maintaining a strong presence in the streets as mentors, mediators and advocates.

Prevent Child Abuse
24-Hour Hotline and CyberTipline
(for reporting child sexual exploitation) (800) THE-LOST
www.preventchildabuse.org
Non-profit organization dedicated to

Suicide Prevention Training Programs

Suicide Prevention Training Programs are available online and in-person for the general public, with some specialized courses for those who work with youth and/or behavioral health clinicians.

For more information on available training programs please visit:

<http://riyouthsuicidepreventionproject.org/>

<https://www.samhsa.gov/suicideprevention>, or

<http://www.health.ri.gov/violence/about/suicide/>

RI Student Assistance Services 732-8680

www.risas.org
A statewide school-based alcohol, tobacco and other drug abuse prevention/early intervention program located in 42 schools across the state. This program makes highly-trained student assistance counselors available to students and their families.

helping families raise safe and healthy children by: providing free parenting brochures and newsletters to individuals and agencies; advocating in our state and local offices on behalf of families and children; and educating Rhode Islanders about child abuse/neglect issues through public awareness campaigns.

RI Coalition Against Domestic Violence (See information page 78.)

Sojourner House 861-6191 **Shelter Phone** 765-3232

www.sojournerri.org.
386 Smith St., Providence
We are a comprehensive domestic and sexual violence organization. We provide shelter, housing, and empowering supportive services to victims of domestic violence, sexual assault, and human trafficking, and their children throughout the state of Rhode Island. We operate the state's largest residential services program for victims of abuse, which includes a shelter for women and children, the state's only shelter for male-identified victims, the state's only shelter for victims of human trafficking, transitional housing apartments, permanent supportive housing apartments, and rapid re-housing apartments. In addition to housing, we provide supportive services that assist victims with overcoming the abuse and trauma that they have experienced. Supportive services include one-on-one advocacy, support groups, clinical therapy, access to basic necessities such as food and toiletries, financial literacy education, free HIV testing, LGBTQ services, immigration legal assistance, intensive case management, legal advocacy, services for youth who witness or experience abuse in their homes, and professional training and prevention education. Sojourner House operates the only drop-in center in the greater Providence area -

giving victims and community members access to critical supports and services when and where they need it most. Founded in 1976, our mission is to promote healthy relationships by providing culturally sensitive support, advocacy, and education for victims and survivors of domestic and sexual violence; and to effect systems change. For more information, or to talk to an advocate, please call our **Drop-In Center at 401-861-6191, or our Shelter at 401-765-3232.** Our Drop-In Center is located at 386 Smith Street in Providence and is open Monday through Friday 9am-5pm and Thursdays 9am-7pm. Our services are available statewide and we have locations in Providence, Woonsocket, and northwestern Rhode Island.

St. Mary's Home for Children
..... 353-3900

www.smhfc.org
420 Fruit Hill Ave. North Providence
Comprehensive treatment facility for boys and girls who may have been traumatized by abuse, as well as those experiencing psychiatric and/or emotional impacts. Children are treated and cared for in both the residential treatment program located in North Providence and the outpatient facility, the Shepherd Program, located in North Prov.

Victims of Crime Helpline
24 Hours 1-800-494-8100

Violence and Injury Prevention 222-7627
health.ri.gov/violence
Resource of violence and injury prevention programs.

National Suicide Prevention Lifeline
... 1-800-273-TALK (8255)
This lifeline will connect you to local services.

MORE RESOURCES & SUPPORT



(ADHD) CHADD 369-0045
www.chadd.net/810 Meets first Wednesday of the month, 7-9pm at Bradley Hospital. Promotes and provides education and support for ADHD in adults and children.

AIDS Care Ocean State 521-3603
18 Parkis Ave., Providence
www.aidscares.org

Arthritis Foundation, New England Region, Inc. 800-283-7800
2348 Post Road, Suite 104, Warwick
www.arthritis.org/rhode-island/
Your local Arthritis Foundation chapter offers information, programs and services to assist you.

Asperger/Autism Network
..... 617-393-3824
www.aane.org
Support group for parents of adults or older children with Asperger's Disorder. Meets second Monday of the month during the school year in the Pine Room at Bradley Hospital. No in-person during Covid.

(Asthma) Community Education and CVS/pharmacy Draw a Breath Programs 444-8340
The CVS Pharmacy Draw A Breath Program at Hasbro Children's Hospital is designed to help children with asthma improve the management of their condition. Visit www.lifespan.org/centers-services/community-asthma-programs/asthma-camp

(Autism) Community Autism Resources 508-379-0371
..... 800-588-9239
www.community-autism-resources.com

Autism Project 785-2666
www.theautismproject.org
1516 Atwood Ave., Johnston
All virtual during Covid - call for more information and updates.

FAMILY SERVICES

Blindness) DHS Services for Children Who Are Blind or Visually Impaired 462-7908

40 Fountain Street, Providence
www.ors.ri.gov
Vocational services for youth and adults;
Independent living services for adults
and elders; educational advocacy for
children; Adjustment to Blindness:
Rehabilitative Teaching, Braille educa-
tion, Assisted Technology and Training,
and Orientation and Mobility

(Blindness) IN SIGHT 941-3322

43 Jefferson Blvd., Warwick
www.in-sight.org
Family support groups for people with
visual impairments or who are legally
blind.

(Blindness) National Federation of the Blind of RI 433-2606

PO Box 14404, East Providence
www.nfbri.org

Brain Injury Assoc. of RI .. 228-3319

www.biari.org
1017 Waterman Ave., East Providence
The Brain Injury Assoc of Rhode Island
is dedicated to increasing awareness of
brain injury and its consequences.
Providing education to prevent brain
injury and enhancing the quality of life
for those affected by brain injury.
(See articles pages 24-26.)

Cancer Information Service of the National Cancer Institute (800)4-CANCER

(Cancer) The Tomorrow Fund 444-8811

www.tomorrowfund.org
Providing emotional and financial
support to families with children
undergoing long-term cancer treatment
in The Tomorrow Fund Clinic at Hasbro
Children's Hospital.

Cystic Fibrosis RI/MA Chapter Local chapter 508-655-6000

www.cff.org/chapters/mass-ri/

(American) Diabetes Association (ADA) 351-0498

ADA's mission is to prevent and cure
diabetes and to improve the lives of

those affected by diabetes. Monday
through Friday 9-5. www.diabetes.org.

Decoding Dyslexia 440-2579

www.DDRi.org
Grassroots parents support movement
driven by RI families concerned about
limitations and educational interventions
surrounding dyslexia and comorbid dis-
abilities. Free support, guidance and
empowerment.

Down Syndrome Society of RI 463-5751

99 Bald Hill Road, Cranston
www.dssri.org

Epilepsy Foundation of Massachusetts and Rhode Island 617-506-6041

www.epilepsynewengland.org
Offering Help For Today, HOPE for
Tomorrow. Ask about our family servic-
es for those living with epilepsy.

Family Voices of RI 270-010

www.RIPIN.org
1210 Pontiac Ave., Cranston
A national grassroots network of families
and friends speaking on behalf of chil-
dren with special health care needs.
Provide info., education, advocacy and
support to families and professionals,
bi-monthly newsletter and parent
groups. (See ad page 49.)

Federation for Children With Special Needs, Inc. 617-236-7210

www.FCSN.org
Info., referrals, and support to parents.

Gloria Gemma Breast Cancer Resource Foundation 861-4376

www.gloriagemma.org
249 Roosevelt Ave., Suite 201, Pawtucket
Info, resources, support, and over 20
holistic programs to support mind, body,
and spirit. (See article page 95.)

Leukemia & Lymphoma Society of America, RI Chapter 943-8888 1-800-955-4572

2346 Post Road, Suite 202, Warwick
www.lls.org First Connection - match
recently diagnosed patients with those
out of treatment. Patient aid, self evalua-
tion, transportation, medication.
Educational programs. Support groups.

March of Dimes Foundation

..... 454-1911
 220 West Exchange St., Providence
www.MarchofDimes.com/rhodeisland

Mental Health Association of RI

..... 726-2285
www.mhari.org
 Our mission is to promote and nourish mental health through advocacy, education, and policy development.

(Mental Health) NAMI-CAN of Rhode Island

..... 331-3060
www.namirhodeisland.org
 Support groups/programs for families of children & adolescents with mental illnesses/neurobiological disorders.

Muscular Dystrophy Association

..... 732-1910 or 1-800-289-8805
 931 Jefferson Blvd., Warwick
www.mda.org providence@mdausa.org

Muscular Dystrophy Support Group (Hasbro Children's Hospital) - adults and children welcome.

The group meets bi-monthly on Wednesdays from 6 to 8 pm. Call for the meeting dates. **Contact: Deborah Bartone, RN at 444-5230.**

National Organization for Rare Disorders (NORD) ...

..... 800-999-6673
www.rarediseases.org

Osteogenesis Imperfecta (OI)

Hasbro Children's Hospital OI support group is open to children and adults with OI and their family members. The group meets on the first Thursday of the month, from 6:30 to 8pm. **Contact: Susan Kortick, RN at 444-5794.**

Phenylketonuria (PKU)

Sponsored by Hasbro Children's Hospital, the PKU support group is a group of individuals, concerned parents, family members and friends supporting, educating and advocating for people affected by PKU. The group meets on the second Wednesday of the month. **Contact: Julie Johnston, RD, LDN at 444-8491**

Disability Rights Rhode Island

..... 831-3150
 275 Westminster, Suite 401, Providence
www.drri.org

Rhode Island Housing

..... 457-1234
www.rhodeislandhousing.org
 RIHousing provides loans, grants, education and assistance to help Rhode Islanders find, rent, buy, build and keep a good home. Services include mortgage origination, homebuyer counseling, homeowner and rental assistance, lead hazard remediation, development financing and the preservation of affordable housing. *(See ad page 101.)*

Rhode Island School for the Deaf

..... 222-3525
 One Corliss Park, Providence
www.rideaf.net

Sargent Rehabilitation Center

..... 886-6600
www.sargentcenter.org
 800 Quaker Lane, Warwick
 Sargent offers special education services in a day school program to children ages 3 to 21 who are diagnosed with autism spectrum disorders, sensory integration disorders, developmental delays, language/learning disabilities and other neurologic or genetic disorders.

Also offers programs for young adults and adults who have sustained traumatic brain injuries, strokes, aneurysms, or other neurologic injuries.

Special Needs Support Group - Hasbro Children's Hospital

Support group for families and caregivers of children with special healthcare needs is presented in partnership with Rhode Island Parent Information Network and Family Voices. The group meets on the first Monday of the month. **Contact: Lisa Landry at 444-8485.**

Spina Bifida Association

..... 1-800-621-3141
www.spinabifidaassociation.org

United Cerebral Palsy

..... 728-1800
 200 Main St., Pawtucket. www.ucpri.org

GENERAL RESOURCES

Bradley Hospital 24-Hour Crisis Support 1-855KIDLINK Care New England –

www.carenewengland.org
Backed by a broad range of services—primary care, surgery, cardiovascular care, oncology, psychiatry, behavioral health, newborn pediatrics and the full spectrum of women’s health services—Care New England is reinventing the way health care is delivered, partnering with our patients to provide the best care possible while working to create a community of healthier people. Care New England is comprised of Butler, Kent, and Women & Infants hospitals, The Providence Center, VNA of Care New England, Care New England Medical Group, and Integra. For the name of a provider on our staff, visit carenewengland.org/physicians.

Department of Human Services 462-5300 www.dhs.ri.gov

Health Information Line
..... 401-222-5960/RI Relay 711
English and Spanish speaking operators answer questions Monday-Friday, 8:30am-4:30pm. Located at the Rhode Island Department of Health.

Healthline ... 1-800-921-9299 Hispanic Healthline 1-888-44MUJER (1-888-446-8537)

A Women & Infants’ physician referral and healthline staffed with nurses who can answers questions about your health or that of a loved one. For more resources for families, including our health reference library, classes and programs, go to www.womenandinfants.org.

Lifespan Community Health Institute 444-8009

The Lifespan Community Health Institute coordinates many skill-building health programs, classes, and events. Call 444-8009 or visit www.lifespan.org/centers-services/lifespan-community-health-institute for more details. Sign up for our bimonthly newsletter to get updates: <http://tinyurl.com/lchsnewsletter>.

The Rhode Island Department of Health www.health.ri.gov

A wonderful resource for all of the latest local health information from disease control to early intervention to nutritional guidelines.

Paul V. Sherlock Center on Disabilities 456-8072

www.sherlockcenter.org
Rhode Island College, 600 Mt. Pleasant Ave., Providence. Founded at RIC in 1993, this program is a member of a national network of programs that advance the opportunities for individuals with developmental and other disabilities, their families, and communities through training and technical assistance Resource library.

United Way 2-1-1

A free and confidential service that helps people find the local resources that they need, 24/7
(See ad page 70).



HEALTH CARE

CHILDHOOD IMMUNIZATIONS



Why do my children need to be immunized?

Immunizations, also known as vaccinations or "baby shots", can protect your children from many serious diseases that may cause brain damage, heart problems, breathing problems, lung damage, liver damage, severe skin scarring, arthritis, paralysis, blindness, even death. Keeping up with vaccinations is the best way to keep children healthy.

Which immunizations do my children need?

All children should be immunized against:

- Diphtheria
- Tetanus
- Pertussis (Whooping Cough)
- Haemophilus Influenza type b (Hib)
- Hepatitis A (Hep A)
- Hepatitis B (Hep B)
- Human Papillomavirus (HPV) (males and females)
- Measles
- Mumps
- Rubella (German measles)
- Inactivated Poliovirus (Polio)
- Influenza (Flu)
- Meningococcal Disease (meningitis)
- Pneumococcal Disease (PCV)
- Rotavirus
- Varicella (Chickenpox)

Are immunizations safe?

Immunizations are safe and effective. Children may experience a low-grade fever, fussiness, or soreness at the site where the shot is given. Talk to your child's doctor or healthcare provider about what to expect.

When should my children get their immunizations?

Your children will get their first immunization at birth. They need more at 2, 4, 6, 12, 15, and 18 months of age. By their second birthday, children should be caught up with their baby shots. Children need additional shots at 4-6 years of age (kindergarten), 11-12 years of age (7th grade), and 16 years of age (12th grade). At every visit, ask your healthcare provider when your children need their next immunization.

How can I keep my children up to date on their immunizations?

Immunizations are given when a child has a health check-up or, you can call your doctor for an immunization catch-up visit. Your child can be immunized even if he/she has a cold or other mild illness. It is important to keep all appointments. If you miss an appointment, schedule a new one right away.

Do I have to pay for immunizations?

You do not have to pay to get immunizations. In Rhode Island, vaccines are provided at no cost to Rhode Island families. Most health insurance plans will pay for the office visit.

(Continued next page.)



Where do I get more information?

The Rhode Island Department of Health (RIDOH) Information Line provides information about programs and services to improve the health of children and families. Call 401-222-5960 / RI Relay 711.

How do I keep track of my children's immunizations?

Ask your doctor for a copy of your child's immunization record and keep it with other important papers.

Learn more here: health.ri.gov/immunization/for/parents/



FOR MORE VACCINE INFORMATION ...

The following websites also offer a great deal of well-researched information on immunizations ...

- American Academy of Pediatrics www.aap.org
- Centers for Disease Control and Prevention - National Immunization Program cdc.gov/vaccines
- The Immunization Action Coalition www.immunize.org
- Rhode Island Department of Health www.health.ri.gov/immunization

IMMUNIZATIONS

Appointments for uninsured children or children who do not yet have a doctor are available at:

St. Joseph Health Center
877 Chalkstone Avenue,
Providence, RI, 02908

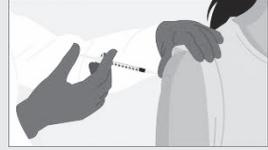
Call for clinic hours
401-456-2406



For more information:
401-222-5960 | RI Relay 711
www.health.ri.gov/immunization



COVID-19 Vaccine



The COVID-19 vaccine is now available for children age 12 and older. There is plenty available throughout Rhode Island, making it easy for your children to get vaccinated today! The COVID-19 vaccine has been tested for safety and is authorized for use by the FDA. Getting them vaccinated now means you can take advantage of the great Rhode Island seasons or travel safely together. Get back to having fun and being together with your friends and family! We are seeing the success of the COVID-19 vaccine right now – with fewer cases, fewer patients in the hospital, and fewer people dying. Knowing the facts will help your decision making and give you peace of mind.

Learn more here: covid.ri.gov/vaccination



The flu vaccine is your best protection against the flu.



You can get a free flu vaccine at dozens of places across Rhode Island, including many schools.

Some school-based flu vaccine clinics even let you bring your whole family! Remember, you do not have to pay for a flu vaccine.

Visit schoolflu.com to find a **free** flu vaccine clinic near you.

For more information:

401-222-5960 | RI Relay 711

www.health.ri.gov/immunization





Protect Your Family

Summer is a wonderful time to enjoy the great outdoors in Rhode Island, but there are also some health risks associated with the season. The Rhode Island Department of Health offers this information to make families aware of potential dangers and health risks, and inform them about how to take proper precautions to prevent disease.

TICKS



Tick-borne Diseases (Anaplasmosis, Ehrlichiosis, Babesiosis, Lyme Disease, Powassan)

Ticks that carry Lyme disease and other tickborne illnesses can be found in parks, playgrounds, and backyards, but they are most common in very grassy areas and the woods. These ticks are hard to see because they can be as small as a poppy seed!

Prevent tick-borne diseases by following these simple steps:

Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Wear long pants and long sleeves whenever possible.
- Tuck your pants into your socks so ticks don't crawl under your clothes.
- Wear light colored clothing so you can see the ticks more easily.

Repel Ticks

- When outdoors, use repellents containing DEET, picaridin, IR3535, some oil of lemon eucalyptus or para-menthane-diol. Follow directions on package.
- Use products that contain permethrin on shoes and clothing.



Check for Ticks

- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

Remove Ticks from Your Body

(Visit <http://bit.ly/tickposter> to see where to check for ticks)

- To remove an attached tick, grasp with tweezers as close as possible to the attachment (skin) site, and pull upward and out with a firm and steady pressure.
- If tweezers are not available, use fingers shielded with tissue paper or rubber gloves.

To learn more, visit

<http://health.ri.gov/ticks> or the University of Rhode Island Tick Encounter Resource Center at tickencounter.org.

From Illness This Summer

Is there a tick on you?

Do a tick check!

Here's where to look:



Ticks are tiny, so look for new "freckles." These are actual size:



Prevent Lyme and other diseases spread by ticks.

TICK FREE
RHODE ISLAND
Health at gov/ticks

What You Should Do

- Put screens on windows and doors. Fix screens that have holes.
- Minimize outside activities at sunrise and sundown (when mosquitoes who carry WNV or EEE are most active).
- If you must be outside, wear long-sleeved shirts and long pants and use repellents containing DEET, picaridin, IR3535, some oil of lemon eucalyptus or para-methane-diol. Follow directions on the package.
- Put mosquito netting over playpens and baby carriages.
- Get rid of anything around your house and yard that collects water to prevent mosquito breeding.
- Remove any water from unused swimming pools, boats, or water features and cover them.
- Change the water in birdbaths at least two times a week.
- If you are traveling to an area with Zika (See map at: <http://bit.ly/findzika>), protect yourself from mosquito bites all day long because the species of mosquitoes that carry Zika Virus are active throughout the day, not just at dawn and dusk.
- To learn more, see health.ri.gov/zika.

To see RIDOH's series of "Tick Free Rhode Island" videos explaining how to repel ticks and mosquitoes, as well as how to check for and remove ticks, visit <http://health.ri.gov/ticks>.

MOSQUITOES



Mosquito-borne Illnesses (Eastern Equine Encephalitis (EEE), West Nile Virus, Zika)

Protect yourself against mosquito-borne illnesses by using bug spray with DEET, avoiding mosquito breeding grounds, and taking other preventive measures.



Quitting smoking is hard—yes. But impossible? No.

Source: <https://www.cdc.gov/tobacco/campaign/tips/quitsmoking/quitline/index.html>

Five Reasons Why Calling a Quitline Can Be the Key to Success:

1) You can get help to stop smoking—free, with no judgment.

If you are thinking about quitting smoking and would like some help, a quitline might be just what you need to succeed. Quitlines provide free coaching—over the phone—to help you quit smoking.

- When you call **1-800-QUIT-NOW**, you can speak confidentially with a highly trained quit coach.
- Quitlines provide many of the services and similar support you get in a stop-smoking class or from your doctor, and can be a valuable complement to your doctor's care.
- Quitlines are available throughout the United States.
- Coaching help is available in several languages.

2) Quit coaches help create a plan that can work for you.

Quit coaches are trained to help people who smoke to quit. They understand what you are going through. Many used to smoke themselves. They are all trained to be good listeners and to give callers encouragement, support, and helpful tips.



A quit coach will ask questions to find out what type of help you are interested in. They will also ask about your past experience with trying to quit smoking. This information helps them give useful suggestions on the type of program that could work best for you.

3) Quit coaches can help you get quit-smoking medicines.

Quit coaches can help you connect with quit-smoking medicines through your health insurer or community programs. They may also be able to provide you with these medications for free and may also be able to send an initial two-week supply to your home.

Learn more about quit-smoking medicines and how they can help you quit for good.

4) You can get helpful tips on:

- How to deal with cravings and withdrawal.
- How to get the right kind of help from your friends and family.
- What websites, apps, and texting programs might help you quit.
- Whether to use quit-smoking medication and how to use it.

5) And the best reason of all to use a quitline - **you're more likely to stay quit!**

Quitlines are proven to increase your chances of quitting successfully and staying quit. A quit coach will work with you to develop a plan that is personalized for your needs.

Want to get help to quit smoking right now?

Call the quitline: **1-800-QUIT-NOW** or visit [How to Quit Smoking](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/) at www.cdc.gov/tobacco/campaign/tips/quit-smoking/

Quitlines provide free and confidential coaching to help you become—and stay—smoke free. Calling a quitline might be just what you need to help you quit for good.●

Free Help Is Available for Adults and Teens to Quit Smoking or Vaping. Call to Talk to a Quitline Coach Today!

Now more than ever, quitting smoking, vaping, and tobacco use can improve and protect the health of tobacco users, as well as their children and others in the home. In Rhode Island, free help is available. These valuable free resources are also available to family, friends, and others who want to help and support people they care about:

Rhode Island Nicotine Helpline: 1-800-QUIT-NOW (1-800-784-8669)

- Recommended for ages 18+ but the Quitline will accept callers as young as age 13.

(Continued next page.)

Free confidential help for teens to quit vaping nicotine.

Text **START MY QUIT** to **36072**.
It's that simple!

www.mylifemyquit.com



My Life My Quit promotional images and cessation services are provided by National Jewish Health, with support from the Rhode Island Department of Health.

MY LIFE MY QUIT™



(Continued Quit Smoking & Vaping)

- Tobacco Treatment Specialist services are available in English, Spanish, and other languages.
- Callers receive free counseling sessions by phone, plus extra support through text messages and other free virtual online tools.
- Clients ages 18+ who are not pregnant may also receive FREE nicotine replacement therapy (NRT) gum, patches, or lozenges mailed direct to their homes.
- Callers who are pregnant can receive up to nine free counseling sessions and virtual support tools. Each additional counseling session greatly improves the chances of quit success during pregnancy and after the baby arrives.

“My Life My Quit”: Free 24/7 Quit Vaping Support for Teens

- Free quit support designed for teens ages 13-17 by phone, text, or online chat.
- To get started, teens can simply text **START MY QUIT to 36072**.
- Teens who vape, smoke, or use other tobacco receive confidential, FREE evidence-based quit support from specially trained Tobacco Treatment Specialists.
- Free resources and support tools are also available for parents, health educators, and others.
- Learn more at:
www.mylifemyquit.com



**A TIP FROM A
FORMER
SMOKER™**

**Some of the reasons
to quit smoking are
very small.**

Amanda, age 30, Wisconsin

Developed by the Centers for Disease Control and Prevention

You can quit. Call
1-800-QUIT-NOW.
(1-800-784-8669)



www.QuitNowRI.com

HOSPITALS

► Butler Hospital

..... 1-844-401-0111

www.butler.org

Butler Hospital is the only private, nonprofit psychiatric and substance abuse hospital in Rhode Island and southeastern New England. Serving seniors, adults, young adults and adolescents, providing inpatient, partial, intensive outpatient and outpatient behavioral health services. Butler clinicians treat depression, anxiety, obsessive-compulsive disorder, bipolar, alcohol and drug addictions, and other psychiatric disorders. Affiliated with Alpert Medical School of Brown University, Butler Hospital is a nationally-recognized research and teaching institution.

► Emma Pendleton Bradley Hospital

..... 432-1000

www.bradleyhospital.org

1011 Veterans Memorial Pkwy, Riverside. Bradley is a private, not-for-profit hospital, and the nation's first psychiatric hospital devoted exclusively to children and adolescents. Established as a national center for training and research in child and adolescent psychiatry, Bradley is an affiliate of The Warren Alpert Medical School of Brown University and a Lifespan health systems partner. Services include emergency crisis management, a range of inpatient, outpatient, partial hospitalization, and day treatment child and adolescent services and developmental disabilities programs.

Bradley Hospital is a place where children who have psychological, behavioral, developmental or emotional programs can get help.

Rhode Island Free Clinic

..... 274-6347

655 Broad Street, 3rd Floor,
Providence

www.rifreeclinic.org

"Rhode Island Free Clinic provides free, comprehensive health care services to uninsured adults in Rhode Island. We provide primary care, specialty care, labs and diagnostics, wellness classes, as well as medication and Minute Clinic access through our partnership with CVS, all for free. We are accepting patients! Call us to set up an appointment today."

► Rhode Island Hospital/Hasbro Children's Hospital

..... 444-4000 or 444-KIDS

593 Eddy St., Providence

www.hasbrochildrenshospital.org

Hasbro Children's Hospital has the area's only pediatric intensive care unit, pediatric oncology, cardiac and asthma and allergy centers, has separate emergency and surgical units designated for pediatric patients, and operates specialty clinics treating children ranging in age from newborn to 18 years. For more information about our physicians or help choosing a Hasbro Children's Hospital affiliated pediatrician or specialist, call our free physician referral service at 444-4800.

► Kent Hospital

..... 736-4357

www.kentri.org

Physician Referral 737-9950

Follow us on facebook and twitter
@kenthospital



HEALTH CARE

(Continued Hospitals)

► The Miriam Hospital

www.lifespan.org 793-2500

164 Summit Avenue, Providence
The Miriam Hospital is a private, not-for-profit hospital. It is a major teaching affiliate of the Warren Alpert Medical School of Brown University and is committed to being at the forefront of medical research. Our patients benefit from the latest in medical treatments provided by leading physicians.

► Newport Hospital

..... 846-6400

www.newporthospital.org
Newport Hospital is the only acute care hospital serving the people of Newport County. Its wide array of health services include an emergency department, an award-winning birthing center, advanced surgical services, a renowned rehabilitation division, four affiliated primary care practices seeing patients of all ages and a full choice of specialty outpatient practices.

► Our Lady of Fatima Hospital

..... 456-3000

www.chartercare.org

► Rhode Island Hospital

..... 444-4000

www.rhodeislandhospital.org

► Roger Williams Medical Center

..... 456-2000

www.rwmc.org

► South County Hospital

..... 782-8000

www.southcountyhealth.org
100 Kenyon Avenue, Wakefield

RI REACH 270-0101

<https://ripin.org/services/services/>
Helps Rhode Islanders access healthcare or health insurance, including resolving insurance company denials, complications with HealthSource RI and Medicaid, medical bills, and more.

► Thundermist Health Care

..... 767-4100

www.thundermisthealth.org
Woonsocket, West Warwick, and Wakefield
Thundermist Health Center cares for more than 45,000 Rhode Islanders each year. We provide comprehensive health care services to meet the needs of our community. These services include medical care, dental care, walk-in medical care, behavioral health services, school-based health care, and pharmacy. We employ health care providers in the specialty areas of family medicine, pediatrics, obstetrics/gynecology, internal medicine, and geriatric care. Thundermist Health Center accepts all patients regardless of their insurance or financial status. We offer a sliding scale discount program for patients with or without insurance. (See ads page 66 and next page.)

► The Westerly Hospital

..... 596-6000

www.westerlyhospital.org

► Women & Infants Hospital

..... 274-1100

www.womenandinfants.org
Physician Referral/Healthline

..... 1-800-921-9299

Follow us on facebook and twitter
@womenandinfants

Tip:

All of our local hospitals have websites which detail their extensive services, answer many medical questions, provide referral information, and community outreach programs.



Keeping People Connected Through Uncertain Times

By Carol Ann Donnelly

Many cancer patients experience a myriad of emotions during their journeys, including loneliness. Add a global pandemic into the fold with a country locked down for over a year, and the feelings of isolation become magnified.

Fortunately, there is an organization in Rhode Island that helps people touched by cancer by providing free programs and support services—the Gloria Gemma Breast Cancer Resource Foundation.



Practice breast self-exams regularly

Michelle Curry, was in her early thirties when she was first diagnosed with breast cancer in 2010. Flooded with a plethora of emotions and unsure of where to turn, her husband, Patrick, encouraged her to connect with the Foundation. Michelle remembers staff spending over two hours talking with her and listening to her fears and concerns without judgement.

(Continued next page.)

Thundermist
HEALTH CENTER

Need
Primary Care?

Accepting new patients!

(401) 767-4100

Pediatrics • Medical
Dental • Behavioral Health
Convenient Care • WIC
Women's Health

Woonsocket
West Warwick
Wakefield

HEALTH CARE (Continued Staying Connected)

She began to take part in the Foundation's free programs—slowly at first by attending the Foundation's drop-in support group, led by a licensed medical social worker. She then connected with the newly created Young Survivors Program and met other young survivors who had experienced many of the same emotions and issues as Michelle. "It was really healing to be validated," said Curry. "My husband and family are wonderful and so supportive, but they couldn't fully understand what I was going through."

Over the past eleven years, Michelle has taken part in many programs and has volunteered on the Foundation's Hope Bus that travels around the state providing free education and support. She has also fundraised for the Foundation to pay it forward to others who have yet to be diagnosed.

During the pandemic, Michelle was re-diagnosed with stage IV breast cancer and now she participates in another of the Foundation's programs—the Metastatic Program. The support she receives from the women in this program, albeit virtual due to the pandemic, is immeasurable.

Although all the Foundation's programs had to be delivered virtually for more than a year, the staff made sure the people they serve remained connected during a time of separation. It is their hope to begin offering in-person programs and workshops this fall, assuming it is safe to do so. **For more information, visit gloriagemma.org or call 401-861-4376 ●**



We make health care easy.

Neighborhood has affordable plans for:

- Children and families
- Individuals
- Small businesses



Contact us today to learn more! www.nhpri.org

HEALTH INSURANCE:

Contact the RI Department of Human Services at 1-855-697-4347 or visit online at dhs.ri.gov to learn more about your options.

Blue Cross & Blue Shield of RI 401-459-1000
Cbbsri.com

500 Exchange Street, Providence, RI 02903
 Enjoy peace of mind knowing that your family is covered for medical care, large and small. See all the plans - and the added perks - at cbbsri.com.
 Helping you get more health from your health plan. It's what we live for.

HealthSource RI 1-855-840-HSRI (4774)
www.healthsourceri.com

Rhode Island's health insurance marketplace. Subsidized health insurance plans are available through the Affordable Care Act based on individual or family income.

Neighborhood Health Plan of RI 1-800-459-6019
www.nhpri.org

910 Douglas Pike, Smithfield RI
 Low or No Cost Health Insurance for Kids and Families, if you qualify.
 (See ad previous page.)

RIPIN Call Center 401-270-0101

Helps consumers with accessing healthcare or health insurance, resolving insurance company denials, complications with HealthSource RI and Medicaid, medical bills, and more. Call or email callcenter@ripin.org.
 (See ad page 49.)

RIte Care Health Insurance 1-855-697-4347
www.dhs.ri.gov

For uninsured children, families and pregnant women. Income guidelines.

RIte Share Premium Assistance Program1-855-697-4347
www.dhs.ri.gov

For help paying for health insurance through your employer.
 Must meet income eligibility.

UnitedHealthcare Community Plan 1-800-587-5187
www.uhcommunityplan.com/ri

75 Kilvert St., Warwick





Community Health Network

Your connection to
low-cost health programs

Get healthy. Live better.

CHN connects you to programs proven to help you take control of your health. Programs are free or low cost and held in convenient locations throughout Rhode Island.



Programs proven to work for:

- Arthritis
- Pre-diabetes and diabetes
- Tobacco addiction
- Improving balance
- And more!



401-432-7217 | ripin.org/chn
CommunityHealthNetwork@ripin.org

NUTRITION & WELLNESS



(Also see Activities section.)

Care New England Medical Group

..... 732-3066

www.wellnessctr.org

2191 Post Rd., Warwick

Nutrition and diabetes counseling, fitness, cardiac maintenance and health education. Call for Events.

Health Education, Women & Infants

..... 276-7800

Offering daytime and evening classes in English and Spanish. To register for our classes online, visit womendaninfants.org. To register by phone in English, call 401-276-7800. To register by phone in Spanish, call our Spanish educator at 1-888-44mujer or 277-3613.

HAVE A CHILD WITH DIABETES?

Call us for a free kit on learning about living with diabetes.

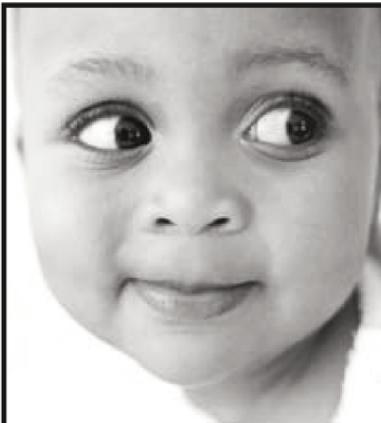
**351-0498 OR
1-800-DIABETES**

●Nutrition Services:

..... 274-1122, x47314

The foods you choose to eat can have a profound effect on your health and well-being. At Women & Infants' Nutrition Services Department, we can help you learn to make healthy food choices for yourself and your family. We work closely with your physician or other health provider to develop a personalized nutrition care plan for you.

(Continued Women & Infants next page.)



WIC

Many families qualify.
What about yours?

- WIC provides good food, nutrition advice, and breastfeeding support.
- WIC encourages mothers to choose breastfeeding as the healthiest option for their babies
- WIC helps pregnant women, new moms, and children up to five years old.
- A family of four earning up to *943 per week can apply!

For more information call the
Health Information Line

401-222-5960 / RI Relay 711

or visit www.health.ri.gov/wic



This Institution is an Equal Opportunity Provider

*Check website for eligibility

HEALTH CARE

(Continued Women & Infants Health Education)

●WIC (Women, Infants and Children) Program – Women & Infants Hospital

..... 274-1122, ext. 42768

The WIC Program is a nationwide education program offering nutrition and breastfeeding counseling, as well as healthy food supplementation for women, infants and children. Hours: Monday and Tuesday 8:30 a.m. to 7 p.m., Wednesday, Thursday and Friday 8:30 a.m. to 4:30 p.m.



SNAP Outreach Project

(Formerly the Food Stamp Program) - provides assistance to families throughout the state answering questions about SNAP and providing application assistance to those interested in applying. Recipients receive additional resources to purchase food and frees up cash normally spent on food for non-food purchases. When people are going through tough times, SNAP benefits can help them buy the food they need to stay healthy. And when folks use their SNAP card to buy groceries, they aren't just helping themselves; they are also supporting local grocers and the local economy. SNAP benefits are available to any low-income person or family that meets the eligibility guidelines.

To find out more information and see if you qualify, call the **URI SNAP Outreach Project** toll free at **1-866-306-0270** or visit **www.eatbettertoday.com**.

Lifespan Community Health Institute:

***Food is Medicine:** Learn how to prepare nutritious and flavorful meals on a budget and decrease your risk of obesity and related chronic diseases through food and diet changes in this FREE 4-week series. For information call 444-8088.

***Diabetes Prevention Program:** This one-year program helps people at risk of developing diabetes make lifestyle changes and improve their diet to prevent the onset of diabetes. This is currently a free program delivered in English and Spanish. For more information, call 444-8069.

Newport Hospital 845-6400

www.newporthospital.org
Free monthly community lecture series on health and wellness topics; supervised exercise and walking programs; safe sitter classes & more.

Nutrition and Weight Center Care NE

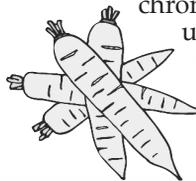
..... 732-3066
"Healthy Steps Program" offers private nutritional counseling.

Nutrition Counseling Women & Infants Hospital

..... 274-1122, x 47314
Nutrition counseling services, including a personalized nutrition care plan, education & monitoring.

RIPIN Community Health Network

..... 432-7217
Free or low-cost evidence-based health and wellness programs proven to work for people with chronic conditions such as arthritis, pre-diabetes, diabetes, asthma, heart disease, and depression. Programs are also available to help improve balance/prevent falls, manage chronic pain, quit tobacco use, and provide support to caregivers.



BEHIND ON YOUR RENT OR UTILITY PAYMENTS BECAUSE OF COVID-19?

RENTAL AND UTILITY ASSISTANCE AVAILABLE FOR ELIGIBLE RI HOUSEHOLDS.

www.RentReliefRI.com

RentReliefRI is being supported, in whole or in part, by federal award number ERA0013 awarded to the State of Rhode Island by the U.S. Department of Treasury.



RentRelief RI



CALL 211 OR VISIT 211.ORG FOR HEALTH CARE ASSISTANCE AND OTHER RESOURCES



LET 211 BE YOUR GUIDING LIGHT. OUR GUIDES ARE READY TO CONNECT YOU WITH THE HELP YOU NEED.



WHEN WILL THIS exhaustion fade?



WE'RE WITH YOU
Get re-energized with things that bring joy—like art, cooking, exercise, or friends.
COPING-19



FOR MORE SELF-CARE TIPS: **COPING-19.ORG**

PREGNANCY & WOMEN'S HEALTH



Kent Hospital Women's Care Center

..... 736-BABY (2229)

kentri.org/womenscarecenter

The center is dedicated primarily to the care of women and their newborns, providing comprehensive maternal and child health services. They also offer numerous educational programs on topics ranging from parenting classes, lactation support, childbirth programs, sibling class.

Lifespan - Women's Medicine Collaborative 793-5700

146 West River Street, Providence
www.womensmedicine.org A multi-specialty center dedicated to meeting the health care needs of women 18 years and older. We offer a full range of services including a Lifestyle Medicine Center featuring yoga, massage, mindfulness-based stress reduction and group nutrition classes.

Newport Hospital 845-1110

The Noreen Stonor Drexel Birthing Center

<https://www.lifespan.org/centers-services/noreen-stonor-drexel-birthing-center>

Our team includes board-certified obstetricians, pediatricians, certified nurse midwife, neonatal practitioners, and a highly rated nursing staff with national certifications in obstetrical nursing.

Nurse Family Partnership

..... 276-4300

Nurse-Family Partnership is a national evidence-based maternal and child home visiting service for expectant first-time mothers and their newborns.

The Nurse Family Partnership provides services to women with their first pregnancy and gestational age being less than 28 weeks. This program enrolls statewide.

For more information contact Maria Chionchio at 401-721-6410 or at mchionchio@cfsri.org.

Birth Parent Counseling Program 276-4300

www.cfsri.org

Children's Friend, 153 Summer Street in Providence. If you are facing an unplanned pregnancy, we can help you find answers to your questions. Our sensitive, caring counselors provide individual help so that you can evaluate your options and choose what is best for you and your child. Our counselors can also provide help for fathers and other family members who are involved.

If you are worried about the reactions your family and/or your partner will have to your pregnancy, we can help. If you decide to place your child for adoption, we will help you find peace of mind, knowing that your baby is well cared for and safe. If you decide to parent your child, we will help you to prepare for the birth and the new challenges you will face as a parent. We will also link you to a range of resources in the community.

For more information please contact Valentina Laprade at 401.276.4352 or vlaprade@cfsri.org.

Harmony Women's Care Center 941-4357

www.harmonycareri.org

Harmony Women's Care offers pregnancy evaluations that include a pregnancy test, an ultrasound, and STI testing and treatment for chlamydia and gonorrhea. Our services are free and confidential and give you the information you need to know what options are right for you. We also offer free abortion after-care.

Teen and Family Development

These programs from the R.I. Dept. Human Services provide support to pregnant and parenting teens on health and parenting issues, preventing future pregnancies, finishing school, and exploring vocational options.

Comprehensive Community Action, Cranston 467-9610
www.comcap.org

Also, 211 has finalized an excellent resource for all Rhode Islanders seeking supports, it is called the comprehensive support service directory (see ad page 70).



Planned Parenthood of Southern New England

..... 421-9620

www.ppsne.org
175 Broad Street, Providence
Comprehensive family planning and reproductive health services to more than 9,000 women, men and young people each year. Our health center has a professionally trained staff of gynecologists, nurse practitioners, registered nurses, medical assistants and educators who understand the importance of reproductive health care. *Sexuality Education. Addresses the specific health care needs of women, men and youth through culturally-sensitive and linguistically-appropriate programs. The program covers a variety of reproductive health issues: self-esteem, family planning, healthy relationships, health screenings and health care advocacy. The program includes communication skill development to improve partner and family relationships. For education, training and workshops, call 401-421-7820 ext. 4.

Pregnancy Center of Westerly

..... 596-2880

101 Franklin St., Westerly
Small group of women dedicated to helping other women through the turmoil and joys of a difficult pregnancy. Free pregnancy testing, counseling, support materials, and resources.

RI Birth Network 440-5454

www.ribirth.net

Your comprehensive resource for pregnancy, birth and postpartum. Our website offers education, tools, options, and support for natural, medical (epidural), and planned births. The Provider Directory offers referrals for all of your health needs. Memberships are available for professionals and the general public. Events and workshops are listed on our website Home and Facebook page.

Visiting Nurse of Newport & Bristol Counties

..... 682-2100

www.visitingnursehh.org
1184 East Main Rd., PO Box 690, Portsmouth. Provide skilled home care services to women with high-risk pregnancies, premature infants, and early maternity discharge. They also provide nursing care and education for C-section wounds, breastfeeding difficulties, and infants/young children with health issues.

Women & Infants Hospital

*Childbirth and Parenting classes

..... 276-7800

Offering daytime and evening classes in English and Spanish, including Childbirth Preparation, Caring for You and Your Infant, Breastfeeding, Grandparents, Siblings, CPR, Financial Workshop, and Babysitting. To register for our classes online, or womenandinfants.org. To register by phone in English, call 401-276-7800. To register by phone in Spanish, call our Spanish educator at 1-888-44mujer or 277-3613.

HEALTH CARE

(Continued Women & Infants)

*Diabetes Management During Pregnancy 274-1122, x42930

The Diabetes in Pregnancy Program provides a wide variety of services for women who are pregnant and have diabetes, whether you have type 1 or type 2 diabetes or develop diabetes during your pregnancy (gestational diabetes).

Nutrition in Pregnancy Class 274-1122, x42749

Center for Women's Behavioral Health – Women & Infants Hospital 453-7955

Our staff has the expertise needed to diagnose, treat and manage a wide range of psychiatric conditions before, during and after a woman's pregnancy. Our Day Hospital offers more intensive mental health care for pregnant and postpartum mothers. Our outpatient services provide individual, family, and group therapy along with medication management.



BREASTFEEDING INFORMATION, SUPPORT & SUPPLIES

Breastfeeding Warm-Lines

Mothers may call any of these numbers with questions or concerns about breastfeeding. Prenatal classes, post-partum support groups and out-patient lactation visits may also be available.

*Kent County Hospital 737-7010 x3332

Leave a message and a lactation consultant will call you back.

*Landmark Medical Center 769-4100, x2218 24-hour call-in assistance

*Newport Hospital 845-1110 24-hour call-in assistance; free breastfeeding support group facilitated by certified lactation consultants; breastfeeding classes and consultations; infant care classes.

*Women & Infants Hospital: • Warm Line 800-711-7011 Staffed by professional nurses, this toll free telephone support system offers helpful information regarding your new baby, breastfeeding tips, and postpartum issues. Services available in English and Spanish. Warm Line hours of operation: Monday through Friday 9 a.m. to 9 p.m.; Saturday and Sunday 9 a.m. to 5 p.m.

• Nursing Moms, Etc. – Women & Infants Hospital 401-453-7940 Nursing Moms, Etc. offers supplies and gifts to meet the needs of breastfeeding mothers and their infants. Nursing Moms, Etc., has breast pumps for rental or purchase as well as a wide range of new mom and newborn supplies.

Healthy Babies, Happy Moms, Inc. 884-8273 www.healthybabieshappymoms.com

Health Information Line .. 1-401-222-5960/RI Relay 711 Answers to breastfeeding questions and referrals to local resources, including the Rhode Island WIC Program. English and Spanish. Visit: health.ri.gov/breastfeeding for breastfeeding information and resources for Rhode Island mothers.

La Leche League Helpline 1-800-La-Leche www.llli.org Dedicated to providing mother to mother support, information, and encouragement to women who want to breastfeed. Note: Contact La Leche League for updated group meeting days, times and locations.



Grow With Groden.

Our schools provide a broad range of individualized services in the least restrictive classroom setting as possible.

The philosophy of the Groden schools emphasizes stress reduction through strong relationships with staff to maximize learning and positive coping, along with active engagement with families. Our model emphasizes Behavioral and Positive Psychology approaches, with practices including ABA techniques, positive behavior supports and improving well-being by providing programming to enhance kindness, resiliency and optimism.

Special emphasis is given to relaxation techniques and the implementation of cognitive picture rehearsal, which was created by Dr. June Groden early in the establishment of the Groden Center.

Our staff provide a safe and supportive environment to foster our student's functional, academic, communication, and vocational abilities. We work together to maximize life skills and community involvement, and to develop greater and more meaningful social engagement with family and friends.

To learn more about becoming part of the Groden Family go to:
<https://grodennetwork.org/aboutourschools>

To start the referral process, please call Peggy Stocker, Admissions Coordinator at **401-274-6310 x 1125** or **pstocker@grodencenter.org**



THE GRODEN NETWORK
Groden Center - Cove Center - Halcyon Center
Your Autism Experts

EDUCATION



**Let's
Learn Together!**

PUBLIC SCHOOLS

Make the time to visit schools in your area. Know your child and his or her needs. Ask questions. Get involved. Stay involved. Visit our website: www.ride.ri.gov. Also, visit the section on Charter Schools on page 107. Charter Schools are Public Schools.

Report Card RI

<https://reportcard.ride.ri.gov>
Great resource for information on all of the public schools in RI and how they are performing.

Child Opportunity Zone (COZ)

www.ripcs.org
Rhode Island's Child Opportunity Zones (COZs) are a full-service, community school model of school-linked family centers that bring schools, families and communities together to promote success in school for all children and youth.

COZs are welcoming places in or near schools where families can access education, health and social service programs, supports and referrals to address barriers to student achievement at the highest levels. Each COZ bases its coordinated system of services, programs and supports on the individual needs and resources of its schools, families and community. Visit website for a COZ program near you

Head Start

Federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development. Head Start programs provide a learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development. Head Start emphasizes the role of parents as their child's first and most important teacher. These programs help build relationships with families that support family well-being and many other important areas. Many Head Start programs also provide Early Head Start, which serves infants, toddlers, and pregnant women and their families who have incomes below the Federal poverty level.

EBCAP Head Start .. 367-2001

(for children 0-5 and pregnant moms) www.ebcap.org
EBCAP Head Start provides high quality comprehensive early childhood education services for eligible families and children from prenatal to age five. We partner with parents to teach children the skills and abilities needed for success in school and life. Together with our community, we support parents to keep children safe, healthy and well. (See ads next two pages.)

Rhode Island Early Head Start and Head Start Programs

Barrington, Bristol, East Providence, Jamestown, Little Compton, Middletown, Newport, Portsmouth, Tiverton, Warren	East Bay Community Action Program 401-367-2001 www.ebcap.org
Burrillville, Charlestown, Exeter, Foster, Glocester, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, North Providence, North Smithfield, Richmond, Scituate, Smithfield, South Kingstown, Westerly	Tri-County Community Action Agency 401-519-1979 and 401-515-2471 www.tricountyri.org
Central Falls, Cumberland, Lincoln, Pawtucket, Providence	Children's Friend 401-752-7500, www.cfsri.org Meeting Street (Providence Early Head Start only) 401-533-9104, www.meetingstreet.org
Coventry, East Greenwich, Warwick, West Greenwich, West Warwick	C.H.I.L.D., Inc. 401-732-5200, www.childincri.org
Cranston	Comprehensive Community Action Program 401-943-5160, www.comcap.org
Woonsocket	Woonsocket Head Start Child Development 401-769-1850, www.whscda.org



East Bay Community Action Program

HEAD START



High quality early education program accepting applications at www.ebcap.org or 401-367-2001



Open to expectant parents & children birth-5

Free tuition for qualifying families

Home based program options

Families of children with special needs are encouraged to apply

Foster parents & families experiencing homelessness are automatically eligible

Healthy meals & snacks provided

Affordable full-day childcare available (CCAP accepted)

We have a no ask policy on immigration status

Daily transportation is not provided, but staff will provide individualized assistance with transportation issues such as information about RIPTA bus passes, routes and other services.



East Bay Community
Action Program

HEAD START & EARLY HEAD START HOME BASED PROGRAM



High quality early education program accepting applications at www.ebcap.org or 401-367-2001



Services provided through home visits

Program options for children birth -5 & expectant parents

Group opportunities available twice a month

Caregiver & child support

"Growing Great Kids" curriculum provided

Foster parents & families experiencing homelessness are automatically eligible

Families of children with special needs are encouraged to apply

Dual language learners are welcome

We have a no ask policy on immigration status.

CHARTER SCHOOLS

Rhode Island's charter public school initiative celebrates 20 years this year! The RI General Assembly passed the law in 1995 and the first charter public school opened in 1997.

Charter schools are public schools - open to the public, funded by the public, and accountable to the public.

Rhode Island currently has 25 charter public schools, 18 of which belong to the RI League of Charter Schools (the remaining schools are Mayoral Academy Charters that are not in our organization). See the list of our 18 member schools.

Charter schools are independent public schools of choice which are allowed to be innovative and are responsible for student achievement. Charter schools are intended to be vanguards, laboratories, and an expression of the on-going and vital state interest in the improvement of education.

Charter schools foster a partnership between parents, teachers, and students to create an environment in which parents can be more involved, teachers are given the freedom to innovate and students are provided the structure they need to learn. This holds all groups accountable for the most important goal: improving student achievement. ●

For more information on the 18 member schools go to:
www.richarterschools.com

Feinstein Junior
Scholar Scholarships

Feinstein National Campaign
to Fight Hunger – \$2.5 Billion raised

Feinstein International
Famine Center at
Tufts University

183 Feinstein Leadership
Schools in R.I. and Mass

Sister Fran Conway
House of Hope



The Feinstein Foundation

37 Alhambra Circle
Cranston, RI 02905
(401) 467-5155

Follow us on Facebook
www.feinsteinfoundation.org

Feinstein College of Arts and Science
and Legal Institute at Roger Williams University

Feinstein Institute for Public Service
at Providence College

Feinstein School of Education
and Institute for Philanthropic
Leadership at Rhode Island College

Alan Shawn Feinstein
College of Education at The
University of Rhode Island

What It Means to Be a Feinstein Jr. Scholar

A personal invitation to ALL students in Rhode Island!

By: Alan Shawn Feinstein

Each of us has a wonderful power — the power to be kind. And every time you use that power to do something good for someone, YOU make the world a better place. And that makes you a very special person!

Feinstein Jr. Scholars are ambassadors of this belief everywhere they go. They are beacons of good in the world. They promise to help others whenever they can.

If you are not yet a Feinstein Jr. Scholar (available to ages 4-15) and would like to become one, I first ask that you promise to do good deeds for others whenever you can.

Then write us with a stamped, self-addressed envelope, sent to 37 Alhambra Circle, Cranston, RI 02905 with your name, age, school you attend and some good deeds you have done, and we will send you back a valuable Jr. Scholar Card which allows you and your guest to go to many great places absolutely free! This is an invitation to ALL students in Rhode Island who meet the qualifications, regardless of whether they attend a Feinstein Jr. Scholar School or not, to become a Jr. Scholar!

I look forward to hearing from you.

Alan Shawn Feinstein founded the Feinstein Foundation in 1991 to encourage youngsters to help others in need. As of this year over 300,000 boys and girls have been in his school program and are recognized as Feinstein Junior Scholars for promising to do good deeds for others. Each Junior Scholar receives an identity card which provides them and their guest with free admission to prominent attractions throughout Southern New England. There are currently 170 Feinstein Leadership Schools as well as The Alan Shawn Feinstein College of Education and Professional Studies at The University of Rhode Island, The Feinstein College of Arts and Sciences at Roger Williams University and The Feinstein School of Education and Human Development at Rhode Island college.

www.feinsteinfoundation.org

www.facebook.com/feinsteinfoundation.org

Phone: 401-467-5155

Address: 37 Alhambra Circle, Cranston, RI 02905

~CHARTER SCHOOLS~

For more information on Charter Schools, visit
www.ride.ri.gov/StudentsFamilies/RIPublicSchools/CharterSchools

● **Beacon Charter High School for the Arts** 671-6261
www.beaconart.org
 320 Main St., Woonsocket

● **Blackstone Academy Charter School** 726-1750
www.blackstoneacademy.org
 334 Pleasant St., Pawtucket

● **Blackstone Valley Prep Mayoral Academy Elementary School 1**
www.blackstonevalleyprep.org
 291 Broad St, Cumberland
Elementary School 2
 7 Fatima Drive, Cumberland
Middle School 335-3133
 3 Fairlawn Way, Lincoln
 475-2680

● **The Compass School** 788-8322
www.compassschool.org
 537 Old North Rd., Kingston

● **The Greene School** 397-8600
www.tgs.org
 94 John Potter Rd. Unit 3
 West Greenwich.

● **Highlander Charter School** 277-2600
www.highlandercharter.org
 42 Lexington Ave., Providence

● **Hope Academy** 533-9192
www.hopeacademyri.org
 1000 Eddy St., Prov.

● **International Charter School** 721-0824
www.internationalcharterschool.org
 334 Pleasant St., Pawtucket

● **Kingston Hill Academy** 783-8282
www.kingstonhill.org
 850 Stony Fort Rd., Saunderstown

● **The Learning Community** 722-9998
www.thelearningcommunity.com
 21 Lincoln Ave, Central Falls

● **New England Laborers/Cranston Public Schools Construction Career Academy** 270-8692
www.nelscharterschool.net
 4 Sharpe Drive, Cranston

● **Paul Cuffee School**
www.paulcuffee.org
Elementary 453-2626
 459 Promenade St., Providence
Middle 453-2711
 30 Barton St., Providence
High 781-2727
 544 Elmwood Ave., Providence

● **The RI Nurses Institute Middle College Charter School** 680-4900
www.rinimc.org
 150 Washington St., Providence

● **The Segue Institute for Learning** 721-0964
www.segueifl.org
 325 Cowden St., Central Falls

● **Times² Academy** 272-5094
www.times2.org
 50 Fillmore St., Providence

● **Trinity Academy for the Performing Arts** 432-7881
www.tapaprovidence.org
 158 Messier St., Prov

ANY student in RI can become a Feinstein Jr. Scholar. See previous page to learn how.



PRIVATE SCHOOLS

By understanding your child's needs, and knowing the strengths (and weaknesses) of individual schools, you can make smart choices. And, don't let the tuition scare you; Your child may qualify for scholarships, financial aid, etc.

Providence & North

Anchor Learning Academy 432-7279

520 Hope Street, Providence
Anchor Learning Academy is a recovery high school combining academics and therapeutic support for students overcoming drug and alcohol addiction. ALA's unique combination of clinical and academic programming helps students meet the academic requirements of their local school districts while supporting their goals for recovery from substance use. Students and parents may self-refer to this innovative program.

Angel Care Montessori 273-5151

angelcaremontessori.com
150 Waterman Street, Providence
18 months, 2-5 yrs. *Angel Care helps children develop a sense of independence, self-esteem, and sense of accomplishment through the carefully planned environment so that children can reach their maximum potential, laying the foundation for all later learning.*

Community Preparatory School 521-9696

135 Prairie Ave., Providence
www.communityprep.org
Serving students in grades 4-8.
CPS challenges students to become confident independent learners and develops a strong sense of public service in students through community service and stewardship. It engages parents, students and teachers in goal-setting and planning in an effort to ensure academic and social success for each student (see ad next page).

The French-American School of RI 274-3325

75 John Street, Providence.
www.fasri.org
Pre-School - Grade 8. *The French American School of Rhode Island (FASRI), founded in 1994, is located on the east side of Providence. Our international community is comprised of faculty, staff, parents, and students representing over 30 cultures and nationalities. Our multi-lingual graduates are open-minded, adaptable and curious thinkers who are aware of other cultures and perspectives. Accredited by the State of RI, the National Association of Independent Schools (NEASC), and the French Ministry of National Education. You don't need to know French to learn more about our unique program; we welcome visitors, please reach out to admissions@fasri.org!*



Community Preparatory School

**NOW ACCEPTING APPLICATIONS
FOR GRADES 4-8**

LEARN ABOUT OUR

Community Service Learning

Before & After School Program

Dedicated Faculty · Small Class Sizes

*Come Together.
Go Far.*

FINANCIAL AID AVAILABLE!

135 PRAIRIE AVENUE | PROVIDENCE, RI
401.521.9696 | WWW.COMMUNITYPREP.ORG



Now enrolling for the 2022-23 school year.
Welcoming students ages 3 through grade 5.

JCDsRI:
Small School
BIG Impact

www.jcdsri.com

jewish community day school of rhode island

The Henry Barnard School
..... 456-8127

600 Mt. Pleasant Ave., Prov., Prek- 5
henrybarnardschool.org
Located in Providence, Rhode Island, on the tree-lined campus of Rhode Island College, Henry Barnard School is a PK-5 school community that values learning through play and guided exploration. Students at HBS benefit from a personalized, interdisciplinary and collaborative approach to education. As an independent school, HBS will add to its robust curriculum with a larger focus on diversity, inclusion and community engagement. **Open House: 10/24; 9am-1pm.**

The Groden School ..274-6310
(See ad page 2)

86 Mount Hope Ave. Providence Our schools provide a broad range of individualized services in the most normal and least restrictive setting as possible for youth ages 5-22 with autism and other developmental challenges. The philosophy of the Groden Center emphasizes stress reduction through strong relationships with staff to maximize learning and positive coping, along with active engagement with families.

Our model emphasizes Behavioral and Positive Psychology approaches, with practices including ABA techniques, positive behavior supports and improving well-being by providing programming to enhance kindness, resiliency, optimism, and other areas. Our new vocational transition program offers intensive job sampling while still maintaining adaptive and academic progress. Special emphasis is given to relaxation techniques and the implementation of cognitive picture rehearsal, which was created by Dr. June Groden early in the establishment of the Groden Center.

For more information contact our Admissions Coordinator, Peggy Stocker at 401-274-6310 x 1125 or pstocker@grodencenter.org

The Jewish Community Day School of Rhode Island (JCDS)
..... 751-2470

85 Taft Ave., Providence
PreK-5th Grade. www.jcdsri.com
At the Jewish Community Day School of Rhode Island, we empower our children each day to design the world of tomorrow. We prepare, confident, collaborative, critical thinkers for the twenty-first century. Our experienced and loving faculty employ a progressive curriculum that nurtures each student's innate creativity and curiosity while promoting academic excellence and developing personal character. Our thoughtful and expansive social-emotional curriculum focuses on our school's five values: kindness, community, respect, responsibility and justice. We welcome students ages 3 through grade 5, and their families, to join our special community. The unique and individualized experience that every child and family receives here at JCDsRI begins with our personal virtual visits. Schedule your visit today to learn more about what makes our program so special! (see ad this page).



Lincoln School 331-9696

301 Butler Ave., Providence
www.lincolnschool.org
Lincoln School is an independent college preparatory school for girls in Grades 1 - 12, with coeducational pre-school programs for girls and boys from infancy through pre-Kindergarten.

Relying upon our Quaker heritage, our curriculum produces leaders who truly are citizens of the world.

The Montessori Children's House 331-6120

518 Lloyd Avenue, on the East Side of Providence, Preschool through Grade 3, Ages 3-12

montessorichildrenshouse.org
office@montessorichildrenshouse.org

The Montessori Children's House is a school dedicated to providing an intellectually stimulating and emotionally calming atmosphere in which children can become self-directed learners and make Maria Montessori's dream of a peaceful world a reality.

Moses Brown 831-7350

250 Lloyd Avenue, Providence N-12. www.mosesbrown.org
*A school of tradition and innovation with a mission to inspire the inner promise of each student and instill the utmost care for learning, people, and place. Enrolling 775 girls and boys in a challenging and broad college-prep program. **Open house October 16th - please see website for details and updates.***



The Providence Center School 276-4531

520 Hope Street, Providence
www.tpcschoool.org
www.providencecenter.org/the-providence-center-school
The Providence Center School is a special education school for students in pre-school through grade 12 diagnosed with emotional and behavioral disorders. Our goal is to prepare students to successfully return to their community schools, enroll in less restrictive programs, graduate from high school, pursue higher education or join the workforce.

Students are referred to TPC School by their home school districts through special education directors.

Providence Hebrew Day School 331-5327

450 Elmgrove Ave., Providence Pre-K-12
www.phdschool.org
Providence Hebrew Day School offers a quality Secular studies program along with a comprehensive, traditional Jewish studies curriculum in a warm and personal learning environment.

School One High School 331-2497

220 University Ave., Providence, Grades 9-12. www.school-one.org
Our dynamic inviting community empowers its diverse students to take responsibility for their learning through challenging, creative and personalized educational programs in order to prepare for productive futures, self-reliance, commit to important ideas, and contribute to the world in useful ways. (See ad next page.)

CATHOLIC SCHOOLS

The Diocese of Providence sponsors 58 Catholic elementary and secondary schools, serving more than 17,000 students in grades Pre-K to 12. Catholic schools emphasize Christian values and academic excellence in small school communities. All Catholic schools are required to be independently accredited by the New England Association of Schools and Colleges.

For more information call 401-278-4550
cso@dioceseofprovidence.org or visit us at www.catholicschools.org



You're one of a kind
[So are we]

School One!

220 University Ave. | Providence, RI 02906
(401) 331-2497

www.school-one.org

Wheeler School 421-8100

216 Hope St., Providence, N-12.
www.wheelerschool.org
Independent school that provides a joyful and personalized education for every student, while inspiring each to live Wheeler's mission: "To learn our powers and be answerable for their use."
Includes the unique Hamilton School for students with learning differences.
Open House on October 23.

East Bay

Gordon School 434-3833

45 Maxfield Ave., E. Providence,
Nursery - Grade 8. gordonschool.org
We challenge students to develop their full potential by inspiring their minds and imaginations, nurturing an interest in life-long learning and involvement.

Ocean State Montessori School 434-6913

100 Grove Avenue, E. Providence
Preschool - Grade 6
www.oceanstatemontessori.org
The Ocean State Montessori School fosters independence, self-esteem, and a lifelong love of learning by providing an academically excellent and nurturing Montessori environment for children in preschool through sixth grade .

The Pennfield School 849-4646

110 Sandy Point Ave., Portsmouth
Preschool (age 3) - 8th grade.
www.pennfield.org
We provide students with the academic skills to thrive at the secondary school level. Science labs, Spanish, arts, music, technology round-out the curriculum.

The Providence Country Day School 438-5170

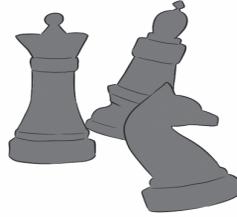
660 Waterman Ave, E. Providence
Coeducational school, grades 5-12
www.providencecountryday.org
By meeting high standards for academic achievement, ethical behavior and community participation, PCD students grow with confidence and prepare for a lifetime of learning and leadership.
Open House: 10/30; 10am-1pm.

St. Andrew's School 246-1230

63 Federal Rd., Barrington,
6-12 and post-grad. standrews-ri.org
St. Andrew's School is a co-educational day and boarding school in Barrington, Rhode Island, serving students in grades 6-12. Within small, supportive classes, our teachers utilize the International Baccalaureate (IB) curriculum to build on unique strengths and passions, shore up individual challenges, and arrive at specific strategies that work for each student.
Open House: October 23, 2021

St. George Boarding School
 847-7565

372 Purgatory Rd, Middletown,
 Grades 9-12. www.stgeorges.edu
 Affiliated with the Episcopal church.
 our co-educational, independent, resi-
 dential school emphasizes academics in a
 college prep program.



St. Mary Academy - Bay View
 434-0013

www.bayviewacademy.org
 Educating girls since 1874, St. Mary
 Academy - Bay View is an independent,
 Catholic school serving a diverse popu-
 lation of girls from preschool through
 grade 12. In the tradition of the Sisters
 of Mercy, we offer a blended learning
 curriculum to foster critical thinking in
 a creative learning environment. We are
 committed to empowering each student
 to be a confident, independent, compas-
 sionate and socially conscious young
 woman who fully lives her faith. **Open
 House November 14th at noon.**

St. Michael's Country Day School
 849-5970

180 R.I. Ave., Newport,
 Grades Pre-School (3 years old)
 through grade 8
www.smcds.org
 A non-denominational, co-educational,
 independent school. The program
 encourages high academic, artistic, ath-
 letic and ethical standards essential for
 success in a complex and changing
 world (see ad below.)



St. Michael's
 Country Day School

*Welcoming Toddlers (age 2)
 through 8th Graders*

Challenging and supportive
 academic program
 with a deep commitment
 to the Arts

Extended School Day
 until 5:30pm
 (no additional fee)

Busing from
 South County
 and Jamestown

Early Childhood Program
 with Art, Science,
 Dance, and Music

Need-Based
 Financial Assistance



180 Rhode Island Avenue, Newport ~ smcds.org ~ 401-849-5970



Saint Philomena School
OF THE SACRED HEART

INVITES YOU TO START THE JOURNEY TODAY!



ONE COMMUNITY TOGETHER WITH
courage & confidence

WE ARE ACCEPTING INQUIRIES FOR
THE 2022-2023 SCHOOL YEAR

324 CORY'S LANE, PORTSMOUTH, RHODE ISLAND
401.683.0268 | saintphilomena.org

St. Philomena School
..... 683-0268

324 Cory's Lane, Portsmouth
PreSchool - grade 8
www.saintphilomena.org
St. Philomena is a private Catholic school of 492 boys and girls founded in 1953 by the Society Sisters Faithful Companions of Jesus. Under the guidance and leadership of the FCJ Sisters, the school educates the whole child - spiritually, intellectually, emotionally and physically (see ad this page).

The Wolf School 432-9940
215 Ferris Ave., E. Prov., K-8.

www.thewolfschool.org
The Wolf School is dedicated to providing an educational environment where K- 8 students with complex learning differences become successful, secure learners. Our intensive and integrated model enables children to discover and utilize their strengths and talents by meeting their academic, social and emotional needs. Special Education certified in both RI & MA (see ad this page and article on page 52).

*Discover a school as
unique as your child*



the Wolf School
Private K-8 Special Education School

East Providence | RI | thewolfschool.org | 401-432-9940

**West Bay
& South County**

Meadowbrook Waldorf School 491-9570

300 Kingstown Road, Richmond
Early childhood to grade 8.
www.meadowbrookschool.com
The Meadowbrook Waldorf School is an independent, private school providing an educational program which integrates the arts, sciences, and humanities.



Prout School 789-9262

4640 Tower Hill Rd., Wakefield
www.theproutschool.org
We are Southern RI's only Catholic High School. The Prout School is a vibrant Catholic community that prepares the whole person for productive membership in the global community by fostering quality in spiritual, academic, artistic, and athletic pursuits.

Quest Montessori**..... 783-3222**

1150 Boston Neck Road,
 Narragansett
www.questschool.org
RI's only Accredited Montessori school for children 18 months - 8th grade. Thoughtfully preparing students for high school and beyond through interactive educational experiences that ensure students grow to become navigators, critical thinkers, citizens, and communicators

Rocky Hill School ... 884-9070

530 Ives Rd., E. Greenwich, N- 12.
www.rockyhill.org
Rocky Hill School is an independent, coeducational, college preparatory day school located on 84 waterfront acres in East Greenwich. With a focus on innovative teaching and experiential learning, Rocky Hill School challenges students academically and prepares them to become leaders and lifelong learners. Our 5:1 teacher ratio allows for individualized instruction and our stunning campus fosters exploration and discovery within a safe environment.

West Bay Christian Academy**..... 884-3600**

475 School Street, N. Kingstown
 PreSchool through Grade 8
westbaychristianacademy.com
West Bay Christian Academy is a coeducational, independent Christian school for students in Pre-school through Grade 8. West Bay provides a safe, stimulating environment where children enjoy coming to school.

Home Schooling

Before you say, "NO WAY!", find out more. Your local school department is also available for more information. (See article next page.)

ENRICHri

www.enrichri.org
 PO Box 1151, Coventry
info@enrichri.org
 ENRICHri is a secular homeschooling group in RI and Southern New England that offers over 300 field trips, seminars, social gatherings and classes per year.

Rhode Island Guild of Home Teachers (RIGHT)

www.rihomeschool.com
 RIGHT offers support, group activities, legal defense and special statewide events such as Promotion ceremony, field trips, parties, curriculum fairs, competitions, exhibitions, and more. Chapters are located throughout the state.

Home Educators Resource Directory

www.homeeddirectory.com/homeschooling-support-groups/rhode-island



Find us on:
facebook®

Are You Considering Homeschooling?



There are many reasons families choose to homeschool but no matter what leads you to this decision there will be a learning curve! It's a new world to explore for you and your children, a new lifestyle!

Legal Stuff

The first thought you may have is about the requirements to homeschool in Rhode Island.

Lucky for you we have a flourishing homeschool community in our small state and supportive organizations that can walk you through the simple annual paperwork.

- An annual Letter of Intent must be sent to your school district's superintendent
- An annual End of Year report must be sent to your school district's superintendent
- Samples of these annual letters can be found on ENRICHri's website (www.enrichri.org)

Learning Style

Now that the paperwork is done you can start thinking about what resources you will use that suit the needs of your family as a whole and each child individually. That starts with understanding how your child learns best.

There are many articles and blogs that you can read to determine what your approach to learning will be. Some people do best with hands-on learning, some absorb information visually and others have a better understanding when information is presented auditorily. Keep in mind that a learning method that works wonders for one child may be a disaster for another. There is a lot to

understand about each type of learner and what would make a successful learning environment for them. Here are a few points to consider about 3 types of learners (there are many more than 3!):

- **Visual learner** – likes charts and pictures to absorb information, may not remember verbal direction, prefers to read to learn instead of listening to lectures
- **Auditory learner** – audio books, conversations instead of textbooks or written reports, needs verbal direction, may need background music/sounds to focus on a task
- **Kinesthetic learner** – needs to MOVE to focus (pacing, jumping, standing at a table), prefers hands-on experiences, doodles while absorbing information, prefers games and field trips

Resources

After considering learning styles you can start looking for resources to set up your children for a successful learning experience.

It's overwhelming. When you Google homeschool curriculum, you get millions of options. When you make it a bit more focused (homeschool algebra textbooks for visual learners) it may still be overwhelming but a bit less so. To make it more confusing not every family will use traditional textbooks, they may look for a variety of learning resources and experiences. There is no way to be sure what will work for you child, make a plan, and plan to change as needed. Flexibility is one of the best parts of homeschooling!

Some resources to consider:

- Art supplies
- Field trips
- Co-ops (give ENRICHri's co-ops a try!)
- You Tube videos
- Online classes (Outschool, Khan, ABC Mouse)

(Continued next page.)

GETTING EXTRA HELP

LEARNING RESOURCES:

Academic Advantage

..... 921-5860
1845 Post Road, Warwick
www.academicadvantageRI.com

A Great Place to Learn

www.greatplacetolearn.com
*Swansea, MA 508-678-9004
566 Wilbur Ave., Coles Landing
*Portsmouth 683-2620
1016 East Main Rd.

Kumon Math and Reading Center of Barrington

..... 323-7875
24 Bosworth St., Barrington
www.kumon.com/barrington
Virtual classes available pre-K-High
School.

Inspiring Minds Tech Center

..... 274-3240
www.inspiringmindsri.org
190 Broad Street, 2nd Floor,
Providence. Hours: 8:30-4:30 m-f,
non-profit that empowers students
to succeed in school and in life,
through academic and social-emo-
tional support.

- Traditional curriculum (Brave Writer, Math-U-See, Oak Meadow)
- Worksheets
- THE LIBRARY
- Project Learning
- Get out and play!

You Can Do It

There are many reasons families choose to homeschool, and many reasons parents will tell themselves that they can't homeschool. You are not alone. There is a vibrant homeschooling community throughout our beautiful state. There are many ways for children and adults to find

Mathnasium

www.mathnasium.com/portsmouth
Portsmouth 683-6284

RI Tutorial and Educational Services (RITES)

..... 723-4459
www.ritutorial.org

Howard R. Swearer Center for Public Service ... 863-2338

or e-mail your name/tutoring needs to: swearer_center@brown.edu
www.swearercenter.brown.edu
Families can call and be placed on an electronic newsletter that goes to interested Brown University students.

Sylvan Learning Center

www.sylvanlearning.com
At Sylvan, we have solutions to fit your child's academic needs that are tailored to your schedule and budget.
Coventry 823-0011
Cumberland 335-4444

Tutor Doctor 888-718-8832

www.tutordocor.com

Tip: Contact academically specific departments at local colleges for student tutors.



their homeschool tribe. Classes, casual meet-ups, co-ops, field trips... all which provide opportunities not only for learning together but also for making friends and finding support. Homeschool veterans are here to help and encourage. Being with others is one of the BEST parts about homeschooling (and pajamas, pajamas rank right up with there as one of the best parts of homeschooling)! You are not alone and you CAN do it. ●

ENRICHri is Rhode Island's largest secular homeschool support group and can be reached at. info@enrichri.org and via their website www.enrichri.org

EDUCATION
**HIGHER
EDUCATION**

RESOURCES:

**College Planning Center
of Rhode Island**

www.cpcri.org

● **Warwick** 736-3170
Warwick Mall, 400 Bald Hill Rd.

● **Lincoln** 475-3544
652 George Washington Highway,
4th Floor, Lincoln.

Higher education counselors providing assistance with college selection, essay writing, completion of financial aid applications, interpretation of financial aid, award letters, and financing options. All services free.

**Rhode Island Educational
Opportunity Center (EOC)**
..... 455-6028

www.ccri.edu/eoc/

We can help you decide on a career or educational program, find the right school, help you fill out admissions and financial aid applications. Services are free of charge. Provides one on one assistance via phone or virtual appointments daily from 8AM to 8PM. Bilingual counseling is available in Spanish, French, and Kriolu (Cape Verdean).

**Rhode Island Office of the
Postsecondary Commissioner**
..... 736-1100

www.riopc.edu

560 Jefferson Boulevard, Warwick
Helping to enrich the intellectual, economic, social, and cultural life of Rhode Islanders through an excellent accessible and affordable system of higher education.



**COLLEGES &
UNIVERSITIES**

● **Brown University**
Admissions 863-2378
www.brown.edu/

Brown University Pre-College Programs 863-7900

precollege@brown.edu
precollege.brown.edu/
A Brown University Experience for High School Students
Through Brown's Pre-College programs, students can experience what makes a Brown University education unique—courses that reflect the rigor and flexibility of Brown's Open Curriculum, a student-centered approach to teaching and extracurricular workshops, and social activities (on campus or virtually) where they meet students from all over the world. Choose from over 200 courses in leadership, STEM, the humanities and more.

● **Bryant University**
..... 232-6000

1150 Douglas Pike, Smithfield
www.bryant.edu

● **College UnBound**
..... 752-2640

www.collegeunbound.org
College Unbound (CU) focuses on adult learners who have faced significant barriers to attending college. CU coordinates courses, field studies, and in-depth project work to help students develop field-specific knowledge and skills that encourage deep learning. CU fills a unique niche in postsecondary education for returning adult learners with a Bachelor's Degree completion program designed around an innovative, personalized, interest/project-based curriculum model.

● **Community College of Rhode Island (CCRI)**
 www.ccri.edu 825-1000

● **IYRS School of Technology & Trades**
 848-5777
 www.iyrs.edu
 449 Thames Street, Newport

● **Johnson & Wales University** JWU-1000
 800-DIAL-JWU
 8 Abbott Park Place, Providence
 www.jwu.edu

● **New England Institute of Technology**
 467-7744
 One New England Tech Blvd.,
 E. Greenwich. www.neit.edu

● **Providence College**
 865-1000
 1 Cunningham Sq., Providence
 www.providence.edu

● **Rhode Island College**
 456-8000
 600 Mt. Pleasant Ave., Providence
 www.ric.edu

● **Rhode Island School of Design (RISD)** 454-6100
 2 College St., Providence
 www.risd.edu

● **Roger Williams University** 253-1040
 1 Old Ferry Rd., Bristol
 www.rwu.edu

● **Salve Regina University** 847-6650
 100 Ochre Point Ave., Newport
 www.salve.edu
 (See ad this page.)

● **University of Rhode Island (URI)** 874-1000
 www.uri.edu
 (See ad this page.)

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 TO SUCCEED AT
 URI PROVIDENCE

Finish What You Started, Complete your Bachelor's degree, or earn a certificate in a new field of study at the URI Providence campus.

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- ◆ flexible schedules
- ◆ supportive environment



80 Washington Street
 web.uri.edu/ceps
 401-277-5000

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 UNIVERSITY
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 ALAN SHAWN FEINSTEIN
 COLLEGE OF
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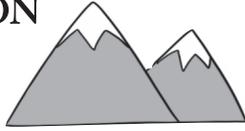



100 Ochre Point Avenue
 Newport, RI 02840

salve.edu

ECOLOGY & CONSERVATION

RI ENVIRONMENTAL EDUCATION GROUPS



4-H (See *Cool Activities for Kids*, page 159.)

Acopia Harvest

..... 481-5578

www.acopiaharvest.com
708 Broad St., Central Falls
Acopia Harvest is a Rhode Island-based sustainable technology company that specializes in hydroponics and alternate methods of food production. Its mission is to introduce affordable, manageable, and sustainable hydroponics systems in schools, homes and businesses nationally and internationally to secure a source of food supply for current and future generations. Their Project Sprout program, developed by Director of Operations Amy Chauvin, educates children, adults and communities about sustainability and overall food sovereignty. In conjunction with STEM curriculum, the program expands on agriculture, nutrition, water management, plumbing, electricity and finances among others through the use of Acopia's Green Machine®, an educational hydroponic growing system. For more information, please visit www.acopiaharvest.com.

Audubon Society of RI

www.asri.org 949-5454

The Audubon Society of Rhode Island has 14 wildlife refuges around the state that are open to the public for outdoor enjoyment. Each refuge is unique with diverse habitats and miles of trails for hiking and wildlife viewing.

There is no fee to use the trails. Audubon offers a variety of programs for people of all ages from guided nature walks, live animal presentations, toddler programs and art workshops. Audubon also brings hands-on science and nature programs into classrooms, libraries and community centers. Visit the Audubon Nature Center and Aquarium at 1401 Hope Street in Bristol.

Blackstone Valley Tourism Council

..... 724-2200

www.tourblackstone.com
The mission of the Blackstone Valley Tourism Council is sustainable tourism. This is accomplished through a variety of programs like *Keep Blackstone Valley Beautiful* and the Riverboat Explorer on the Blackstone River.

Environment Council of Rhode Island

..... 621-8048

environmentcouncilri.org
The Environment Council of Rhode Island is a coalition of organizations and individuals whose mission is to serve as an effective voice for developing and advocating policies and laws that protect and enhance Rhode Island's environment.

Environmental Justice League of RI (RIEEA)

www.ejlri.webpress.com

The Environmental Justice (EJ) League is a non-profit organization led by Rhode Island residents who care deeply about our neighborhoods, the health of our children and ourselves, and who have come together to improve the environments where we live, work, and play. EJ combines civil and human rights issues with environmental issues. Communities of color and those with lower incomes deal with a greater share of environmental

(Continued on page 125.)

Join the Conversation: Ten Environmental Terms, Defined

Mackensie duPont Crowley
Save the Bay



Stormwater runoff

The water that falls onto our watershed during storms. As stormwater “runs off” the land, it picks up fertilizers, chemicals, litter and other pollutants and carries them into our Bay. This is a big issue for places with many impervious surfaces, which cannot absorb water.

Impervious surface

A surface that water cannot sink into, primarily artificial surfaces such as roads, buildings and parking lots. Stormwater should naturally soak into the ground and gradually seep through it before making its way into streams. This process slows down the rate at which the water enters waterways and filters out contaminants. Instead, impervious surfaces send stormwater into streams and storm drains immediately, causing flooding & pollution.

Infiltration area

A place that catches stormwater runoff. These areas allow stormwater to seep into soil and filter out pollutants. An infiltration area is often a depression, like a dry, sandy soil area. It can also be a place that is wet, like a wetland designed specifically for stormwater treatment. This process treats stormwater at the source, preventing runoff into the Bay or other waterbodies.

Marsh accretion

The natural process marshes undergo to increase elevation in response to rising sea levels. As roots and other plant material build up, the marsh rises, staying above sea levels. During the past ten years, accelerated sea level rise has outpaced marsh accretion, drowning marsh

grasses. As vegetation dies, the marsh has nothing to use to build its elevation. To survive, the plants move into adjacent low-lying areas called marsh migration corridors.

Climate change

Long-term, significant changes to the average weather in an area or on Earth. When environmentalists talk about “climate change,” they usually mean man-made climate change, the primary cause of which is the burning of fossil fuels such as natural gas, oil and coal. This process introduces extra carbon dioxide into our atmosphere. As the atmosphere absorbs this carbon dioxide, the planet’s temperature increases.

Microplastics

Marine animals can easily mistake small plastics for food. The harmful bacteria and chemicals that adhere to plastic make even the tiniest pieces a threat to wildlife.

Ocean acidification

A result of excess carbon dioxide entering our water. To help regulate our planet’s natural climate, the ocean acts like a sponge and absorbs carbon dioxide from the atmosphere. When the atmosphere absorbs too much carbon dioxide, the pH of the water changes. As a result, the ocean becomes more acidic, which can be harmful to ocean life. For instance, animals with a shell or exoskeleton, such as clams, crabs, corals and plankton, can no longer absorb calcium to build their shells, leaving them vulnerable to predators.

Microplastics

Tiny pieces of plastic—about the size of a sesame seed—that pollute the environment. Some microplastics were made at this size, like the microbeads in face wash and the microfibers in polyester clothing. Other microplastics are the result of larger items—like bottles, bags and straws—breaking down due to sun exposure, erosion and animal interaction.

OUTDOOR FUN

(Continued Join The Conversation)

Nutrients

The substances that plant and animal life need to survive, including vitamins, minerals and proteins. Nutrients can come from both natural and unnatural sources. While they appear naturally, excessive amounts often enter our waters in the form of fertilizers and pet waste, from septic systems and other agents of pollution.



growth blocks out sunlight for plants on the bottom, setting off a chain reaction. First, the excess algae and plant matter decompose. Then, the decomposed matter produces carbon dioxide and uses up dissolved oxygen. This creates dead zones where fish and other species cannot breathe.

Native plant

A species believed to have been present before European settlement. For hundreds of thousands of years—or longer—these plants have evolved without much interference from humans. When planted in the right spot, native plants need far less water and fertilizer than other species. By planting more native plants, we can save both money and time, while also reducing the amount of nutrients running off land and into the Bay and its watershed. ●

***"In the end we will conserve only what we love.
We will love only what we understand.
We will understand only what we are taught."***

PROTECTING OUR PLANET STARTS WITH YOU



**BIKE MORE
DRIVE LESS**



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

Volunteer!



Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



**reduce
REUSE
recycle**

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.



Buy less plastic and bring a reusable shopping bag.



Long-lasting light bulbs - **ARE A - BRIGHT IDEA**

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



**PLANT
A TREE**



Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.



oceanservice.noaa.gov

(Continued EJ League)

hazards than other communities and don't enjoy the same environmental benefits. The EJ League offers afterschool programs and the summer Community Environmental College program for high school students as well as various opportunities for community members to learn about environmental problems and implement changes in the city of Prov.

The Nature Conservancy Business Line 331-7110

www.nature.org/rhodeisland
Dedicated to the preservation of rare and endangered plants, animals, and natural communities, usually through acquisition of land. Additionally, they own and manage several Rhode Island preserves.

RI Environmental Education Center www.rieea.org

RIEEA is a collaborative network of individuals and organizations committed to environmental education. We work to promote high-quality outdoor learning experiences through our online resource guide, professional development events and scholarships, networking opportunities, and much more.

Save The Bay 272-3540

www.savebay.org
100 Save The Bay Dr., Providence
savebay@savebay.org
Save The Bay is Rhode Island's largest non-profit, member-based organization working on behalf of Narragansett Bay. Since 1970, we have been protecting and improving Narragansett Bay through hands-on educational programs for school-children and the community, advocacy for legislation and enforcement of environmental protection laws, and habitat restoration. We offer boat-based lighthouse and seal tours, trips to Prudence Island, and boat charters. We operate the family-friendly waterfront Exploration

Center and Aquarium in Newport, with three touch tanks and more than 140 local species of marine life on display, and a smaller, but similar, South Coast Center in Westerly. And we host Summer BayCamps for children in kindergarten through high school. *Note: At this time, Save The Bay's facilities in Providence and Westerly remain closed to the public in response to COVID-19. The Exploration Center and Aquarium in Newport reopened Monday, July 5, with new hours and visiting procedures in place.*

Save The Bay is offering volunteer and internship opportunities with new policies and procedures for the health and safety of all involved.



REFUGES & HIKING

(Visit www.asri.org for all Audubon Refuge trail maps.)

Providence & North

Fort Wildlife Refuge (Audubon) 949-5454

1445 Providence Pike (Route 5)
North Smithfield
This 235-acre property includes miles of trails that lead to three idyllic ponds. Fort Refuge is a popular winter destination for snowshoeing and cross-country skiing.

Neutaconkanut Hill 649-4366

www.nhill.org
675 Plainfield St., Providence
The Hill is the highest point in Providence. (Elevation: 296 feet above sea level.) From the hilltop meadow and from several hiking trails are spectacular views of the City and nearly a quarter of RI.

(Continued on page 127)

Recycling Right in Rhode Island

Every day more than 350 trucks from all corners of the state bring recyclables to Rhode Island's state-of-the-art Materials Recycling Facility (the "MRF" for short—rhymes with "Smurf") in Johnston. Here, recyclables are sorted into separate commodities that are sold around the world as raw materials to make new products. Just think, that empty water bottle you toss into your recycling bin, might end up becoming a polar fleece jacket. That's pretty cool stuff!

From protecting the Ocean State's waterways to preserving precious landfill space for future generations, recycling is an easy way to positively contribute to our communities—but we only reap the benefits, when we recycle right. Recently, too much trash is being improperly disposed of in recycling bins. When trash levels get too high, we cannot process the recycling and all that potentially valuable material is lost. Resource Recovery wants that recycling, Rhode Island, but we only want items that are accepted in our mixed recycling program, and nothing more.



There are four basic rules-of-thumb that every Rhode Islander needs to know in order to be a good recycler.

Please recycle only:

1. Paper, cartons and cardboard
2. Metal cans, lids and foil
3. Glass bottles and jars
4. Plastic containers

Special beyond-the-bin programs for items like plastic bags, textiles, and household hazardous waste do exist in Rhode Island, but these items should never go in your recycling bin.

To further spread the recycling right message, Resource Recovery recently relaunched a public education campaign called, Let's recycle RIght®! Campaign materials, including downloadable recycling guidelines, bilingual how-to videos, and a virtual tour of our MRF are available at www.rirrc.org/mixed-recycling. Want to see our MRF up close and personal? We offer free full-facility tours to Rhode Island schools, families and groups. Learn more here: www.rirrc.org/tours ●

RESOURCES:

- **Rhode Island Farmer's Markets**
www.dem.ri.gov/programs/bnatres/agricult/markets.htm
- **RI Resource Recovery Corp.**
www.rirrc.org
Information on recycling, eligible materials and more.
- **The Sustainable RI Directory**
www.directory.sustainableri.org
is a searchable website designed to provide easy access to sustainability related resources in your community. Topics from solar panels to organic foods to hybrid cars can be found with a simple point and click to your town on a map of the state.



(Continued Neutaconkanut Hill)

In all seasons, the beauty of this 88-acre woodland is a classroom-in-nature. The forested woodlands, with several miles of hiking/walking trails, provide a panorama of picturesque stone walls, unique geological formations, natural springs and brooks, wild flowers and berries. Wildlife abounds on the Hill. No other expanse of natural woodland such as this exists in the City of Providence. Parking at the Softball Field on Killingly St., and also at the Neutaconkanut Hill Recreation Center Parking lot at 675 Plainfield St., Providence.

Powder Mill Ledges Wildlife Refuge (Audubon)
..... 949-5454

12 Sanderson Rd., (Rt. 5), Smithfield. This 100-acre wildlife refuge is also where the headquarters of Audubon is located. Four miles of trails wind through a diverse mix of habitats from wetlands to white pine woods to mixed oak uplands. Public programs offered year-round. Programs for birthday parties, scout troops and community groups can be scheduled in advance.

Woonasquatucket River Watershed (Riverside Park)
..... 861-9046

www.wrwc.org
Council: 45 Eagle St., Suite 202, Providence. Our park is Riverside Park at 50 Aleppo Street, Providence. The Woonasquatucket River Greenway is Providence's only off-road bike path. We have the Red Shed Bike Shop where classes are held, and we have bike rides and paddle trips. wrwc.org/events.php for upcoming events.

East Bay

Audubon Nature Center & Aquarium 949-5454

1401 Hope Street (Rt. 114), Bristol. www.asri.org The Audubon Nature Center and Aquarium is a wonderful place for families, schools and community groups to explore, play and learn. Discover the wildlife that live in and around Narragansett Bay, observe the common ravens, and explore the beautiful pollinator garden and pond.

Situated on the 28-acre McIntosh Wildlife Refuge, the nature Center has walking trails with a ¼ mile boardwalk that winds its way through fresh and saltwater wetlands to a majestic view of Narragansett Bay. There is a fee for the exhibit hall, but the trails are free to all.

Cliff Walk Newport 3.5 mile
www.cliffwalk.com

Walk overlooking Second Beach, the Atlantic Ocean and the Bellevue Ave. Mansions in Newport. (Easiest section from Memorial to Ruggles Avenues.)

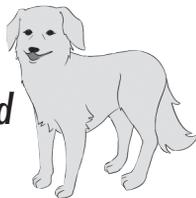
Emilie Ruecker Wildlife Refuge (Audubon) .. 949-5454

www.asri.org
Seapowet Avenue, Tiverton. A 50-acre parcel of woods and salt marsh with views of the Sakonnet River.

Narragansett Bay National Estuarine Research Reserve
..... 683-7365

www.nbnerr.org
Prudence Island. A conservancy with natural open space and trails.

"Be sure to get your outdoor pets vaccinated against rabies."



RI Division of Fish & Wildlife Service offers free programs and camps for kids.
www.fws.gov/ninigret/complex/

Norman Bird Sanctuary

..... 846-2577

583 Third Beach Rd., Middletown
www.normanbirdsantuary.org
This 325-acre wildlife refuge and environmental education center offers over 7 miles of hiking trails through diverse habitats. Before heading out on the trails, visit the Welcome Center and gift shop, the 19th Century Barn Museum featuring natural history displays, and Good Gardens, a collection of gardens featuring herbs, heirloom vegetables, plants, flowers, and an outdoor classroom space. Norman Bird Sanctuary offers educational programs, camps and annual events for all ages.

Recreation Department

..... 728-2400

Cumberland (Rt.114)
550 acres that includes a walking trail, playground and picnic area.

Sachuest Point Wildlife Refuge

..... 619-2680

Off Second Beach in Middletown
fws.gov/refuge/sachuest_point/
228 acres consisting of fresh/salt water marshes, barrier beach, rocky shoreline, grasslands, and coastal shrublands. 5 miles of hiking trails. No dogs allowed.

Touisset Marsh Wildlife Refuge (Audubon)

..... 949-5454

99 Touisset Road, Warren
This is a 66-acre refuge of saltmarsh bordering upland fields with pockets of woodlands. The hiking trail starts and ends at the Touisset Fire Station looping past the Kickemuit River.

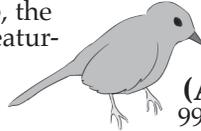
Weetamoo Woods

450 acres of hiking through ponds & forest areas in Tiverton. Picnic area.

West Bay & South

Davis Memorial Wildlife Refuge (Audubon) .. 949-5454

Davisville Rd, N. Kingstown
96 -acre wildlife refuge along the Hunt River. Short walking trail and canoe access.



Fisherville Brook Wildlife Refuge (Audubon) 949-5454

99 Pardon Joslin Rd, Exeter.
1,010-acre wildlife refuge through a variety of habitats including pine and deciduous forests, fields, streams and a large pond. Wonderful scenery, historic cemetery and miles of hiking trails available. Public programs, birthday parties and scout troops can be scheduled in advance.

George B. Parker Woodland (Audubon) 295-8283

1670 Maple Valley Road, Coventry.
An 800-acre property consisting of majestic old growth forest, streams, fields and mysterious rock cairns. Over 8 miles of trails.

Kimball Wildlife Sanctuary (Now managed by RIDEM, Part of Burlingame State Park)

180 Sanctuary Rd, Charlestown
A 29-acre gem located on the southern shore of Watchaug Pond. The land abuts Burlingame State Park and the Kettle Pond section of Ninigret National Wildlife Refuge. Trails lead from the refuge to the state and federal land.

Long Pond Woods (Audubon) 949-5454

North Road, Rockville. A beautiful 218-acre refuge with stately hemlock forest and rock outcroppings bordering Long and Ell Ponds. Audubon trail can be challenging, but it is also linked to a network of trails through a larger conservation area.

Maxwell Mays Wildlife Refuge (Audubon) .. 949-5454

2082 Victory Highway (Route 102), Coventry. 295 acres of diverse wildlife habitat with trails running through upland forests, streams, ponds and open meadow.

Ninigret National Wildlife Refuge 364-9124

www.fws.gov/refuge/ninigret/Charlestown. Freshwater ponds, shrublands, grasslands, barrier beach, salt marsh, and portion of the former Charlestown Naval Auxiliary Landing field. 4 miles of handicapped accessible trails.

Trustom Wildlife Refuge 364-9124

www.fws.gov/trustompond/ Off Moonstone Beach Rd., S. Kingstown. Large brackish pond, grasslands, freshwater ponds and streams, shrublands, a barrier beach, and wooded uplands. 4.4 miles of handicapped accessible trails.



Animal Bites and Rabies

Prevent animal bites and rabies by avoiding contact with wild animals such as skunks, foxes, raccoons, and bats, as well as stray cats and dogs.

To Prevent Rabies

- Vaccinate pets.
- Wear gloves to tend to pets with wounds of unknown origin, or immediately after encounters that have occurred between the pet and either stray animals or wildlife.
- Cover garbage to prevent attracting animals to your property.
- Bat-proof (bit.ly/nobat) your home.

***RHODE ISLAND FAMILIES IN NATURE 569-8758**

Free resources to help your family explore Rhode Island's natural places and reconnect with nature.

www.rifamiliesinnature.org

***CHILDREN AND NATURE NETWORK**

Resources that connect children with the outdoors.

childrenandnature.org

Wilcox Park (Westerly Library)

www.westerlylibrary.org
44 Broad Street, Westerly
The park contains over 15 acres of flowers, tree, shrubs, ponds, fountains, hills, monuments, open meadow and over a mile of paved walkways. Concerts, theater, Movies in the Park, Garden Market Fair, and more.

What You Should Do

Rabies is a serious disease. It is very important to call your doctor or visit the emergency room right away if you have been bitten by an animal. If you have a bat in your home, call your city/town animal control officer at the police department or a licensed professional (list at <http://dem.ri.gov/nwcs>) to remove the bat.

For further information, call

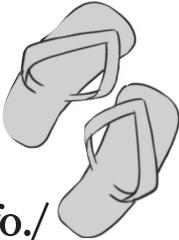
- Rhode Island Department of Environmental Management 401-222-3070
- Rhode Island Department of Health 401-222-2577
After hours 401-276-8046

To learn more, visit health.ri.gov/diseases/rabies.

Nearby Massachusetts

Caratunk Wildlife Refuge (Audubon) 949-5454
301 Brown Ave., Seekonk, MA
Over 200 acres of diverse habitats for plants and animals. One of Audubon's most popular hiking destinations with six miles of well-marked trails. Public programs, birthday parties and scout troops can be scheduled in advance.

**FUN
IN THE
SUN!**



**Beach Info./
Buy Your Passes Online**

www.riparks.com

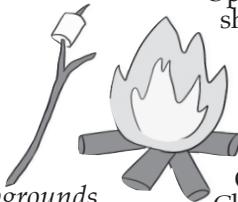
State Beaches:

State residents pay \$6-\$10 Mon. - Fri.; \$7-\$15 on weekends and holidays. Nonresidents pay \$12-\$20 weekdays; \$14-\$30 weekends and holidays. A season pass is \$30 for residents and \$60 for non-residents. (Prices are per car.) Senior citizens pay half price. Life guards are on duty at State beaches daily, weather permitting, from Memorial Day through Labor Day. Visit www.riparks.com for updates.

CAMPING

A complete list of campgrounds is available through the RI Commerce Corporation

..... 278-9100



STATE CAMPING

Department of Parks and Recreation 667-6200
www.riparks.com

Reservations through Reserve America 1-877-RICAMP5

Burlingame State Campground 322-7337/7994
1 Burlingame State Park Rd., Charlestown
755 trailer and tent sites on the shore of Watchaug Pond with boating, fishing, swimming. Hiking trails.

Charlestown Breachway ... 364-7000
In Charlestown, 69 sites for self-contained camping (no tents), restroom, boat ramp, no dump facilities. No reservations.

Fishermen's Memorial State Park 789-8374
1011 Pt. Judith Rd., Narragansett
182 sites for trailers and tents, playground, near beaches.

George Washington Mgmt. Area 568-6700
On Rt. 44 in Gloucester
45 primitive tent/trailer sites in wooded area overlooking Bowdish Reservoir. Swim/hike.

Legrand G. Reynolds Horsemen's Camping Area 539-2356
260 Acadia Rd., Exeter
Open year round. 20 sites, horse show ring and riding trails.
NOTE: Only persons with horses allowed.

Ninigret Conservation Area (East Beach) 322-8910
Off East Beach Road in Charlestown, self-contained camping on the barrier beach, no tents.

HEY TEACHERS!

The RI Division of Fish & Wildlife, Aquatic Resource Education Program offers free workshops for teachers and programs for students to learn about water issues, wildlife, sport fishing, and ecology.

Call Kimberly Sullivan
..... 539-0037



MUNICIPAL CAMPING AREAS

Fort Getty Recreation Area
..... 423-7211

913 Fort Getty Rd., Jamestown
125 sites for tents and trailers,
water/elec., boat ramp, fishing dock.

Melville Ponds Campground
..... 682-2424

181 Bradford Ave., Portsmouth
133 sites, fishing, playground, safari
field, beach access.

Middletown Campground
..... 846-6273

474 Sachuest Point Road (Second
Beach), Middletown. 44 trailer sites,
immediate access to Second Beach.

Westwood YMCA 397-7779
www.ymcapawtucket.org
Coventry. Trailer sites, cabin rentals,
boat rentals.

State Campgrounds can be
reserved online at
RESERVEAMERICA.COM
or call 1-877-RICAMPS.

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YMCA OF PAWTUCKET

FAMILY YMCA 401.727.7900	WESTWOOD YMCA 401.397.7779
MACCOLL YMCA 401.725.0773	WOONSOCKET YMCA 401.769.0791

YMCAPAWTUCKET.ORG

TEAMWORKS
We work hard at PLAY.

SUMMER CAMPS

Traditional Camp
Multi-Sport Camp
Sport Specialty Camps

SINGLE DAY OPTIONS AVAILABLE

TEAMWORKS SOMERSET
508.676.3956
www.teamworkssomerset.com

TEAMWORKS WARWICK
401.463.5565
www.teamworkswarwick.com



SCOUTING AND OUTDOOR FAMILY ADVENTURES

Adventure Base Camp

..... 868-1226

www.ExperienceBaseCamp.org
(Call for information on Adventure Base Camp events or visit our website.)

Adventure Base Camp provides unique outdoor adventures in a welcoming environment for families of all kinds to experience nature and

create memories together through programs that introduce youth to careers, hobbies, and outdoor pursuits, develop valuable life skills, stimulate learning, and build strong character.

At Adventure Base Camp, you and your child will be able to participate in fun, hands-on, outdoor adventures including activities like archery, fire-building, outdoor cooking, S.T.E.M programs, pioneering, environmental studies, hiking, creative arts, and crafts, and more.

You and your children are invited to attend one of our "Adventure Days" to try out our main activities, or you can sign your child up to participate in one of our many specialized program offerings. **Let's Play Outside!** (See ad below.)

Boy Scouts of America

..... 351-8700

beascout.org

Let's Play Outside!

Adventure Base Camp provides unique outdoor adventures in a welcoming environment for all families to experience nature!



- ✓ Participate in fun, hands-on, outdoor adventures including archery, fire-building, S.T.E.M programs, hiking, and much more.
- ✓ Create memories together through programs that introduce youth to careers, hobbies, and outdoor pursuits.
- ✓ Develop valuable life skills, stimulate learning, and build strong character.
- ✓ Attend one of our "Adventure Days" to try out our hands on activities, or sign your child up to participate in one of our many specialized programs.

To learn more, Visit www.ExperienceBaseCamp.org or give us a call at (401) 868-1226



Girl Scouts of South Eastern New England

.... 331-4500 or 1-800-331-0149

www.GSSNE.org

500 Greenwich Ave., Warwick
Girl Scouts unleashes the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)[™] in every girl, preparing her for a lifetime of leadership—from taking a night-time hike under the stars to accepting a mission on the International Space Station; from lobbying the city council with her troop to holding a seat in Congress; from running her own cookie business today to tackling cybersecurity tomorrow. Our Girl Scout Leadership Experience is a one-of-a-kind leadership development program for girls, with proven results. It is based on time-tested methods and research-backed programming that help girls take the lead—in their own lives and in the world. Research shows that girls learn best in an all-girl, girl-led, and girl-friendly environment. Girl Scouts is a place where she'll practice different skills, explore her potential, take on leadership positions—and even feel allowed to fail, dust herself off, get up, and try again. Girl Scouts is proven to help girls thrive in five key ways as they: develop a strong sense of self, seek challenges and learn from setbacks, display positive values, form and maintain healthy relationships, identify and solve problems in the community. The inclusive, all-female environment of a Girl Scout troop creates a safe space where girls can try new things, develop a range of skills, take on leadership roles, and just be themselves. Girl Scouts of Southeastern New England owns five beautiful camp properties,

carefully maintained by our properly staff for the benefit of our girls, alumnae, adult volunteers and the community at large. Day camps are located in Gloucester, West Kingston and Swansea, MA, or overnight Camp Hoffman in West Kingston awaits the adventurous girl in grade 2-12 who wants to sing and sleep under the stars! No matter which camp your girl attends, she'll spend the summer making new friends, swimming, kayaking, exploring nature, and experiencing outdoor adventures. We invite you to find out why we proudly put the "Girl" in Girl Scouts at gssne.org!



RHODE ISLAND LIGHTHOUSES

▲ Beavertail Lighthouse

Beavertail Rd., Jamestown
On the east side of the Newport Bridge on Rt.138, take East Shore Rd. through Jamestown then follow signs to Beavertail State Park. The Lighthouse was built in 1749.

▲ Block Island North Light 466-3200

Built in 1867, the lighthouse is now restored into a maritime museum and open to the public during the summer. Hiking trails surround the lighthouse.

OUTDOOR FUN

(Continued Lighthouses)

▲ Block Island Southeast Light

Call 1-800-383-BIRI for information about Block Island Lighthouses. www.blockislandinfo.com
The Southeast Light was built in 1875. It boasts a stunning 67" octagonal tower and a red brick Victorian style keeper's house. Nature programs are offered at nearby Mohegan Bluffs.

▲ Castle Hill Lighthouse

Located near the Coast Guard Station on Castle Hill Road in Newport, Castle Hill Lighthouse was built in 1890.

▲ Dutch Island Light

Narragansett Bay light station. This light is inactive and was built in 1826.

▲ Old Lime Rock Lighthouse

Newport Harbor.

▲ Plum Beach Light

Built in 1897 in Jamestown, this spark plug style lighthouse is inactive. It can be seen from the Jamestown Bridge.

▲ Point Judith Lighthouse Narragansett 789-0444

The original lighthouse was built in 1806. The current building was erected in 1816. Visitors are welcome to tour the grounds; however, the lighthouse and Coast Guard Station are restricted. From US 1 drive south on Rt.108 to the Coast Guard Station at Pt. Judith. Open daily sunrise to sunset.

▲ Rose Island Lighthouse Newport 847-4242

www.roseislandlighthouse.org
Visitors re-enter a bygone way of life in the keeper's quarters circa 1912; touring the station from windmill to cellar cistern, ending at the 1798 barracks of Ft. Hamilton. Overnight visitors actually participate in the

adventure of lighthouse keeping. Fishing, swimming, and beach combing are available on Rose Island. Call for hours, reservations, and information on school tours or overnights. Landing fee \$5 for all. Not recommended for children under 5.

▲ Sakonnet Point Lighthouse

sakonnetlighthouse.org
7 Sakonnet Point, Little Compton.
Visible from 9-8.

▲ Watch Hill Lighthouse

watchhilllighthousekeepers.org
Lighthouse Rd., Westerly. The lighthouse was built in 1807. The museum and US Coast Guard Station are open Tues. & Thurs., 1-3pm. Grounds are open daily from 8-8.

▲ Whale Rock Lighthouse

In Narragansett, this lighthouse was built in 1882 but was destroyed in 1938. The base (very visible at low tide) remains as a monument to the lighthouse keeper who perished there in the '38 hurricane.



PARKS & PLAYGROUNDS

RIDEM 667-6200

www.riparks.com
Provides information on state parks, playgrounds and beaches in Rhode Island, including pavilion rental fees and information.

PARKS

Providence & North

Blackstone River State Park

Lower River Rd., Quinville
Open daily, dawn to dusk. A park on the banks of the Blackstone River, with canoeing, boating, a fishing area, walking trails and historic walking tours. A portion of the river was used to create a canal, completed in 1828.

Casimir Pulaski Memorial State Park - Glocester Rec.

..... 568-2085

RT 44, Glocester. Swimming, picnicking, cross-country skiing, hiking, camping.

Diamond Hill Park .. 334-9996

www.Cumberlandri.org
Route 114, Cumberland. Wooded park with fields for sports and games, picnic areas, and hiking trails.

Lincoln Woods State Park

..... 723-7892

Route 123, Lincoln. Open daily, dawn to dusk. 627 acres, featuring a beach w/ facilities, ball fields, naturalist observation area, and 10 miles of trails for hiking/horseback riding.

River Island Park 767-9287

Bernon Street, Woonsocket. Open daily dawn to dusk. Only blocks from the center of Woonsocket, yet it boasts quiet walking trails, a scenic overlook and canoe launches.

Roger Williams Park

..... 785-9450

www.rwpzoo.org
1000 Elmwood Ave., Prov. Open daily, year-round, 7am-9pm. This 430-acre park contains a zoo, landscaped grounds, gardens, paddleboats, a carousel, historic buildings.



Valley Falls Heritage Park

..... 728-2400

www.cumberlandri.com
Route 114, Cumberland
Historic, education site with scenic views along the Blackstone River.

Waterplace Park and Riverwalk 680-5759

Memorial Boulevard, Prov. This park sits on 4 acres and features cultivated trails with Venetian-style footbridges. Water excursions.

East Bay

Beavertail State Park

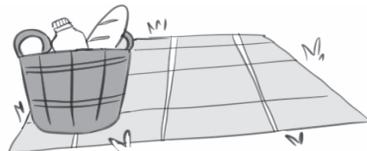
(in season) 423-9941/884-2010

Beavertail Road, Jamestown. 153 acres located in Jamestown has some of the most beautiful vistas along the New England coastline. Beavertail's most popular activity is sightseeing, from the comfort of a vehicle, in one of the four overlooks or on foot, from the rocky coastline. Beavertail also provides some of the best saltwater fishing in the area, along with hiking trails, and a naturalist program that attracts thousands of people each year.

Brenton Point State Park

..... 847-2400

Ocean Dr., Newport. 88 acres, picnic areas, fishing, 2 miles from Fort Adams State Park.



OUTDOOR FUN

Colt State Park 253-7482

Route 114, Bristol. Open year-round. A 464-acre state park on the shore of Narragansett Bay, with four miles of hiking and biking trails, gardens, 10 playing fields and 6 picnic groves. Fishing, concerts and naturalist programs in season.

Fort Adams State Park 847-2400

Ocean Drive, Newport
Open year-round, dawn to dusk. An active military fort from 1799 to 1945, Fort Adams sits on over 21 acres. The original defenses still present include height walls, powder magazines, 3 tiers of guns and cannons, and listening tunnels. The park also includes a picnic area, beach, boat launches/fishing piers.

Fort Barton Park

Highland Road, Tiverton
Historic site also has observation tower and 3 miles of nature trail walks, including a wild plant trail.

Fort Getty 423-7211

Fort Getty Rd., Jamestown (on the west side of Conanicut Island). 32 acres, camping, boating, fishing, picnic tables, pavilion, fields, rocky beach, sand volleyball, playground.

Fort Wetherill State Park 423-1771

Fort Wetherill Road, Jamestown
The park offers spectacular views of Newport Harbor and Narragansett Bay from its location on 100-foot granite cliffs. Salt water fishing, scuba diving, and picnicking.

Haines Memorial State Park 253-7482

Route 103, East Providence. Home to baseball fields, a large picnic area, and a boat ramp. The East Bay Bike Path runs through the park for those looking for a longer bike ride.



West Bay & South County

Arcadia Management Area 539-2356

Main access is off Rt. 165.
Arcadia Management Area covers W. Greenwich, Hopkinton, and Richmond, approximately 1,400 acres, fishing, horseback riding, swimming at beach pond, picnic tables at Browning Mill Pond.

Burlingame State Park 322-8910

Route 1, Charlestown. A 2,100-acre set in woods, swamps and rocky ridges. Fishing, swimming, camping, concerts, snowmobile, trails.

Buttonwoods Park

Asylum Rd., Warwick City Park
126 acres, beach, biking and nature trails, shelters, outdoor in-line skating rink, softball field.

Fishermen's Memorial State Park789-8374

RT 108/1011 Pt. Judith Rd.,
Narragansett. Playground, tennis, basketball, 1 mile from Block Island Ferry and State beaches.

Want to be a lifeguard?

Call DEM-Division of Parks & Recreation 667-6200
www.riparks.com

You must be at least 16 years of age, hold valid cards in Lifeguard Training, First Aid and adult, child and infant CPR - (available through the Red Cross, YMCA, National Safety Council or the Heart Association) - and pass the Certification Test. Call for dates and times of test, and more information.

Goddard Memorial State Park Office (year round)

..... 884-2010

Ives Road, Warwick. Beach, horse and walking trails, forest areas, a 9-hole golf course, picnic/grilling areas, and performing arts venue.

Meshanticut Park

Off Cranston St., near RT 5, Cranston. 32 acres, fishing.

Ninigret Park 364-1222

www.charlestownri.org
Route 1A, Charlestown.

Open daily, dawn til dusk. 172 acres featuring bike paths, tennis and basketball courts, ball fields, disc golf, picnic areas, swimming pond and the Frosty Drew Memorial Nature Center with trails. Also dog park.

Old Mountain Field..789-9301

www.southkingstownri.com
Kingstown Rd., S. Kingstown. Over 60 acres with baseball/ softball fields, basketball courts, nature trails, picnic area, playground, restrooms, tennis courts, in-line skating, skate park.

Tuckertown Park 789-9301

www.southkingstownri.com
Tuckertown, Rd., S. Kingstown. This handicapped accessible park (65 acres) has it all -- baseball fields, soccer fields, basketball courts, tennis courts, nature trails, picnic area, playground, restrooms, tennis courts.

White Mill Park 568-9470

Route 100, Pascoag. Open year round. The mill was finished in 1834. The original structure burned to the ground and rebuilt in 1895. Fine example of the 19th century water-powered mills, which formed the backbone of the New England economy over a century ago.

Wilcox Park 596-2877 x334

71 1/2 High Street, Westerly
Open year round, dawn - 11 p.m.
The park features dozens of specimen trees, shrubs and flower beds, along with a pond, fountain and monuments. Breathtaking in May - July and the perfect spot for a stroll.

And Nearby ...**Covel Estates Park**

Off Milford Rd. in Swansea, MA
Tennis courts, ball fields, and playground.

**PLAYGROUNDS****Providence & North****Branch River Park and Playground**

Glendale. Playground for all ages, soft-ball fields, 2 tennis courts, 2 basketball courts, soccer fields, practice fields.

Cabral Memorial Park

Wickendon St., Providence
Handicapped accessible - picnic tables, basketball courts, baseball fields, playground, water play fountains.

Columbia Park

Vermont Ave., Providence
Handicapped accessible - picnic tables, basketball, walking track, playground.

Deerfield Park

100 Lisa Ann Circle, Greenville.
Basketball courts, grills, walking paths, football fields, tennis courts.

Fargnoli Park Playground

Smith St., Providence.
Two great playgrounds, one for older kids, and one for the little guys. Plus basketball courts, a baseball field, T-ball field and picnic area (concessions).

OUTDOOR FUN

Glocester Memorial Park

Adelaide Rd., Chepachet.

Handicapped accessible - new playground, basketball courts, baseball fields, tennis courts.

Heritage Park

Chestnut Oak Rd., Chepachet.

Cross country skiing, miles of walking paths.

India Point Park

India Ct., Providence

Handicapped accessible - waterfront park, picnic tables, in-line skating, sledding, bike paths, and community boating.

Johnston Memorial Park and Playground

Hartford Ave., Johnston. The fence surrounding this playground makes it easier to keep track of the little ones. A walking track circles a lake.

Roger Williams Park

Elmwood Ave., Providence

Handicapped accessible - picnic tables, in-line skating, cross-country skiing, sledding, baseball fields, hiking, tennis courts, zoo, pony rides, "flying horses" carousel, mini-golf, kiddy go-boats, the Dalrymple Boathouse where you can rent paddle boats and mini speed boats, outdoor concerts, and festivals throughout the summer.

Spring Lake Beach Recreational Facility

..... 568-9474

50 Old Hillside Dr., Glendale. Fresh water swimming, volleyball, picnic tables, boat rentals, concessions.

Slater Memorial Park

..... 728-0500, x251/252

Pawtucket. Full rec. facilities.

World War II Memorial State Park

Social Street, Woonsocket

Playground, shuffleboard court, recreational activities.

East Bay

Bristol Playground - Town Commons

Corner of State and Wood Streets, Bristol. Large wood playground, basketball, tennis.

Bristol Town Beach

Colt State Park, off Rt. 114, Bristol.

Beach, playground, facilities, baseball, softball and soccer fields, tennis and basketball courts. Also, check out the cool skate park!

Burr's Hill Park

South Water St., Warren. (next to Bay Queen). Playground equipment, tennis, basketball, baseball, town beach.

Eldred John Recreation Area

East Shore Rd., Jamestown.

Picnic tables, crosscountry skiing, hiking paths, soccer field.

Hugh Cole Playground

Asylum Rd. (off Child St./Rt. 103),

Warren. Large playground, ball fields, basketball, picnic tables and cookout area, nature trail, pavilion available with permission (Warren Rec. Dept. 245-4569).

Jamestown Community Playground

26 North Main St., Jamestown

Handicapped accessible - playground (made entirely from recycled materials) for preK and up with special features such as Clatter bridge, SS Jamestown boat, and Sea Monster, picnic tables.

Tiverton Town Recreation Area

Main Road, South Tiverton

Handicapped accessible - Sandy playground for all ages, tennis, baseball fields, soccer fields.



West Bay & South County

Abbie Perry Park 789-9301
Sandturn Rd., S. Kingstown
Playground, basketball.

Brousseau Park 789-9301
Succotash Rd., South Kingstown.
Playground, baseball fields, basket-
ball courts, tennis.

Central Coventry Park
Provident Place, Coventry
Picnic tables, outdoor grills, basket-
ball courts, baseball fields, hiking
paths, tennis courts, softball fields,
rec. center.

**Coventry Greenway and
Crosstown Bike Path**
Handicapped accessible - picnic
tables, in-line skating, cross country
skiing, hiking paths, horseback
riding, bike paths.

**Frenchtown Park and
Recreation Facility**
1127 Frenchtown Rd., E. Greenwich
Tot size playground, small fishing
pond, hiking paths, nature park,
tennis courts, basketball courts.

Foster Memorial Park
Station St., Coventry. Handicapped
accessible - picnic, hiking paths,
baseball fields, playground, volley-
ball, soccer, concession, restrooms.

Hanaford School
LeBaron Dr., E. Greenwich
Handicapped accessible - large
playground with Kids Kastle.

Herbert F. Payne Memorial Pk.
1277 Main St., Coventry
Handicapped accessible. Picnic
tables, basketball courts, baseball
fields, in-line skating, tennis courts,
softball fields, playground,
recreation center, concessions.

**Hunter's Crossing Recreation
Area.** Hunter's Crossing Dr.,
Coventry. Picnic tables, grills, bas-
ketball courts, baseball fields, tennis.

**Merrill S. Whipple
Conservation/Park Area**
Rt.117, Coventry. Cross-country
skiing, hiking paths, canoe launch.

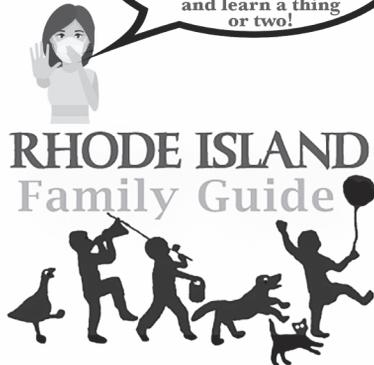
Ryan Park
Oakhill Rd., N. Kingstown. Picnic
tables, basketball courts, baseball
fields, cross-country skiing, hiking
paths, bike paths, horseback riding.

**South Kingstown Town
Beach 789-9331**
Matunuck Beach Rd., S. Kingstown.
Picnic area, playground, restrooms,
swimming, volleyball, walking
paths, handicap accessible.

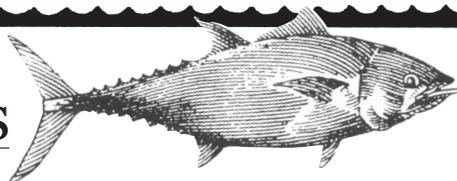
**W. Kingstown Park
..... 789-9331**
Rt. 138, W. Kingstown
12 acres with basketball, picnic area,
playground, restrooms, softball, ten-
nis, volleyball, walking paths.

Wilson Park
West Main St., N. Kingstown (on
way to Wickford Village).
Handicapped accessible - picnic
grounds, outdoor grills, basketball
courts, baseball fields, hiking paths,
tennis courts, soccer fields, sandy
playground, and tot lot for toddlers.

Check out our
new website:
StaySafeRhodeIsland.com
YOU MAY WIN PRIZES
and learn a thing
or two!



AQUARIUMS, ZOOS & FARMS



AQUARIUMS

Audubon Nature Center and Aquarium 949-5454

1401 Hope St., Bristol

www.asri.org

The Audubon Nature Center and Aquarium is a wonderful place for families, schools and community groups to explore, play and learn. Discover the wildlife that live in and around Narragansett Bay, observe the common ravens, and explore the beautiful pollinator garden, & pond.

Situated on the 28-acre McIntosh Wildlife Refuge, the nature Center has walking trails with a ¼ mile boardwalk that winds its way through fresh and saltwater wetlands to a majestic view of Narragansett Bay. There is a fee for the exhibit hall, but the universally accessible trails are free to all and there are picnic tables available

Beavertail Aquarium 884-983

1 Beavertail Rd., Jamestown

facebook.com/BeavertailAquarium/

Located next to the Beavertail

Lighthouse, the Beavertail Aquarium is a fun, free way to get an upclose look at local marine fish, shellfish, and more! This is a free state-funded program, focusing on local marine life. Park Naturalists also offer walking tours, tide pool exploration, and special activities.

Biomes Marine Biology Center 885-4690

6640 Post Road, N. Kingstown

www.biomescenter.com

New England's only marine education facility and the most hands-on aquarium in the region. Open to the public daily noon to 5. Annual family memberships available. Field trips and birthday parties by appt.

Mystic Aquarium 860-572-5955

Exit 90 off I-95, Mystic, CT

www.mysticaquarium.org

Open daily except Christmas and Thanksgiving Days.

Save The Bay Exploration Center 324-6020

175 Memorial Boulevard,

Easton's Beach, Newport.

www.savebay.org/aquarium

Some of the Bay's best marine educators make learning feel like a day at the beach (and since the Exploration Center is located right ON the beach, they should). The Save The Bay Exploration Center and Aquarium is an interactive, marine-science learning center and aquarium that has dozens of exhibits featuring more than 140 species of local marine life, all caught in the waters of Narragansett Bay. Open to the public 10-4 daily, Memorial Day through Labor Day, and on week-ends year-round. Contact us for school and group programming.

ZOOS



Buttonwood Park Zoo 508-991-6178

425 Hawthorn St.,

New Bedford, MA www.bpzoo.org

Open year-round, only 3-minutes from I-195.

Capron Park Zoo 774-203-1840

201 County St., Attleboro, MA

www.capronparkzoo.com

See animals from North America, Africa and Asia, as well as a tropical rain forest exhibit and more. Open daily in the summer 10-5; winters 10-4, weather permitting.

Roger Williams Park Zoo
 785-3510, x316

1000 Elmwood Ave., Providence
 www.rwpzoo.org
 Discover WILD Family Fun for Everyone! Roger Williams Park Zoo provides visitors the opportunity to see animals from all over the globe. Mingle with free-roaming tropical birds, sloths, and monkeys in the Zoo's spectacular Faces of the Rainforest habitat. Step into the wilds of Africa and watch African elephants and Masai giraffes' roam. Retrace the path of Marco Polo and encounter red pandas, moon bears and snow leopards. Or cozy up to goats and sheep at the popular Alex and Ani Farmyard. For something a little out of the ordinary, do not miss the Explore & Soar area, where you'll find the Woodlands Express train, and for the slightly more adventurous, the Soaring Eagle Zip Ride.

The Zoo is open all year-round. For more information visit rwpzoo.org. (See ad this page.)

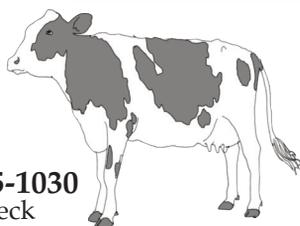
Southwick's Zoo
 800-258-9182

www.southwickszoo.com
 Southwick's Zoo is home to hundreds of animals, like chimpanzees, lions, giraffes, mandrill monkeys and many endangered species including white rhinos. Popular venues at the zoo include: The Earth Discovery Center, elephant facts and fiction, animal rides, Bird Talk, kiddie rides, petting zoo, Woodland Express, Skyfari Sky ride, deer forest, picnic grounds, a play park, food venues, and the Purple Peacock Gift Shop. Along with the entertainment you will find stunning, large, naturalistic habitats for the Zoo's animals. Southwick's Zoo is open each day from 10 am- 5 pm, mid April – mid October and is located at 2 Southwick Street, off of Route 16 in Mendon, MA.



PLAN YOUR ADVENTURE TODAY!
rwpzoo.org

FARMS



Casey Farm 295-1030

2325 Boston Neck Rd., Saunderstown
Originally the center of an active plantation, the 1,750 homestead is now partially open to the public. The property is operated as an organic, community-supported farm. Call for details about community farming, special events, workshops, or camps.

Confreda Greenhouses and Farms 827-5000

www.confredas.com
2150 Scituate Ave., Cranston
Farmer's market and greenhouses open daily. Weekday farm tours in the fall for groups of 15 or more.

Coggeshall Farm Museum 253-9062

1 Coggeshall Rd., Bristol
www.coggeshallfarm.org
Prepare to get your hands dirty exploring the lives of ordinary tenant farmers living on the edge in 1799. Meet rare-breed livestock, tend heirloom vegetables, and explore 48 acres of fields, woods, and salt marsh. Events on website.

Dame Farm and Orchard 949-3657

www.damefarmandorchards.com
91B Brown Ave., Johnston. A multi-generational family farm business offering fruits and vegetables grown on our farm. June thru Nov. With tours and horse drawn wagon rides available by apt. or on weekends Aug thru Nov for walk-ins. Open year round, dawn to dusk. Also, pick your own strawberries, apples and pumpkins in season.

Prescott Farm 847-8344
www.newportrestoration.org
2009 West Main Road, Middletown
An important Revolutionary landmark, which includes General Prescott's guard house, an 1812 windmill which still grinds meal and an 18th century country store which contains a collection of farm implements of the period. Lots of friendly ducks and geese, too. Guided Tours. Walking trails.

Watson Farm 423-0005

Historic New England's Watson Farm is located at 455 North Rd. in Jamestown. 265 acres, 100 head of cattle, 80 sheep, work horses, chickens, ducks and more. Also vegetable and flower gardens. The land was first farmed by the Narragansett People. Today it is a working family farm where visitors take self guided tours along trails overlooking Narragansett Bay, through pastures, hayfields, and woodlands to the shoreline. Special events. Open June 1 - October 15, Tuesday, Thursday and Sunday, 1-5.



SEASONAL STUFF

PICK YOUR OWN ...

Apples, Berries, Pumpkins and more ...

RI DEM's Division of Agriculture 222-2781

They're a good resource for the best pickin' spots in the state.

4-Town Farms .. 508-336-5587

www.4townfarm.com
90 George St., Seekonk, MA. Pick your own strawberries, raspberries, blueberries, peas and flowers. Tractor rides to pumpkin patch in October. School groups.

Appleland Orchard
 949-3690
 135 Smith Ave., Rt. 116, Greenville
 Open late August through mid-May.
 Apples, Christmas Trees, etc.

Barden Family Orchard
 934-1413
 www.bardenfamilyorchard.com
 56 Elmdale Rd., N. Scituate
 Pick your own apples, peaches, rasp-
 berries, blueberries, blackberries and
 pumpkins. Farm market (call for
 opening date) through Halloween
 Weekdays 9am-6pm, Weekends and
 Holidays 9am-5pm (Limited hours
 in November until Thanksgiving.)
 (See ad this page.)

Confreda Farms 827-5000
 www.confredas.com
 2150 Scituate Ave., Cranston
 Farmer's market and greenhouses
 open daily from April - December.
 Weekends in the fall hay rides and
 pumpkin pickin' and corn maze.

Delvecchio's Farm ... 884-9598
 302 Potter Rd.,
 N. Kingstown. Pick your own
 blueberries - July through Sept.

The Farmer's Daughter
 792-1340
 www.thefarmersdaughterterri.com
 716 Mooresfield Rd., Wakefield
 Full nursery and garden center.
 Raspberries, pumpkins.

Harmony Farms 934-0741
 www.harmonyfarmsri.com
 359 Saw Mill Rd, Harmony
 Call or visit website for opening and
 closing date. Blueberry picking in
 July M, W-F, 8am-7pm Weekends
 8am-5pm. Closed Tuesdays.

Jaswell's Farm 231-9043
 www.jaswellsfarm.com
 50 Swan Rd., Smithfield. Apple and
 berry (strawberries, blueberries,
 raspberries) picking.

BARDEN FAMILY ORCHARD

56 Elmdale Road, North Scituate
 www.bardenfamilyorchard.com 934-1413

Farm Market Open

M-F 9am-6pm,
 Sat & Sun 9am-5pm

All our own Berries Honeycrisp, Macoun,
 Gala and Fuji, Peaches, Sweet corn, Sweet
 Apple Cider, Tomatoes, etc in season



August PYO Berries, cherry tomatoes
September and October PYO apples, berries and pumpkins
November Market open until Thanksgiving
 With sweet apple cider, apples, applesauce, squash, frozen
 berries and pumpkins.

*Dedicated to growing the highest
 quality fruits and vegetables for those
 who are dedicated to buying local*

Credit Cards and Senior Farmers Market Coupons accepted

**WE WELCOME FAMILIES
 SCHOOLS • GROUPS**




PACHET BROOK TREE FARM



**CAMPFIRE HAYRIDES
 CHRISTMAS TREES
 COUNTRY WEDDINGS**

Pumpkins • Parties • Private Events

Call (401) 624-4872
 4484 Main Rd., Rt. 77
 South Tiverton, RI

WWW.PACHETBROOK.COM

Macomber's Blueberry Farm
..... 397-5079

www.macombersblueberryfarm.
shutterfly.com 141 Rice City Rd.,
Coventry. July - August. See web-
site for hours. Blueberries.

Narrow Lane Orchard
..... 294-3584

213 Narrow Lane., Johnston.
narrowlaneorchardri.com
Apple, nectarine and peach pickin.
Field trips by appointment.

Pachet Brook Tree Farm
..... 624-4872 or 624-7248

4484 Main Rd., Rt. 77, S. Tiverton.
www.pachetbrook.com
Enjoy pumpkin picking, walking
trails and Christmas trees. Available
for birthday parties and school tours
and demonstrations (grades K-6).
Also weddings and special events
(see ad previous page).

Phantom Farm 333-2240

2920 Diamond Hill Rd.,
Cumberland. Apple picking, country
bake and gift shop, year round.

Quonset View Farm
..... 683-1254

895 Middle Road, Portsmouth.
Strawberry & pumpkin pickin'.



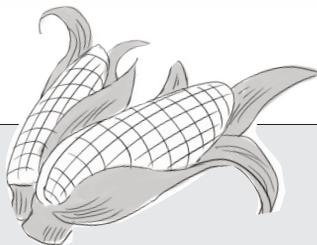
Farm Fresh RI

www.farmfresh.org
Directory of farmers' markets and
other sources of locally-grown food
in the state.

Food on the Move
(See Nutrition section.)

**RI Fruit Growers
Association**

www.rifruitgrowers.org
Directory of locally-grown produce.



CORN MAZES

**Confreda Greenhouses and
Farm** 827-5000

2150 Scituate Ave., Hope
www.confredas.com
"Haunted" corn maze and hayride
(evenings late Sept - Oct). "Scare-
Free" weekend days.

Escobar Farm 683-1444

Middle Road, Portsmouth
www.escobarfarm.com
8 acres of corn and 2 miles of
paths. Corn cobs to help if you get
lost. \$10 adults, \$8 children.
Pumpkin patch and hayrides and
special events. Opening Friday,
Sept 3rd at 4, Fridays, Saturdays,
and Sundays (and Monday holi-
days) opening in September 10am -
6pm and in October, 10am -6pm.
Last admission one hour before
closing. Open mid-week with
reservations (see ad next page).

Frerichs Farm 245-8245

43 Kinnicutt Ave., Warren
www.frerichsfarm.com
They've got corn mazes, hay
mazes, pumpkin coach rides,
Charlie Brown's Pumpkin Patch,
and their annual fall pumpkin drop
(from a crane, that is!). Baby ani-
mals April through Christmas. All
free!

Salisbury Farm 942-9741

www.salisburyfarm.com
Plainfield Pike and Peck Road,
Johnston. This corn maze covers
4 acres!

Salisbury Farm 942-9741
 www.salisburyfarm.com
 Corner Plainfield Pike & Peck Hill Rd., Johnston. Strawberries, raspberries, and veggies, and pumpkins and giant corn maze in the fall.

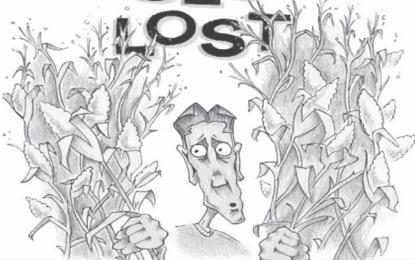
Schartner Farms 294-2044
 www.schartnerfarms.com
 One Arnold Place, Exeter. Strawberry, blueberry and Pumpkin picking, Christmas trees, schools.

Smith's Berry Farm
 295-7669
 320 Shermantown Rd.,
 Saunderstown. Blueberries.

Sweet Berry Farm 847-3912
 www.sweetberryfarmri.com
 915 Mitchells Lane, Middletown. Pick your own strawberries, raspberries, blueberries, blackberries, peaches, apples, peaches, pumpkins and Christmas Trees.

Wicked Tulip Farm
 297-3700
 www.wickedtulips.com
 90 Brown Avenue, Johnston
 They typically open Early May and close Mid or Late May. Tickets must be purchased online.

Escobar Farm
Corn Maze
GET LOST



September 3 - November 7
www.escobarfarm.com

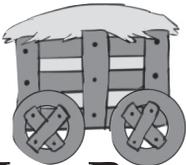
HAYRIDES • COWTRAIN • PUMPKIN PATCH
• SCARECROW MAKING •

SPECIAL EVENTS:

Harry Potter Day - Sept 18th
HALLOWEEN COSTUME PARTY - Oct 31st

\$1.00 off if you wear a costume to our Special Events!
 (Open Columbus Day.)

Middle Rd., Portsmouth
401-683-1444 or 401-864-1064



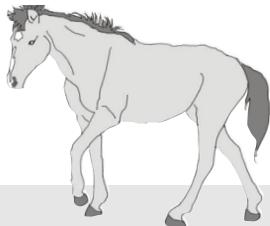
HAY RIDES

Chepachet Farms 568-9996
 www.chepachetfarms.com
 226 Tourtellot Hill Rd., Chepachet. Sleigh rides, horse drawn wedding carriages, horse drawn trolley, horse drawn hay rides to pumpkin patch, petting corral, campfire picnic facilities inside and out, and birthday parties.

Pezza Farm 943-2707
 www.pezzafarm.com
 2279 Plainfield Pike, Johnston. Seasonal hay rides, feed and pet animals - goats, pigs, cows, chicken, sheep, horses. Special events. Birthday parties. Open Feb-Dec, 9-5.

Side Hill Farm 377-2426
 www.sidehillfarm.biz
 60 Clarks Falls Rd., Hopkinton. Hayrides, horse & carriage rides, sleigh rides, and stagecoach will even come to you!

OUTDOOR FUN



THERAPEUTIC RIDING FARMS

Greenlock Therapeutic Riding Center ... 508-252-5814
www.greenlock.org
50 Summer St., Rehoboth, MA

Horse Play Therapeutic Riding Center 294-3565
www.hptrc.org
143 Gilbert Stuart Rd.,
Saunderstown

The Mustard Seed Farm 740-815-4123

244 Wright Road, Danielson, CT
TheMustardSeedFarm.com
Farm mini-horse classes.
Contact: Peg Trimmer

Yellow Horse Therapeutic Riding 749-6122
40 Collins Rd., Ashaway
www.yellow-horse-equine.com

HORSEBACK RIDING

Providence & North

Gold Dust Cutting Horse Farm 568-8933
97 Reservoir Rd., Chepachet. Lessons.

Pine Ledge Stable 949-5822
Greenville. Lessons, boarding, pony rides and parties.

Sunset Stables 722-3033
www.sunsetstablesri.com
1 Twin River Rd., Lincoln. Trail ride

(\$35/hr, 8 years and older), lessons and pony rides. Open year-round, daily 9-4.

Whispering Winds Farm 639-8112 or 568-9137
www.rivwhisperingwindsfarm.com
1465 Putnam Pike, Chepachet

East Bay

Newport Equestrian Academy 837-4188
www.NewportEquestrian.com
287 Third Beach Rd., Middletown
Indoor arena, trails, lessons for beginners through advanced, beach trail rides, camps. Horse sales.

Ponies to Go 683-9437
www.poniestogo.com
516 Third Beach Rd., Middletown
Lessons and pony rides by appt. at our beautiful farm. Summer Camp July/Aug.

Sandy Point Stables 849-3958

www.sandypointstables.com
30 Sandy Point Farm Rd.,
Portsmouth. Indoor/outdoor arena, summer camp, and lessons.

Stepping Stone Ranch 397-3725
201 Escoheag Road, W. Greenwich
www.steppingstoneranch.com

HALLOWEEN FUN!

NOTE: *Some of the Halloween attractions listed here are too scary for young children.*



Factory of Terror 774-415-0153
www.factoryofterror.com
33 Pearl St., Fall River, MA. Ages 10+

Field of Screams 397-2600

www.HauntedHayride.net
 179 Plain Meeting House Rd.,
 W. Greenwich. Join the haunted
 hayride throughout October and
 travel through the Field of Screams,
 encountering over 15 grisly and elab-
 orate scenes brought to life (or death,
 as the case may be) by professional
 actors eager to taunt visitors with
 state-of-the art scares. Also, visit the
 Dungeon of Doom, the areas largest
 outdoor haunted maze.
 Open every Thursday - Sunday night
 in October. Tickets go on sale at 6:30.
 Gates close at 9 on Thursday and
 Sunday, 10pm on Friday and Sat..

**Fortress of Nightmares
 841-0707**

facebook.com/fortressofnightmares
 Nights in October, starting at 6pm,
 historic Fort Adams will unleash the
 restless spirits of its past on special
 haunted tours. See spooky areas of
 the Fort not usually seen on regular
 tours, and hear the eerie, bizarre and
 macabre tales of the Fort's long histo-
 ry and legend. May -September:
 "Ghost Hunt" - 1st Friday of month.

**Ghost Tours of Newport
 www.ghostsofnewport.com**

Our guides take you on a lantern-led
 stroll down Newport 's shadowy
 lanes. You will discover first hand
 the ghosts, ghouls and legends of
 our haunted city by the sea.

**Haunted Labyrinth
 942-6571**

hauntedlabyrinth.com
 804 Dyer Ave., Cranston.
 Mazes and chambers,
 with horrors around
 every corner! Call for
 hours and prices.

Boo!



Experience the magic of
 the Halloween season

Citizens

**Jack-O-Lantern
 Spectacular**
 at Roger Williams Park Zoo

September 30 – October 31

**Feast your senses on Rhode
 Island's biggest and greatest
 pumpkin spectacular!**

rwpzoo.org 

**Roger Williams Park Zoo
 785-3510**

1000 Elmwood Ave., Providence
 rwpzoo.org/jols
 Revel in the magic of the Halloween
 season at the nationally acclaimed
 Jack-O-Lantern Spectacular at Roger
 Williams Park Zoo. Called
 EXTRAORDINARY by both CNN
 and USA Today, guests are immersed
 in more than 5,000 intricately carved
 pumpkins, along with special effects,
 and surprises for the
 whole family. Follow
 Roger Williams Park Zoo
 on Facebook and
 Instagram for the
 latest and greatest zoo-
 stastic happenings. Visit
 rwpzoo.org for prices and
 more special events,
 including the Zoo's new
 Holiday Lights
 Spectacular beginning
 November 2021.

IN AND ON THE BAY!



WHALE WATCHING

Frances Fleet 783-4988
www.francesfleet.com
Port of Galilee in Narragansett.
Whale watching, deep sea fishing.

SWIMMING

The Providence Recreation Department maintains six public pools. Call 680-7300 for hours and information. All of the pools listed also have easily accessible playgrounds and water parks (except Zuccolo).

- **Almagno Pool** - 675 Plainfield St.
- **Selim-Rogers Pool** - 60 Camden
- **McGrane Pool** - 404 Dexter St.
- **Davey Lopes Pool and Recreation Complex**-248 Dudley St. (questionable reopening at press time)
- **Zuccolo Pool** - 18 Gesler Street

Also, check out the YMCA's, Aquatics at the Dwares JCC, Pods Swimming, Envious Swimming, Boys & Girls Clubs for swimming lessons.

WATER EXCURSIONS & TOURS

Providence & North

Blackstone Valley Explorer 724-2200
www.rivertourblackstone.com
40 passenger riverboat tours the Blackstone River. Guided tours, educational and group tour packages. Operates Sundays, May-Oct. Charters and senior groups welcome. Call for special family events.

Looking to Charter?

www.rifishing.com

If you're sailing from Pt. Judith, Snug Harbor or Jerusalem, call the Rhode Island Party and Charter Boat Association.

La Gondola 421-8877
www.gondolari.com
Enjoy a gondola excursion along the Woonasquatucket and Providence Rivers and view the revitalization of the city, river walks and waterfront parks. 3 goldolas; up to 6 passengers each. Family packages available.

Save The Bay Lighthouse Tour

..... 272-3540 x 133
www.savebay.org/lighthouse
When you join a Save The Bay Lighthouse Tour, you'll experience Narragansett Bay's historic lighthouse sites first hand! Enjoy breathtaking views of the Newport Pell Bridge, Gaspee Point, Prudence Island and historic Fort Adams, and be amazed by how many iconic sites you can see in just one tour. On this 7-hour tour, you'll view up to 20 active and inactive lighthouse sites in Narragansett Bay. Starting in Providence, we will motor down the West Passage to Newport and return home via the East Passage. A stop at Rose Island will provide an opportunity to explore the grounds. Lunch will be provided at Rose Island.

Taunton River Tours

..... 617-331-9829
riceman67@verizon.net
Charters, tours and guide service. Mt. Hope Bay, Bristol, Newport, Narragansett Bay.



East Bay

Fish'n Tales Adventures
 619-4431
 fishntalesadventures.com
 Lobstering and Fishing Trips from
 Bowen's Wharf in Newport daily in
 summer; Seal tours in Wickford,
 November - April.

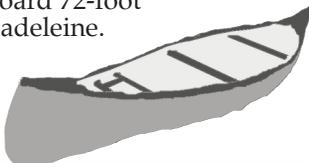
Gansett Cruises 787-4438
 www.gansettcruises.com
 Narrated Newport harbor tour, daily
 in summer.

**Herreshoff Marine
 Museum** 253-5000
 www.herreshoff.org
 1 Burnside St., Bristol
 Set sail in Bristol Harbor and
 Narragansett Bay. Choose a tour,
 private lesson, or charter with a
 professional captain and crew.

Schooner Adirondack 2
 847-0000
 www.sail-newport.com
 This 78-foot vessel replicates the
 appearance of a classic sailing vessel
 indigenous to Newport Harbor at
 the turn of the century. Daily
 summer sails from Bowens Wharf,
 Newport.

Schooner Aurora 849-6683
 www.newportexperience.com
 Goat Island, Newport, near Marina.
 View beautiful Narragansett Bay on
 a 101-ft topsail schooner.
 Wednesday, July-October.

Schooner Madeleine
 847-0298
 www.cruiseneport.com
 Daily departures in season from
 Bannister's Wharf in downtown
 Newport aboard 72-foot
 schooner, Madeleine.



West Bay
 and South County

Bay Cruises 295-4040
 www.rhodeislandbaycruises.com
 Aboard 400-passenger *Millennium*
 catamaran. Departs from Quonset
 Point in N. Kingstown. Operates
 May - October.

Sea Princess/The General
 294-0021
 brandarismaritime.com
 Harbor launch, Wickford Town
 Wharf. Call about scenic cruises, ice
 cream cruises, special occasions and
 dinner cruises. Youth programs
 and harbor tours on *The General*.

CANOE/KAYAK/
 PADDLEBOARD
 LESSONS/RENTALS

RI Canoe/Kayak Association
 www.ricka.org
 Whitewater canoeing, kayaking,
 sea kayaking and family canoeing.
 Monthly meetings, racing, parties,
 and education.

Providence & North

Call Blackstone Valley Tourism
 724-2200
or visit tourblackstone.com
for more information on this area.

**Community Boating
 Center** 454-SAIL (7245)
 www.communityboating.com
 Kayaking now available!
 (See listing under Sailing).

East Bay

Island Surf and Sports
 846-4421
 www.islandsports.com
 86 Aquidneck Ave., Middletown
 Rent windsurfers, surfboards,
 boogieboards, kayaks.

EXPLORERI.ORG

Learn about Rhode Island's blueways and greenways. Interactive water map for paddling and interactive walking map for hikers. Also a put-in/boat ramp list. info@exploreri.org

West Bay & South County

The Kayak Centre ... 295-4400
www.kayakcentre.com
70 Brown St., Wickford. Rentals, tours, instruction, sit-on-tops, touring, fishing, stand-up paddling (SUP).

Narrow River Kayaks
..... 789-0334
www.narrowriverkayaks.com
94 Middlebridge Rd., Narragansett. Sales, rentals, tours, and instruction.

Paddle Surf RI 741-5661
www.paddlesurfri.com
Westerly.

Paddleboard RI 684-0575
www.paddleboardri.com
Located all over the Ocean State's beautiful coastline.

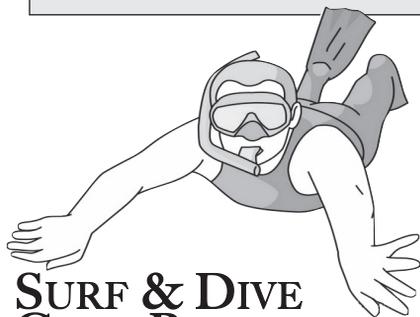
Quaker Lane Bait & Tackle
..... 294-9642
www.quakerlanetackle.com
4019 Quaker Ln., North Kingstown. Outdoor outfitter with a full line of fishing, canoeing, kayaking rentals, sales, supplies, bait & tackle.

REI Outdoor Retailer
..... 275-5250
www.rei.com/cranston
22 Chapel View Blvd., Cranston. Kayak, paddleboard rentals. Outdoor adventure classes.

Westwood YMCA 397-7779
www.ymcapawtucket.org
2093 Harkney Hill Rd., Coventry
Canoes and kayaks.

CANOE THE BLACKSTONE RIVER.

Learn how to canoe the 45-mile long Blackstone River.
Call 762-0440
for a free copy of the book:
Blackstone River Canoe Guide



SURF & DIVE GEAR RENTALS AND LESSONS

SURF REPORT . 949-644-3171

Elemental Surf Shop
..... 846-2280
www.elementalsurfskate.com
89 Aquidneck Ave., Middletown. Surfboards, snowboards, skateboards, rentals and sales.

Kalipso Dive Shop .. 231-3483
www.kalipsodive.com
375 Putnam Pike, Rt. 44, Smithfield

Narragansett Surf and Skate
..... 789-7890
www.narragansettsurfskate.com
74 Narragansett Ave., Narragansett
Paddleboard lessons too.

PARASAILING

Block Island Parasailing
..... 864-2474
..... 466-5504
www.blockislandparasail.com
www.blockislandreservations.com/activities/parasailing

Ferries



Block Island High Speed Ferry 1-866-783-7996

Interstate Navigation Company, Pt. Judith and Newport.

www.blockislandferry.com

Get to Block Island FAST on the hi-speed Block Island Ferry! From Point Judith, RI, you're there in only 30 minutes. During the summer, you can also take a hi-speed ferry from Newport AND Fall River. The Newport ferry leaves from downtown next to Perrotti Park while the Fall River hi-speed leaves from the Fall River State Pier and travels to Newport before going on to Block Island. However you get there, you'll walk off the boat to sandy beaches, great restaurants, walking trails, nature preserves and historic sights.

Block Island Traditional Ferry 783-7996 1-866-783-7996

Sail Away on the Block Island Ferry!

Enjoy a leisurely sail from Point Judith, RI, to Old Harbor, Block Island, and walk off the boat to a variety of shops and great restaurants. Take in the island's nature trails, historic sights or sandy beaches. With enclosed passenger

areas and snack bar, the Traditional vehicle ferries carry passengers, cars, motorcycles and bicycles and leave multiple times daily. Narrated island tours with lunch are available for groups of 25 or more through our Group Sales Department, 866-783-7996, ext. 124.

Bristol to Prudence and Hog Islands 683-0430

Church Street Wharf on Thames St.
www.prudenceferry.com

Jamestown & Newport Ferry 423-9900

www.jamestownnewportferry.com
www.conanicutmarina.com

One East Ferry Wharf, Jamestown. Stops include Rose Island (lighthouse), Jamestown, Fort Adams/Museum of Yachting, Bowen's Wharf & Perrotti Park (Newport).

Martha's Vineyard Fast Ferry 295-4040

www.vineyardfastferry.com
90 minute trip from Quonset Pt. Also Sunset Cruises.

Steamship Authority 508-548-5011

www.steamshipauthority.com
Leaves from Woods Hole for Martha's Vineyard and from Hyannis to Nantucket. Call for schedule.

SAILING LESSONS

American Sail Training Assn. 846-1775

221 3rd Street, Newport
www.sailtraining.org
Information on nearly 250-member sail training programs on sailboats from 30 - 200+ feet!



Community Boating Center 454-SAIL (7245)

www.communityboating.com
info@communityboating.com
Community Boating Center (CBC) is a non-profit, 501c3 recreational organization offering all members of the community an opportunity to sail. Located in India Point Park, CBC provides outreach, sailing and kayak lessons and affordable access to the Providence waterfront. CBC offers youth summer sailing camp sessions. Adult evening classes also available.

OUTDOOR FUN

Edgewood Yacht Club

..... 781-9626

www.edgewoodyachtclub.com

Shaw Ave., Cranston.

Full-service marina and yacht club.

Herreshoff Marine Museum

..... 253-5000

www.herreshoff.org

Come for a lesson in an iconic,
Bristol-built Herreshoff 12 ½.

Private instruction, summer camps.

Hobie Fleet 448 647-3203

www.fleet448.org

For beginners to experienced sailors.

Classes, events, regattas.

Newport Sailing School and Tours 848-2266

www.newportsailing.com

Goat Island, Dock A, Newport.

Newport Yacht Club

..... 846-9410

www.newportyachtclub.org

Long Wharf, Newport. Adult & jr
sailing program June - mid-Aug.

Sail to Prevail 849-8898

Sailing for children and adults with
all types of disabilities. (See ad.)

Sail Newport 846-1983

60 Ft. Adams Dr., Newport

www.sailnewport.org

Sailboat rentals, storage, racing,
regattas, special events. Two-week,
full-day youth summer sailing.

URI Sailing Center

..... 783-0797

236 Salt Pond Rd., Wakefield

web.uri.edu/campusrec/sailing/

Summer sailing program, three 4-wk
sessions for children and adults.

Westwood YMCA 397-7779

2093 Harkney Hill Rd, Coventry

Sailing instruction for children ages
10 and up, must be a proficient
swimmer. Their *Family Lakeside
Sailing Club* entitles members to use
of boats, etc.

SAIL TO PREVAIL

Rhode Island's Official Disabled Sailing Center
401-849-8898 • SailToPrevail.org



MORE SPORTS

AIRSOFT

Extreme Airsoft 789-1987

www.extremearsoftri.com

1425 Kingstown Rd., S. Kingstown

BASEBALL/SOFTBALL

Apponaug Girl's Softball

www.agsoftball.com

For girls ages 5 through high school.

Newport Gulls Baseball

..... 849-4982

www.newportgulls.com

Pawtucket Slaterettes

..... 465-7312

www.slaterettes.com

Girls/women's baseball league.

Rhode Island Baseball

Institute 732-9575

www.ribibaseball.com

2011 Post Rd., Warwick

Upper Deck Baseball

Academy 334-1539

www.upperdeckba.com

1 John Dean Memorial
Blvd., Cumberland

Local Town Sports:

Most towns offer instructional soccer,
lacrosse, football and/or baseball/
softball leagues and camps for boys
and girls. Call your town Rec Dept.

BASKETBALL

One-on-One Basketball 639-0814

www.1on1basketball.com
Basketball Camps across the state of
Rhode Island for boys and girls ages
5-15 years old. (See ad below.)



BIKE TRAILS Special Places

(Visit www.riparks.com for more
comprehensive information.)

BUSES ... bike racks are available on
R.I.P.T.A. buses to take you (and
your bike) to your favorite biking
areas. Call R.I.P.T.A. at 781-9400 or
800-244-0444. www.RIPTA.com

- **Bellevue Ave./Ocean Park Dr.** - 15 miles of paths from around Atlantic Ocean and Newport Mansions.

- **Blackstone River Bikeway**
First 11.6-mile section of proposed 19-mile path through the Blackstone Valley National Heritage Corridor between Providence and Worcester, MA.

- **Block Island**
Paths and trails throughout the island.

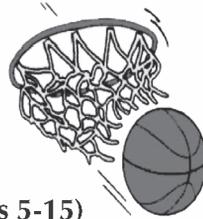
- **Conanicut Island**
20 miles of paths on the Island.

- **East Bay Bike Path**
(Colt State Park Office) .. 253-7482
14.5 miles of paved paths for biking, skating, running, etc. Starts at India Point Park in Providence and ends in Bristol.

www.dot.state.ri.us/bikeri
to download maps of all of the
Rhode Island bike trails.



Camp Director Frank Luca



*SUMMER HOOP CAMPS (ages 5-15)

LOCATIONS THROUGHOUT RI INCLUDING: Burrillville ● Cumberland
East Greenwich ● E. Prov. ● Scituate ● Smithfield ● S. Kingstown

**BOYS & GIRLS CAMPS ● ELITE CAMP
BOYS "NEXT LEVEL" CAMPS ● SPORTS CAMP FOR AGES 5-12**

*AFTER-SCHOOL HOOPS & MULTI-SPORT PROGRAMS

**FOR ELEMENTARY
& MIDDLE SCHOOLS**

For more information, call **Frank Luca 401-639-0814**
Register online www.1on1basketball.com (click on "Prov", then "Camps")

SIBLING & MULTI-CAMP DISCOUNTS • EXPERIENCED COACHES

OUTDOOR FUN

● **Colt State Park**

A paved pathway runs throughout the park. Parking, restrooms, food, phones, picnic areas, and beautiful view of Narragansett Bay. The East Bay Bike path runs through.

● **Goddard State Park**

In East Greenwich, 8 miles of paths.

● **Greenville Area of**

Smithfield. 20 miles of paths in and around village.

● **Riverside Park** at 50 Aleppo St., Prov. Providence's only off-road bike path. We have the Red Shed Bike Shop where classes are held, and we have bike rides and paddle trips.

www.wrwc.org/events.php

● **South County Bike Path**

..... 789-4422
7 miles of paths
www.southcountybikepath.org

● **Tiverton, Sakonnet/Little Compton.** 25-30 miles of paths.

● **Wilson Park Bikeway**

..... 294-3331
1.5 mile loop circling Wilson Park in Wickford.



BIKE & SKATE RENTALS

(See bike safety article on page 23.)

Block Island Bike (and Car) Rental 466-2297

Ocean Ave., Block Island. Bike rentals in season, year-round car rentals.

NBX Bikes 782-4444

www.nxbikes.com
922 Boston Neck Road, Narragansett

New England Mountain Biking Association

Visit nemba.org

FENCING

Rhode Island Fencing Academy and Club (RIFAC) 434-2404

www.rifac.com
14 Almeida Ave., E. Providence

GOLF (Visit www.rigolf.com and Mini Golf in Entertainment.)

Button Hole 421-1664

One Button Hole Drive, Providence
www.buttonhole.org
Non-profit, 9-hole, par-3 golf course with lighted driving range. Clubs available for use; open year round. Lessons for kids and adults.

HOCKEY (ICE)

RI Amateur Hockey Assoc. www.ri-hockey.org

RI Hockey Academy www.rihockeyacademy.com

RI Sting Girls Hockey www.stinghockeyri.com

LACROSSE

Rhode Island Youth Lacrosse League www.riyll.org

PAINTBALL

BattleGroundz 305-3600 www.battlegroundz.net 100 Higginson Ave., Lincoln

Providence Indoor Paintball 467-2815

www.providencepaintball.com
199 Thurston St, Providence

RACING

(BIG AND LITTLE CARS!)

Johnny Lightning Race Club
(Diecast metal cars) 248-1625

www.ljlr.com

Come and race your Hot Wheels, Johnny Lightning, and Matchbox cars at the Lincoln Johnny Lightning Race Club on the second Sunday at the MacColl YMCA located at 26 Breakneck Hill Rd in Lincoln RI from 9:30 am until 2 pm. All ages are welcome!

Seekonk Speedway
(The real deal!) 508-336-9959

www.seekonkspeedway.com

1710 Fall River Ave., Seekonk, MA
Only local NASCAR facility. May through Oct. Lots of special events.

ROCK CLIMBING

Central Rock Gym
..... 889-5452

www.centralrockgym.com
275 W. Natick Rd., Warwick

Rock Spot Climbing
..... 727-1704

100 Higginson Ave., Lincoln
www.rockspotclimbing.com

United Skates of America
..... 438-9898

75 New Road., East Providence
www.UnitedskatesRI.com

SKATE PARKS

(See Roller Skating page 184.)

• **Bristol Town Beach**
Colt State Park - Rt. 114, Bristol

• **Bulgarmarsh Rec. Area**
Rt. 77 in Tiverton

• **East Providence Skate Park**
Onna Moniz-John Park on
Central Ave, East Prov.

• **First Beach**
Memorial Blvd. - Newport

• **Glocester Memorial Park/Skate Park**
Chepachet

• **Herbert F Paine Memorial Park/Skate Park**
1277 Main Street, Coventry

• **Kent County YMCA**
Warwick

• **Mickey Stevens Skate Park**
975 Sandy Lane, Warwick

• **Neutaconkanut Park**
(Providence)
1680 Hartford Ave., Johnston

• **Newman YMCA**
Seekonk, MA

• **The Neighborhood Guild**
325 Columbia St., S. Kingstown
..... 789-9301

• **Oakland Beach Skate Park**
430 Oakland Beach Ave., Warwick

SOCCER



American Youth Soccer Organization (AYSO)
..... 473-4606

www.ayso.bluesombrero.com/
region715

Sherwood Won Sports
..... 508-336-6565

wonsportsinc.com
1314 Fall River Ave., Seekonk, MA

Teamworks
170 Jefferson Blvd., Warwick
www.teamworkswarwick.com
..... 463-5565

Adult and youth indoor leagues in soccer, football, volleyball, inline hockey, dek hockey & lacrosse. Parties, private rentals & school vacation camps *(see ads pages 131, 158, 180 and COUPON, page 192).*

OUTDOOR FUN

WINTER FUN



SKIING/BOARDING

(Note: In the summer, most ski areas offer lots of cool activities. Visit their websites.)

Rhode Island's Only Ski Area ...

Yawgoo Valley Ski Area
..... 294-3802

160 Yawgoo Valley Rd., Exeter, RI.
www.yawgoo.com
30 minutes from Providence. 12 trails, night skiing, snow making, rental shop, ski school, children's programs. In the summer, a cool water park (*see Water Parks*).

ICE SKATING

Call for local pond ice skating conditions ... 667-6222
(Rinks are indoors unless noted.)

Bank Newport City Center
..... 680-7390

www.theprovidencerink.com
2 Kennedy Plaza, Prov. Outside.

Boss Arena 874-4988
www.bossicearena.com. At URI.

Benny Magieri Ice Rink
..... 822-9260

100 Factory St., West Warwick
westwarwickciviccenter.com

Cranston Veterans Memorial Ice Rink 316-2579

www.cvmrink.com
Phoenix Ave., Cranston

Levy Community Rink
..... 568-8615

425 East Avenue,
Burrillville



Special Olympics 349-4900
370 George Washington Highway,
Smithfield. SpecialOlympicsRI.org
Year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities.

Portsmouth Abbey Skating Rink 643-1313
285 Cory's Lane, Portsmouth

Newport Yachting Center
..... 846-1600
20 Commercial Wharf, Newport -
outside. newportyachtingcenter.com

RI Sports Center 728-7420
risportscenter.com
1186 Eddie Dowling Hwy.,
N. Smithfield

ICE SAFETY

- Never assume the ice is safe.
- The only safe ice is at a rink.
- Never skate on an untested lake or pond. The ice should have a minimum uniform thickness of 6 inches.
- Never skate alone.
- Only skate during the day or if an area is illuminated.
- Know the name of the body of water, nearby street, and where the nearest location is for help.
- Never use the ice for a shortcut.
- Never go out onto the ice after an animal or toy.

It takes at least 5 to 7 days of temperatures in the low 20's before ice may become safe.

**ALL EMERGENCIES
DIAL 911**

(R.I. Department of Parks and Recreation
www.riparks.com)

SEAL WATCHING!

Winter is also the perfect time to seal watch on Narragansett Bay. January through March is best.

Check out seals ... **LIVE!**

www.RoseIsland.org

Check out this live video of the Citing Rock area where harbor seals hang out during February, March and early April.

Save The Bay Seal Cruises
..... 203-7325

www.savebay.org/seals
Resuming November, 2021, Save The Bay offers seal watch cruises and nature tours in Newport, Westerly, and Fall River aboard our education vessels.

Smithfield Municipal Ice Arena
..... 233-1051
109 Pleasant View Ave., Smithfield

Thayer/Warburton Arena
..... 738-2000
975 Sandy Lane, Warwick. Lessons.
www.warwickri.gov

Washington Trust Community Skating Center
..... 596-2894

61 Main Street, Westerly
Rentals, lessons, hockey lessons and leagues, curling,

Our Pro Teams

National Hockey League - Prov. Bruins 273-5000

www.providencebruins.com
The top development affiliate of the National League Boston Bruins.

New England Patriots
www.Patriots.com

WooSox
www.WooSox.com



ACTIVITIES

FUN FOR LITTLE ONES

(Also, see "Help for New Parents" & "Cool Activities for Kids")

Bellani Maternity 822-9900
1276 Bald Hill Rd., Warwick
www.bellanimaternity.com

Build-A-Bear Workshop
www.buildabear.com
Emerald Square, North Attleboro, MA.
..... 508-643-3443

Dwares JCC 421-4111
401 Elmgrove Ave., Providence
www.jewishhallianceri.org.
(See ad page 160.)

Hasbro Funlab 727-5918
1027 Newport Ave., Pawtucket
Enroll your child to "test" toys and games at Hasbro's Funlab.
Currently remote.

Mom's Clubs - (See page 28.)

Pawtucket Family YMCA
..... 727-7900

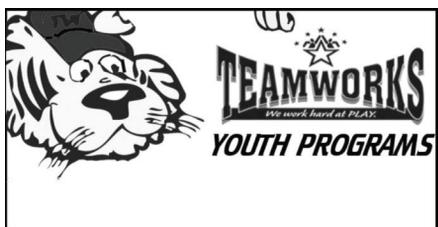
20 Summer St., Pawtucket
Offers swim lessons for preschoolers starting at 6 months of age (see ad page 162).

Rock-a-Baby Music Classes
..... 524-7113

www.rockababymusic.com
Classes throughout RI.
(See ad next page.)

Teamworks 463-5565

www.teamworkswarwick.com
170 Jefferson Blvd., Warwick
TYPs (Teamworks Youth Programs) are designed to give children 2 to 7 years old an opportunity to play with others in a fun and positive environment (see ad next page).



PROGRAMS FOR CHILDREN 18 MOS+

Squeaky Sneakers - All Sports

Soccer - Basketball

Flag Football - And More....

Visit our website for class details

TEAMWORKS WARWICK
170 Jefferson Blvd. - Warwick, RI 02888
401.463.5565
www.teamworkswarwick.com

TEAMWORKS SOMERSET
732 Lee's River Rd. - Somerset, MA 02725
508.676.3956
www.teamworkssomerset.com

Taste Buds Kitchen
Cooking Birthday Parties
Ages 2-Adult

PARTIES, CAMPS, WORKSHOPS, ADULT BYOB

TRAINS



●Blackstone Valley Polar Express 495-1213

blackstonevalleypolarexpress.com
1 Depot Square, Woonsocket.

November 19th – December 19th

Hop aboard the Blackstone Valley Polar Express for a magical three-hour holiday experience!!! Join us for a 90-minute train ride to view the North Pole that's filled with singing, games, a reading of the classic children's story "The Polar Express", and a visit from Santa! Arrive an hour before your trip for photo opportunities with the characters and a whole lot more fun to fill us all with the spirit of Christmas!

●Newport & Narragansett Dinner Train

..... 295-1203

www.trainsRI.com

1 Alexander Rd., Portsmouth

Enjoy dinner and luncheon excursions, Aquidneck Island Rail Tours, Murder Mysteries, Santa Train and more.

●Rail Explorers

..... 877-833-8588

www.railexplorers.net

1 Alexander Rd., Portsmouth

Providence
Warwick
Barrington
and Cumberland

(401) 524-7113

Marc@rockababymusic.com

**Music Classes, Birthday Parties,
Concerts, CDs & Books
For Your Infant or Toddler**
☆ 4 months to 4 years ☆

Rock-a-Baby RI & MA
www.RockaBabyMusic.com

COOL ACTIVITIES & CLASSES FOR KIDS

(Also, check out Bookstores, Entertainment, Farms, Outdoor Fun & Sports for more cool things to do. Activities specifically geared toward younger children will be listed under Fun for Little Ones.)

4-H Club 874-2959

www.URI.edu/4h. Exciting programs ranging from sewing to woodworking to conservation and environment. Plus fundraisers, fairs, trips, workshops and camps.

Boys & Girls Clubs of RI

East Providence 434-6776
 Pawtucket 722-8840
 Newport County 847-6927
 Providence 444-0750
 Warwick 467-4385
 Cumberland-Lincoln 333-4850

Boy & Girl Scouting

(See pages 132-133.)

Dwares JCC 421-4111

401 Elmgrove Avenue, Providence
 www.jewishallianceri.org
 Fitness center including indoor pool, preschool, infant/toddler programs, after school program, summer camp, story time, arts and crafts, cultural events...and more!
(See ad next page.)

Fit 2 Cook for Kids .. 294-6800

www.Fit2cook4kids.org
 Cooking, fitness and communication programs.

Healthtrax

www.healthtrax.com
 1000 Division Rd., E. Greenwich
 223-4444
 15 Catamore Blvd., E. Providence
 434-3600
 2191 Post Rd., Warwick 732-2413
 Health, fitness and sports programs for kids of all ages at Healthtrax, a Care New England Wellness Center.

Kids Workshops at Home Depot 826-0600

800 Universal Blvd., Warwick
 www.workshops.homedepot.com
 Woodworking kits handed out.

Mastermind Adventures 508-812-0346

www.mastermindadventures.com
 info@mastermindadventures.com.
 Completely remote.

Southeast New England Chess Assoc. 359-1602

P.O. Box 40604, Providence
 www.senecachess.org
 Year-round classes and tournaments.

Young Marines

rhodeislandyoungmarines.com
 For boys and girls ages 8 - high school - promotes a healthy, drug-free lifestyle while developing self-discipline, teamwork/leadership.

YMCA's

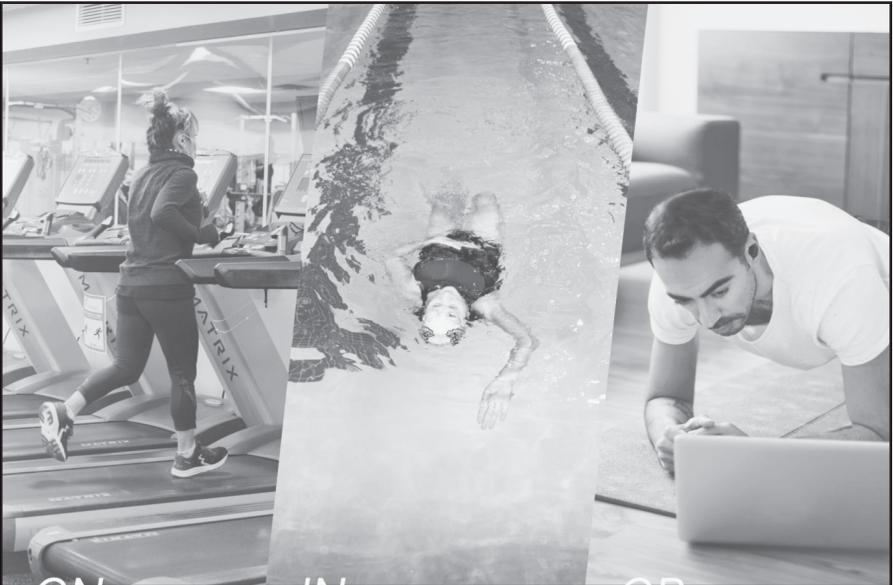
Newport Armed Services YMCA
 846-9622

Newport County YMCA .. 847-9200
 www.newportymca.org.

Pawtucket YMCA 727-7900
 www.ymcapawtucket.org

- Heritage Park YMCA 727-7050
 - MacColl Field YMCA 725-0773
 - Westwood YMCA 397-7779
 - Woonsocket YMCA 769-0791
- (See ad page 162.)*





ON
LAND

IN
WATER

OR
ONLINE

DWARES
JCC
Rhode Island



401 Elmgrove Avenue, Providence

Contact us to learn more

401.421.4111

JewishAllianceRI.org

Providence YMCA 521-9622

- www.ymcagreaterprovidence.org
 - Bayside Branch 245-2444
 - Community Services/InTown 456-0100
 - Cranston Branch 943-0444
 - East Side 521-0155
 - YMCA Camp Fuller 783-5359
 - Kent County 828-0130
 - Newman Branch 508-336-7103
 - South County Branch 783-3900
 - West Bay 295-6501

Smithfield YMCA 949-2480

www.ymca1.org

Ocean Community YMCA

- oceancommunityymca.org
 - Arcadia (Wyoming) 539-2306
 - Westerly/Pawcatuck 596-2894

YWCA's

Greater RI 722-3010

324 Broad St., Central Falls

Northern RI 769-7450

514 Blackstone St., Woonsocket
 Programs and activities (including day care and summer camps) to enrich the lives of women and girls: health, wellness, leadership, economic opportunities, technology education and more.

(NOTE: Activities exclusively for younger children are listed under "Fun for Little Ones".)



ART

ART BY YOU at

Weirdgirl

Creations Pottery

Studio 247-1397

33 Kent Street, Barrington
 www.weirdgirlcreations.com

The Artists' Exchange

..... 490-9475

www.artists-exchange.org
 50 Rolfe Square, Cranston.
 Artists' Exchange is home to multiple art studios, a gallery, art boutique and café, along with secondary

venue Theatre 82, a multi-use performance, meeting and instructional space. Enriching classes and summer camps are offered year-round in art, ceramics, theater, and music; and a variety of events – including plays, music concerts, birthday parties, and fundraisers – are hosted. *(See ad page 163).*

Blue Door Art Studio

..... 349-2812

115 Pleasant View Ave., Smithfield
 www.bluedoorartstudio.com

CityArts! 941-0795

www.providencecityarts.org
 891 Broad St., Prov. Free after school program for Providence area children 8 to 14. Music, theatre, drawing and painting, poetry and creative writing, ceramics, dance, etc.

ClayArt Studio 245-4895

www.clayartstudiori.com
 14 Pacquin Rd., Barrington. Classes for children, adults and both.

Clayground 884-4888

www.claygroundstudio.com
 5600 Post Rd., East Greenwich

Create Color Art Studio

..... 363-9511

www.createcolorartstudio.com
 Salt Pond Plaza, 91 Point Judith Rd, Unit D-3, Narragansett

Jamestown Arts Center

..... 560-0979

18 Valley Street, Jamestown
 www.jamestownartcenter.org

KidzArt 921-3285

www.kidzart.com
 Innovative fine arts drawing program for kids of all ages.

Mudstone Studios ... 297-9412

www.mudstonestudios.com
 30 Cutler St., Warren. Ceramic classes to clay classes and studio space.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENERGIZE YOUR MIND AND BODY



Membership offers safe, affordable activities for people of all ages.

Help keep your family healthy and active all year long. Visit one of our branches to learn more about the benefits of a YMCA of Pawtucket membership.

Financial assistance is available.

MacColl YMCA (Lincoln)
725.0773

Pawtucket Family YMCA
727.7900

Woonsocket YMCA
769.0791

www.ympawtucket.org

Swimming • Youth Sports • Group Exercise • Family Activities • Nutritional Counseling

Museum of Primitive Art and Culture

..... 783-5711

1058 Kingstown Road, Peace Dale
www.primitiveartmuseum.org
 Features craft projects for children,
 from tribal chokers to sundials.
 FREE with a nominal materials fee.
 Private tours only (during Covid).

Newport Art Museum

..... 848-8200

76 Bellevue Ave., Newport.
www.newportartmuseum.org
 On a mission is to share a diversity
 of art and experiences that spark
 reflection, inspiration, discovery, and
 connection within our Newport
 community and beyond. Enjoy
 changing exhibitions, Artist Talks,
 workshops, art classes and camps,
 and special events throughout the
 year.

The RISD Museum

..... 454-6500

224 Benefit St., Providence
www.risdmuseum.org
 The RISD Museum offers a variety
 of ways for families to engage with a
 world-class collection of art and
 design. Join us for family films,
 gallery talks and open studio time.
 Sundays are free for the entire fami-
 ly! Please visit us online for sched-
 ule of events and activities.
 Advanced tickets required.

RISD Continuing Education Young Artist Program

..... 454-6200

345 S. Main St, Providence
ce.risd.edu
 All Young Artist Programs on hold
 through Covid. Check website for
 updates. CE programs are being
 offered online.

The Sew-Op

..... 447-5500

www.the-sew-op.com
 14 Phillips St., N. Kingstown

CERAMIC ARTISTS

Make Our Studio Your Studio,
 Sign Up Online Today!

OPEN
 STUDIOS



Clay Studio Session \$10
 materials, firing & shelf rentals also available

Mondays, Wednesdays, Thursdays, and
 Fridays 4-8 pm

50 Rolfe Square
 Cranston, RI 02910
 (401)490-9475
www.artists-exchange.org



Classes & More!



Available in Art,
 Music, Theater,
 Ceramics and
 Digital Media

Also offering
 Art Kits and
 At Home Lessons

artists'
 EXCHANGE

a non-profit community art center

401.490.9475
artists-exchange.org
 50 Rolfe Sq Cranston

Tiverton Four Corners Center for Arts and Education

..... 624-2600

3852 Main Rd., Tiverton
fourcornersarts.org

Warwick Center for the Arts

..... 737-0010

3259 Post Road, Warwick
warwickcfa.org
 Summer arts camp for kids that will
 run through August. We also offer
 workshops for adults and kids
 throughout the year as well as rotat-
 ing exhibits. Readers can check our
 website for further information.



ACTIVITIES

DANCE & DRAMA

(Also see Music.)



The Center for Dynamic Learning

..... 461-1813

1 Louisa Street, Providence
www.cdli.org

The Contemporary Theater Company Workshop

(Box Office) 218-0282

327 Main St., Wakefield
contemporarytheatercompany.com

Courthouse Center for the Arts

..... 782-1018

www.courthousearts.org
3481 Kingstown Road, West Kingston. Music and arts inclusion education for children and differently abled children. Concerts, gallery openings, event rentals and more.

Everett: Company, Stage and School

..... 831-9479

www.everettri.org
9 Duncan Avenue, Providence. For ages 12 - 23, this community-based performance arts center holds skill-building dance and theatre classes.

Festival Ballet Providence School

..... 353-1129

825 Hope Street, Providence
festivalballetprovidence.org/school/
The Festival Ballet Providence School is a focused and nurturing dance training academy offering the experience of dance education in a supportive environment. The School's year-round classes for children and adults of all ages and abilities are held in its state-of-the-art facility in Providence's vibrant East Side (see ad next page).

The Gamm Theatre ..723-4266

1245 Jefferson Blvd., Warwick
www.gammtheatre.org
Summer camps for grades 1-12. Acting and other theater classes for adults. A 5-play season.

Kaleidoscope Theatre

..... 942-3637

65 Freedom Drive, Cranston
www.KaleidoscopeTheatre.com

Newport Children's Theatre

P.O. Box 144, Newport
www.newportchildrenstheatre.com
Year-round acting classes, main stage productions and musical theatre summer camp.

Providence Ballet 861-4842

194 Oxford Street, Providence
Providence Ballet South:
500 Main Street, East Greenwich
www.providenceballet.com
Classes for students starting ages three through adults. We provide Creative Movement for our young beginning dancers, plus rigorous Ballet technique, Modern, Tap and Jazz dance classes for children seven years and up. All of our staff are qualified professionals, many still performing Artists. All teachers have had years of experience working with both children and adults.

RI Youth Theatre 447-0458

www.RIYT.org
Cranston, South County, West Bay School vacation week and summer theatre programs for students ages 7 to 18.

SMARTS Collaborative

..... 508-222-8484

www.smartscollab.org
P.O. Box 356, Attleboro, MA
Theatre for students grades 4+, no experience necessary, no auditions.

Trinity Repertory Company

..... 351-4242

201 Washington St., Providence
www.trinityrep.com.
Arts enrichment classes and workshops for students in grades K-12 through the Young Actors Studio. Classes include summer programming and after-school classes.

MUSIC & MOVEMENT

(Also See Dance.)

The Blooming Lotus Learning Center

172 Taunton Ave.,
East Providence.
thebloominglotuscenter.com
(See ad this page.)



● **Newport County** 846-9014
www.musictogethernewport.com
Classes offered in Newport and
Portsmouth. Christopher "Kavi"
Carbone, Director.

● **North Kingstown**
..... 364-7664 (SONG)
Barbi Beyer, Director.
www.SingwithB.com

The Choir School of Newport County 848-2562

www.thechoirschoolri.org

Julie Garnett's Musical Concerts

www.juliegarnett.com

The Guitar Studio ... 385-3939

www.guitarstudio.us
45 Nooseneck Hill Rd., Unit 6,
W. Greenwich.

Kindermusik

www.kindermusik.com
***Kindermusik w/Maria** 683-3840

While children sing, play instruments and practice finger-plays, they learn the basic concepts of rhythm and melody - as well as the joy of musical expression. Classes for infants, preschoolers & young school children.

Mary Ann Hall's Music for Children 272-2006

www.musicforchildrenri.com

Music Together:

● **Barrington** 477-3865

Danni Cauley, Director
16 Cutler Mills, Warren
www.musictogethereastbay.com

● **Cranston and E. Prov.** 316-3407

Lori's Music Together
www.lorismusictogether.com

● **East Side Music Together**
..... 497-4002

Jennifer Romanat, Director
www.eastsidemusictogether.com





the blooming lotus
learning center

📍 172 Taunton Ave, East Providence, RI




OFFERING VIOLIN, VIOLA, CELLO, AND PIANO LESSONS!

A music studio that focuses on creative expression in a learning environment where students discover themselves.

Individualized one on one lessons focused on the students goals 🎵 *Ages 3 to adults*

For more information, contact:
thebloominglotuscenter@gmail.com





**RHODE ISLAND
PHILHARMONIC
MUSIC SCHOOL**
time to play...

FIND YOUR...
PLACE

ENROLL NOW!
ACTIVITIES START
SEPTEMBER 8!

*Private Lessons, Group Classes
& Ensembles for All Ages!*

401.205.8860 • RIPHIL.ORG/FALL

Rock-a-Baby Music Classes
..... 524-7113
www.rockababymusic.com
Classes throughout RI.
(See ad page 158)

Newport County Youth Chorus
www.newportsings.org
FREE after school program serving singers in grades 2-6 in Newport County. No experience necessary to join -- just a love for singing!

Prov. Performing Arts Center
www.ppacri.org 421-2787
220 Weybosset St., Providence
***Family Night on Broadway**
For special performances, children 18 and under are eligible to receive one free ticket with the purchase of an adult ticket.
***Bank of America Arts Showcase**
Middle school students attend live performances of theater, music or dance during the academic year.
***Camp Broadway** Summer camp.



**Instrument Rentals
Instrument Sales
In-Store Repairs
Method Books
Sheet Music
Accessories
Lessons
Gifts**

**YAMAHA
Buffet
Selmer
Bach
Pearl
Eastman
Haynes
Backun
Powell
P. Mauriat
Kala
And so much more!**



Happy New School Year to all our music friends!

Whether you're playing for school or playing for fun, Robert's Music is here with what you need.

- Need to rent an instrument? Our Rent-to-Own Program is available in-store and online, with store pickup or school delivery (to many schools).
- Does your player need a little help or a challenge? We have 17 teachers offering a mix of virtual and in person lessons.
- Does your instrument need fixing? We have 7 technicians working in our in-store repair shop.
- Need some supplies? From maintenance items to cases, ukuleles to print music...we've got it!

www.robertsmusicri.com
or call us at 401-823-5459

Robert's Musical Instruments, Inc.
687 Quaker Lane * W.
Warwick, RI 02893
In the Quaker Valley Mall -
Route 2

Hours:
Monday–Thurs 12 to 7pm
Friday 12 to 6pm
Saturday 10am to 5pm
Sunday CLOSED

The Rhode Island Philharmonic Music School 248-7001

www.riphil.org/musicschool
East Providence, just off 195. East Providence, just off 195. Find your place! Any age, any type of music, any skill level. One-on-one lessons with a skilled musician instill confidence, provide a channel for non-verbal comprehension and communication, and bring passion to your life that you can share. Instruments include voice, piano, trumpet, saxophone, percussion, violin, electric & acoustic guitar and much more. Develop skills and friendships through Youth Orchestras, Wind Ensembles, Jazz & Big Band Ensembles, Chamber Music Ensembles and Rock Bands. Build fundamentals with Music Theory and Intro to Diction for Singers classes for Youth & Adults. Nurture the musical potential of young children through Music Together and Rhythm Kids classes for Babies & Young Children and Suzuki programs for ages 4-9. Financial aid and payment plans available. ed-based financial aid is available (*see ad previous page*).

The Rhody Center for World Music and Dance 475-5955

410 Tiogue Ave., Coventry
www.therhodycenter.org

Robert's Musical Instruments 823-5459

www.robertsmusicri.com
687 Quaker Lane, W. Warwick.
Lessons on most instruments,
beginner to advanced.
(*See ad previous page.*)

You Rock School of Music 648-7575

www.YouRockSchoolofMusic.com
1802 Broad St., Cranston

SPECIAL EVENTS

Dunkin' Donuts Center 331-0700

1 LaSalle Sq., Providence
www.dunkindonutscenter.com
Hosts popular events and shows
such as concerts, sports, circus,
wrestling, etc.

Providence Performing Arts Center 421-2787

220 Weybosset St., Providence
www.ppacri.org

RI Convention Center 458-6000

1 Sabin St., Providence
www.riconvention.com
Enjoy many shows including the
International Auto Show, Spring
Flower and Garden Show, Kids Fair,
Pet Show, Boat Show, and more.

"Water Fire"
www.waterfire.com

Tunes N' Tales 749-6900

www.tunes-n-tales.com
Anne-Marie Forer's Tunes-n-Tales
performances delight and captivate
toddlers, pre-schoolers & kinder-
garteners with developmentally
appropriate programs that support
Core Curriculum Standards for
Language, Literacy and Music.



SCIENCE AND ASTRONOMY



Brown University STEM For Rising 9th and 10th Graders 863-7900

<https://precollege.brown.edu/programs/stem-rising>
A Brown University STEM Experience for High Schoolers. Rising 9th and 10th graders get a deep-dive into the STEM fields with two weeks of hands-on team research projects, experiments, and design-build challenges. Choose from a range of challenging and engaging courses in the STEM disciplines.

Frosty Drew Observatory 859-1450

FrostyDrew.org
61 Park Lane, Ninigret Park, Charlestown. The observatory is open, all year long, on clear Friday evenings and special occasions for all ages of beginning "astronomers" to learn more about the skies.

The Museum of Natural History and Planetarium 680-7221

Roger Williams Park, Providence

Museum is open year round with planetarium shows offerings, please visit website for hours of operation. www.providenceri.gov/museum Museum (does not include the planetarium) is \$2. Free for children under age 4. Planetarium show ticket (does not include museum admission) is \$3.

POW! Science 788-1024

www.powsciencetoys.com
160 Old Tower Hill Rd., Wakefield
Hands-on science programs for schools, birthday parties and more.

Seagrave Memorial Observatory

www.theskyscrapers.org
47 Peepoad Road, North Scituate
Open year-round every clear Saturday night, weather permitting. Explore the heavens with members of the Skyscrapers Astronomical Society. Check the website.



... and more!

American Sign Language Academy 722-1022

255 Main St., Pawtucket
www.aslacademy.org

Different Thinkers Can Shape Our Future

By Bonnie Epstein, Ph.D, Founder and Executive Director, Rhode Island Museum of Science and Art

In the past 20 years the rate of ADHD (attention deficit hyperactivity disorder) has tripled. Current research also estimates that between 5-10% of the US population has dyslexia, defined as "a disorder that involves difficulty in learning to

read or interpret words, letters, and other symbols." On the surface it seems like 'disorder' is increasing in our population.

But the world is starting to understand that these conditions can be seen less as disorders and more as valuable variants in thinking styles. It's well established that a more diverse workforce is more desirable, as different types of people lead to more points of view. And the more ways you can look at solving a problem, the more likely you are to find a solution.

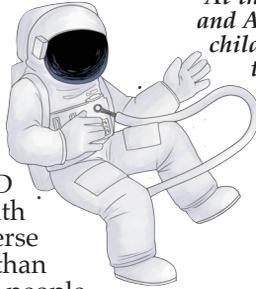
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(Continued from previous page.)

With the world facing new challenges that require increasingly innovative solutions, it's becoming clear that those who think differently bring value to the table.

Research shows that people with ADHD have particular strengths in perceptivity, creative thinking and a curiosity or desire to learn. Interestingly, a gene associated with ADHD developed 45,000 years ago rose to the top of the pool because it was a benefit to the species. The people with this gene must have been the ones who were easily distracted from conversations by a sound or shadow, and able to escape predators following them.

ADHD also appears to increase creativity. In studies of children and adults, those with ADHD were able to come up with a significantly more diverse array of novel concepts than those without. Similarly, people



with dyslexia seem to excel at critical thinking. Learning disabilities experts tell us that the brains of kids with dyslexia are actually developing in a different way -- with different patterns of connections and circuitry to create a different kind of problem-solving apparatus.

Perhaps the huge jump in people with the ability to think differently and more creatively is less of a sign of our increasing disorder, and more a sign that evolution is bringing us more of what we need for the future. ●

At the Rhode Island Museum of Science and Art (RIMOSA) we've reached 40,000 children and teens in schools, and more than 6,000 people in our space with the kind of hands-on, open-ended fun activities that kindle curiosity, encourage exploration, and foster different types of thinking that will help our state contribute innovative thinkers to our changing world.

PLAY EVERY DAY!

Online or around the corner

Play is more than what a child does. Play is more than what a child is. Play is what a child becomes. And we are here to champion it.





www.providencechildrensmuseum.org





PUBLIC LIBRARIES OFFER MORE THAN BOOKS

By Megan Weeden

When people think of the library, they think books. And while public libraries certainly do still have lots of books, libraries offer so much more than what's found on the shelves.

Here's a list of things you may find through your public library:

1. Museum passes: You can borrow discount passes to many of New England's museums through your local library. Not all libraries offer the same passes, but these can include Roger Williams Zoo, Boston Museum of Science, Mystic Aquarium, Providence Children's Museum and Old Sturbridge Village.

2. Audio books and eBooks. Of course, libraries have traditional books. But all of them also have audio books so you can listen to stories on your commute or at home. And with an Ocean State Library card, you can access thousands of audiobooks and eBooks to download to your various devices through the eZone.

3. DVDs. If you want something to watch, save money and head to your library. Whatever you're in the mood for, you'll find it there. Libraries have substantial DVD collections, including popular movies, exercise videos and educational content. Some libraries even circulate streaming devices like ROKUs or binge boxes with curated content.

4. Ancestry & Genealogy information. Many libraries have subscriptions to genealogy websites like Ancestry.com that are free to use at the library. They also have local history sections, where you might find valuable genealogy information.

5. Computer classes. Want to get better at Microsoft word?

6. Activities for kids and adults. All libraries offer programs for kids, teens and adults year-round.

7. Telescopes. Not all libraries offer this, but quite a few have telescopes that you can check out and take home to look closely at the night sky.

8. Research assistance. At the heart of the library are the librarians. Librarians are trained information experts and can help you find information you often can't find elsewhere.

9. Games. Many libraries offer video games for various gaming consoles and some offer board games.

10. Household Tools. Some libraries let you borrow tools you might need to get a quick home improvement job done.

11. Miscellaneous. Ukuleles, fishing poles, cake pans, puppets, ghost hunting kits, sewing machines – each library is unique in what goods and services they offer. Check in often to see what you can get with your library card.

For more information on Rhode Island Libraries, visit

www.oslri.org.

MUSEUMS

Providence & North

Providence Children's Museum 273-5437

100 South St., Providence
www.ChildrenMuseum.org
 Providence Children's Museum is dedicated to the idea that children learn through play and that play is good for children and their families. The Museum's hands-on learning environments and programs are designed for children ages 1 to 11 and their adult caregivers. At the Providence Children's Museum, play, creativity, and exploration are what we do, we are the champions of play! Come play at the Providence Children's Museum today. (See ad page 169.)

Governor Henry Lippitt House Museum 453-0688

199 Hope Street on the East Side of Prov. www.lippitthouse.org
 The Lippitt House is an 1865 Renaissance Revival Mansion.

The Museum of Natural History and Planetarium 680-7221

providenceri.gov/museum/
 Roger Williams Park, Elmwood Ave., Providence. Open year-round, daily, 10-4pm.

Museum of Work and Culture 769-9675

www.RIHS.org
 42 South Main St., Woonsocket
 Traces the story of mill workers who came from the farms of Quebec in the last third of the 19th century to work in the shoe and textile factories of New England. Closed Mon.

RISD Museum of Art 454-6500

224 Benefit Street, Providence
www.risdmuseum.org
 The RISD Museum offers a variety of ways for families to engage with a world class collection of art and design. Please visit us online for schedule of events and activities.

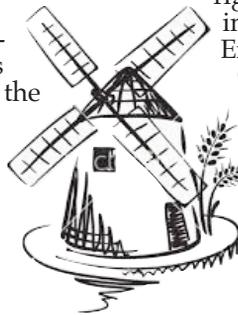
RI Museum of Science & Art 272-0404

763 Westminster St., Providence
www.rimosa.org
 Innovative, interactive exhibits and programs that awaken curiosity, encourage experimentation, and improve understanding of the world around us. While our programs are geared towards older children, our open-ended, hands-on exhibits are engaging, fascinating, & fun for all!

Slater Mill 725-8638

67 Roosevelt Ave., Pawtucket
www.slatermill.org
 A National Historic Landmark, the Slater Mill Museum brings textile manufacturing history to life through the voices of its expert interpretive guides. The Museum includes the Slater Mill (c.1793), the Wilkinson Machine Shop (c.1810), and the Sylvanus Brown House (c.1758) on a 4.5 acre riverside site along the Blackstone River in Pawtucket, Rhode Island.

Learn the story of innovation, labor, entrepreneurship, women's rights, the "cotton economy," immigration, and New England's textile industry. Come see, touch, learn and be inspired by the unique example of Slater Mill, at the place where the industrial revolution began in America 220 years ago.



East Bay

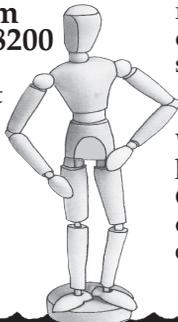
Audubon Nature Center
 245-7500
 1401 Hope Street, Bristol
 (See listing under *Aquariums*).

Herreshoff Marine Museum and America's Cup Hall of Fame
 253-5000
 www.Herreshoff.org
 Burnside Street and Rt. 114, Bristol.
 See and feel the "Golden Age of Yachting" and trace the history of the world famous Herreshoff Manufacturing Company. See more than 60 historic yachts, steam engines, fittings, and the Model Room with a rare collection of the half-hulls from which the historic yachts were built. Step into the America's Cup Hall of Fame. Educational programs including sailing lessons. Charters available.

National Museum of American Illustration
 851-8949
 www.AmericanIllustration.org
 492 Bellevue Ave., Newport (Closed 'til 2022 - check website for details.)

Naval War College Museum
 841-4052
 686 Cushing Rd., Newport
 Exhibits on the history of Naval Warfare and the Navy in Narragansett Bay. Free. Open M-F, 10-4:00, weekends from June to September from 12 to 4:0 pm; closed holidays. 24-hour notice requested before visiting museum.

Newport Art Museum
 848-8200
 newportartmuseum.org
 76 Bellevue Ave, Newport
 See art and make art together! Enjoy changing exhibitions, concerts, live theatre, workshops, art classes and special events throughout the year.



Newport Car Museum
 848-2277
 www.newportcarmuseum.org
 1947 West Main Rd., Portsmouth
 The private collection of some 85 automobiles at the Newport Car Museum focuses on six decades of modern automotive design and celebrates cars as works of art. Open daily 10 - 5.

Newport Historical Society Museum
 841-8770
 www.newporthistory.org
 127 Thames St., Newport. Located in the 1762 Brick Market building, the Newport Historical Society's Museum provides a family-friendly introduction to the area's rich history and architecture. Glimpse the lives of the people-past and present-who have made Newport one of America's most historic cities. Open daily, the museum is an information center and departure point for guided walking tours.

West Bay & South County

Gilbert Stuart Birthplace and Museum
 294-3001
 GilbertStuartMuseum.org
 815 Gilbert Stuart Rd., Saunterstown. An authentically restored and furnished eighteenth century working man's home, and site of the first snuff mill in America. Gilbert Stuart himself is best known for his portrait of George Washington, and reproductions of his work are displayed. Fishing on Carr Pond, boat rentals (members only), children's activities, gardens, etc. Call for days and hours.



The General Nathanael Greene Homestead .. 821-8630

nathanaelgreenehomestead.org
50 Taft St. Coventry

Known as Spell Hall, it was the home of Revolutionary War general Nathanael Greene from 1770 to 1776, and was owned afterwards by his brother Jacob Greene and his wife Margaret. Call or visit website for days and hours.

Peace Dale Museum of Art and Culture 783-5711

www.peacedalemuseum.org
1058 Kingstown Rd., Peace Dale
Explore the "treasures" of the American Indians, Eskimos, early people of Europe and contemporary Africa. Children ages 6 - 10 can discover museum artifacts using a "treasure hunt". Call for info/hours.

South County Museum 783-5400

115 Strathmore Street, Narragansett
www.southcountymuseum.org
South County Museum inspires curious learners of all ages to explore, engage, and experience the history of Rhode Island's village communities that formed around unique agriculture, maritime, and mill work. The eight acre campus-style museum features a print shop, schoolhouse, blacksmith forge, carpentry shop, carriage barn, walking trails, and living history farm in addition to an exhibit hall. Hands-on craft demonstrations, lectures, tours, programs, and seasonal events for all ages. Open year round Friday-Saturday 10-4, and also Thursdays 10-4 Memorial Day-Labor Day. Wheelchair accessible. Please visit us online for special events and more information.

Warwick Center for the Arts 737-0010

3259 Post Rd., Warwick
www.warwickcfa.org
facebook.com/WarwickMuseum
Our mission is to connect people of all ages and abilities to a variety of affordable arts and cultural experiences

Nearby Massachusetts & Connecticut

Battleship Cove 508-678-1100

5 Water St., Box 111, Fall River, MA
www.battleshipcove.org
The world's largest collection of historic naval ships - Battleship Massachusetts, Destroyer Joseph P. Kennedy, Jr., Submarine Lionfish and the only restored pair of PT Boats on display in the world. Also, explore Hiddensee, the world's only publicly exhibited Soviet-built missile corvette, and our growing aircraft collection, including the newly acquired Cobra AH-1 Attack Helicopter. Battleship Cove serves as the Bay State's official memorial to WWII and the Korean, Vietnam, and Persian Gulf Wars and September 11th victims. Open year-round.

EcoTarium 508-929-2700

222 Harrington Way, Worcester, MA
www.EcoTarium.org
Science and nature center with an indoor-outdoor venue dedicated to inspiring a passion for science and nature in visitors of all ages. About an hour from Providence.

Lizzie Borden Museum 508-675-7333

230 Second St., Fall River, MA
www.lizzie-borden.com
Guided tours of this home that was the site of one of the most famous unsolved murders - includes the history of Fall River in 1892. In summer, tours are daily 11-3.



**Science and history
you can see, hear,
touch, and try!**



18 Johnny Cake Hill, New Bedford
508-997-0046 | whalingmuseum.org

award-winning, interactive environment that stimulates the senses, captures the imagination, and stirs the spirit with the history of Native American culture.

New Bedford Whaling Museum 508-997-0046

18 Johnny Cake Hill, New Bedford, MA. www.whalingmuseum.org
Dive into the science of whales today and discover the people, places, and stories of SouthCoast Massachusetts. Marvel at massive whale skeletons, see the many stories art can tell, and explore exhibits on whale biology, behavior, and conservation. Climb aboard the world's largest ship model, the Lagoda. Special events and programs throughout the year feature science you can touch and try; history you can see, try on, and board!
(See ad this page).



MORE!

(Call or visit websites for events and special exhibits.)

The Maritime Museum 508-678-1100 ext. 101

70 Water St., Fall River, MA (just 1/2 mi off Rt. 195 in Battleship Cove)
www.battleshipcove.org/maritime-museum
See exhibits on the *R.M.S. Titanic*, *Andrea Doria*, *Fall River Line*, and *H.M.S. Bounty*. School and group programs available.

The Mashantucket Pequot Museum and Research Center 1-800-411-9671

110 Pequot Trail, Mashantucket, CT. www.pequotmuseum.org
Feel the cold as your family descends deep into an Ice Age glacier and then witnesses the drama of a prehistoric caribou hunt. Enter a life-size, 16th century Pequot village and follow in the footsteps of an ancient people whose story lives on today. Experience all this in an

Providence & North

John Brown House .. 273-7507

www.rihs.org/museums/john-brown-house/
52 Power St., Providence
John Brown House (built 1786) is furnished with the finest examples of RI furniture and decorative arts. Attention to historical accuracy has made this one of the ten finest house museums in America.



Hannaway Blacksmith Shop

..... 726-0597

www.hearthsidehouse.org
677 Great Rd., Lincoln
The one-story barn-like structure is the original blacksmith shop that serviced this community over 100 years ago and is now restored and open to the public year round as one of the historic sites at the Great Road Heritage Campus. The sound of the anvil and the smell of hot metal is experienced as demonstrations are given every Sunday morning till noon. Classes in traditional hand-forging are available for teens and older. School tours also upon request in conjunction with the other historic sites at the Park.

Pullen's Corner Schoolhouse

..... 726-0597

671 Great Road, Chase Farm Park, Lincoln. hearthsidehouse.org
Step back in time to experience what school was like in Lincoln's last remaining one-room schoolhouse where children from area farms attended when Lincoln was first formed as a town in 1871. The school was recently relocated to Chase Farm Park and restored as part of the historic sites at the Great Road Heritage Campus. Open March-December with special historically-themed family programs. Also available for hosting school groups and other tours upon request, either as a single site or in combination with three other historic sites at the Park to experience 19th century life.
hearthsidehouse.org

Stephen Hopkins House

15 Hopkins Street, Providence
www.facebook.com/
stephenhopkinshouse

Home of RI's own Founding Father, Signer of the Declaration of Independence, and 10-term colonial Governor; Twice visited by George Washington, 8 rooms furnished with period antiques & Hopkins family heirlooms; Guided tours sharing the complex story of Stephen Hopkins, his family & their slaves up to & during the American Revolution. Free admission.

East Bay

Blithewold Mansion, Gardens and Arboretum

..... 253-2707

101 Ferry Rd., Bristol
www.blithewold.org
Blithewold is one of the finest garden estates in New England. Explore gardens, shoreline, specimen trees (including giant sequoias), and a 45-room English style manor house filled with antiques and artwork. Open mid-April to Columbus Day and again during the Christmas holidays. Visit us online for dates, hours, events/programs.

Chase-Cory House ... 624-3358

Four Corners, Main Rd., Tiverton.
The Chase-Cory House, a fine example of pre-revolutionary coastal village farm architecture. Special events throughout the entire year. Hours by appointment.

Fire Department Memorial Building

..... 423-0062

Narragansett Ave., Jamestown
Antique fire fighting equipment and a horse-drawn steam engine are on display. Open weekends 11-2 or by appt.

Fort Barton Revolutionary War Monument

Highland Rd., Tiverton (across from Town Hall). Climb the re-creation of the fort for a beautiful view of the Bay. Three miles of wooded trails for hiking. Open sunrise to sunset.

ACTIVITIES

Green Animals Topiary Garden 847-1000

www.newportmansions.org
Cory's Lane, off Rt. 114, Portsmouth
More than 80 sculptured trees and shrubs in the shape of animals and geometric forms, formal flowerbeds, fruit and vegetable gardens on this 7-acre historic country estate overlooking Narragansett Bay. The remarkable "David Rogers" Big Bug exhibition featuring 9 massive polinator sculptures placed around the property, is included in admission to Green Animals. Exhibition runs through Oct 3. Visitors invited to bring picnic/blanket. Open 10-6 daily, with last admission at 5:00pm.

The International Tennis Hall of Fame 849-3990

www.TennisFame.com
194 Bellevue Ave., Newport
The Internatinal Tennis Hall of Fame preserves and promotes the history of tennis while celebrating its champions and providing inspiration for future generations.

Jamestown Windmill 423-7202

N. Main Rd., Jamestown. Open mid July - mid Sept, weekends from 1-4 . Closed in bad weather.

Linden Place 253-0390

www.LindenPlace.org
500 Hope St., Bristol. This 1810 Federal Mansion and grounds features colorful stories of famous people, including four US Presidents and actress Ethel Barrymore. It was the home of Colonel S.P. Colt, a millionaire industrialist. The interior boasts a four-story, self-supporting spiral mahogany staircase and furnishings from its 200-year history.

The Preservation Society of Newport County 847-1000

www.newportmansions.org
11 historic house museums, including The Breakers, Marble House and Rosecliff. Rediscover the spirit of America in historic Colonial,

Victorian and Gilded Age houses built as a testimony to the uplifting qualities of great art, architecture, decor and open space. Learn about the fascinating lives of the men and women who lived and worked there. Open 10-4.

The Sandra Bornstein Holocaust Education Center 453-7860

www.bornsteinholocaustcenter.org
Jewish Community Center of RI, 401 Elmgrove Ave., Prov. An educational resource center which focuses on community outreach. Library of books & tapes available to the public. Memorial Garden. Call for appt.

Touro Synagogue 847-4794

85 Touro St., Newport
www.tourosynagogue.org
Touro is the oldest synagogue in the US. A copy of President Washington's famous letter to the congregation, on display, pledges that the new American nation would give "to bigotry no sanction, to persecution no assistance." Daily tours every half hour (except on Sat. and Jewish holidays).

West Bay & South County

Smith's Castle 294-3521

55 Richard Smith Drive, N. Kingstown. www.smithscastle.org
National Register Historic Building and a National Historical Landmark Archeological site where colonists first arrived in the 1600's. See website for times of tours that are given by costumed docents. Visitors are invited to bring a picnic lunch and wander the grounds along Narragansett Bay. Events include a June Strawberry Festival, a fall Harvest Festival, and our famous Christmas at the Castle in December.



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www.tophatprod.com/cookies

Gabby the Clown 823-7272
www.gabbyclown.com

Ruffles the Clown "Laff-n-Looney" Show 640-6453
alakazamfamily.com

A Bit Of Magic 484-8749
Bruce Kalver and Arlene the Magic Lady. www.BruceKalver.com

Ala-Kazam Comedy Magic Shows 640-6453
www.alakazamfamily.com
Family entertainment through our Comedy Magic Shows, Ruffles The Clown Shows and Balloon Sculpture Shows.

The Great Baldini
..... 499-8615
www.baldinimagic.com

Bjorn the Magician and Sally Doodles 742-2441
bjornballoonsandmagic.com
(See ad below including SPECIAL DISCOUNT!!.)

Stephen Brenner, Magician
..... 508-735-1781
www.magic123.com

Tommy James Magic Shows
..... 949-1405
www.TommyJamesMagic.com

Matt Roberts 508-965-3489
www.MattRobertsMagic.com

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bestanimalexperiencesbydave.com

Hands-on fun and learning with
reptiles, amphibians, and small ani-
mals (see ad this page).

Balloon Antics by Arlene
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Jamestown and E. Greenwich
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Big Nazo Lab 831-9652
www.BigNazo.com
Larger-than-life-size puppets and
mask characters. Creature-making
workshop. Parties, festivals, more.

Jay Brunelle 451-1933
Variety family entertainment!

**Bwana Iguana Reptile
Adventures** 943-1594
bwanaiguana.com
(See ad this page.)

The Carnival Party .. 641-8533
www.thecarnivalparty.com
"We bring the party to you!"

"Casbah Kids" with Katerina
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Belly dance parties for the kids ages
3-8 ... dress up, veils, glitter and
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..... 508-843-6626
www.thecreativeroom1.weebly.com
Self serve craft bar where you can
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www.HennaByHeather.com
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Mad Science 508-679-0081
www.SouthernMass.madscience.org

**Marvelous Marvin's
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Noa's Art 481-5737
www.noasart.net Party caricatures.

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www.MrRonn.com
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www.singwithb.com
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www.absolutefunpartyrentals.com

Beck Games 435-3232
www.beckgames.com E. Providence
Rent video games, pool tables, etc.

Jump Around Rentals 658-0968
www.jumparoundrentals.net
2300 Mendon Rd., Cumberland

Jumparoo Rentals 636-7345
ClassicChoiceEntertainment.com
Jumparooentalsri.com

Jumparoo Zoo 862-2891
Westerly
www.jumparoozoo.net

Kona Ice of Warwick 949-5073
bbouchard@kona-ice.com

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(*See Shopping Section.*)

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Ben & Jerry's
benjerry.com

Providence:
224 Thayer Street 421-1114

Newport:
359 Thames Street 846-2663
33 Bannisters Wharf 841-0777

Biomes 885-4690
www.biomescenter.com
6640 Post Rd., N. Kingstown

Cold Stone Creamery
www.coldstonecreamery.com

Cranston 943-1172
1000 Chapel View Blvd.

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143 Franklin St.



The ImPOSSIBLE DREAM Parties 823-5566
575 Centerville Rd., Warwick
impossibledreamplayground.org
Celebrate your next birthday at the playground. Available April through October - Three venues to choose from: Main Hall – Party Room – Shade Pavilion. Evening parties include private use of the playground. Call for availability and pricing.

Lazer Gate 508-730-1230
www.lazergate.com
288 Plymouth Ave., Fall River, MA
NEW!! Bounce House Zone and Spin Cars!! www.lazergate.com
(See ad 185.)

Let's Party 405-0196
www.LetsPartyRI.com
511 Broad Street, Cumberland (See ad previous page.)

MacColl Field YMCA 725-0773
32 Breakneck Hill Rd., Lincoln
Guests can barbecue, swim, play softball, baseball or frisbee. New spray park!

Pachet Brook Tree Farm 624-4872
4484 Main Rd., Rt. 77, S. Tiverton
www.pachetbrook.com
Day or night parties with hayrides and campfire. Beautiful outdoor setting with big fields for the big kids and a fenced playground for the little ones. Large room for indoor parties too (see ad page 143).

Providence Paintball 467-2815
199 Thurston St., Providence
www.providencepaintball.com
For an exciting, affordable, and memorable birthday your child will love!

Reel to Real Recording Studios 946-1520
 www.reeltorealrecording.com
 90 Connecticut St., Cranston
 Recording session birthday parties!

Teamworks Warwick 463-5565
 www.teamworkswarwick.com
 170 Jefferson Blvd., Warwick
 www.teamworkssomerset.com
 (See ad pages 131, 158, 180.)

AIRSOFT (See Paintball)

ARCADES (See Fun Centers)

BOWLING

Many of these bowling alleys have bumper lanes, automatic scoring and birthday parties. Most also have junior leagues on weekends.

TEN-PIN LANES

Alley Katz 596-7474
 www.alleykatzri.com
 116 Granite Street, Westerly

AMF Cranston Lanes 467-8850
 www.amf.com
 1450 Elmwood Avenue, Cranston

CW Lanes Bowling 288-3543
 622 George Washington Hwy,
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Lang's Bowlarama ... 944-0500
 www.langsbowlarama.com
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 80 Newport Avenue, Rumford

Kingstown Bowl 884-4450
 www.kbowl.com
 6125 Post Road, North Kingstown

Old Mountain Lanes 783-5511
 www.oldmountainlanesri.com
 756 Kingstown Road, Wakefield

Walnut Hill Bowl ... 762-9300
 www.walnuthillbowl.com
 1666 Diamond Hill Rd, Woonsocket

DUCKPIN BOWLING

Dudek Bowling Lanes 245-9471
 www.dudekbowling.com
 409 Child Street, Warren

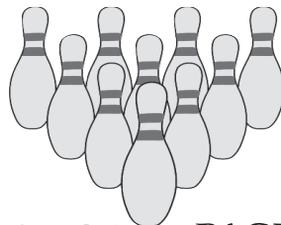
Legion Bowl and Billiards 781-8888
 www.pubonparkri.com
 661 Park Avenue, Cranston
 Family entertainment Center!

Mac's Bowlaway Lanes 828-3279
 890 Main Street, West Warwick

Meadowbrook Lanes 737-5402
 www.bowlri.com
 2530 Warwick Avenue, Warwick

Town Hall Lanes 831-6940
 www.townhalllanes.com
 1463 Atwood Avenue, Johnston

Wickford Center Lanes 294-9886
 7565 Post Road, North Kingstown.





CAROUSELS

Adventureland 789-0030
www.adventurelandri.com
 112 Pt. Judith Rd., Narragansett
 Poppy's Victorian Carousel (see ad page 180).

Atlantic Beach Park at Misquamicut 322-0504
atlanticbeachpark.com
 321 Atlantic Ave., Westerly

Carousel Village in Roger Williams Park
 785-3510 x316

www.rwpzoo.org/carousel-village/
[plan-carousel-village-visit/](http://www.rwpzoo.org/plan-carousel-village-visit/)
[carousel-village-info](http://www.rwpzoo.org/carousel-village-info/)
 Sensory Friendly Days at the Carousel are first Tuesday of the month. See website!

Crescent Park Carousel
 433-7518
crescentparkcarousel.org
 700 Bullock's Pt. Ave., E. Providence

Easton's Beach Carousel Newport 845-5810
 175 Memorial Blvd., Newport

Fall River Carousel
 508-678-1100, 102
www.battleshipcove.org
 The Fall River Carousel is open seasonally, April Vacation -Labor Day Wednesday – Sunday, 10:00am-4:00pm. Open Until November for private parties. Call or check website for Covid closings.

Looff Carousel .. 728-0500 x272
 825 Armistice Blvd., Slater Park, Newport Ave., Pawtucket. This historic carousel was built in 1895.

Warwick Mall Carousel
 739-7500

The carousel is located in the food court and family entertainment center. 10am-8pm. \$1.

BATTING CAGES

(Also see *Baseball Clubs* page 135.)

All About Sports
 451-5739
 473 St. Paul St., N. Smithfield

RI Baseball Institute
 732-9575
www.ribibaseball.com
 2011 Post Rd., Warwick. Batting cages, instruction, summer camps.

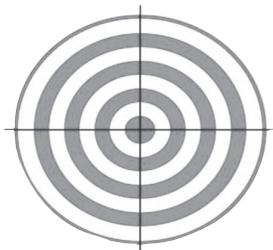
ESCAPE ROOMS

Escape RI 326-2222
www.escaperhodeisland.com
 385 S. Main Street, 2nd Fl., Prov.

The Great Escape Room
 484-1766
www.thegreatescaperoom.com
 146 Westminister St., 4th Fl., Prov

Lock and Clue Escape Room
 484-0048
www.lockandclue.com
 1005 Main Street, Suite 1202, Pawtucket (Call Jason)

Riddle Room 398-8177
www.ririddleroom.com
 20 Water Street, E. Greenwich



FUN CENTERS, AND ARCADES

Adventureland 789-0030
www.adventurelandri.com
Pt. Judith Rd., Narr. Family Fun
Park! Fun for all ages! Go-carts,
bumper boats mini-golf, spin zone
bumper cars, carousel, Bank Shot
Basketball, Big Air Extreme Jumper,
batting cages and arcade. (see *ad*
this page).

**Atlantic Beach Park at
Misquamicut** 322-0504
atlanticbeachpark.com
32 Atlantic Ave., Westerly. Rides,
game room, batting cage, bumper
boats and Poppy's Carousel.

**Ryan Family Amusement
Center** 846-5774
ryanfamily.com
268 Thames St., Newport

Seekonk Grand Prix
..... 508-336-8307
seekonkgrandprix.com
1098 Fall River Ave., Seekonk, MA
Kiddie/family tracks, slick track,
bumper boats, mini golf, games, etc.

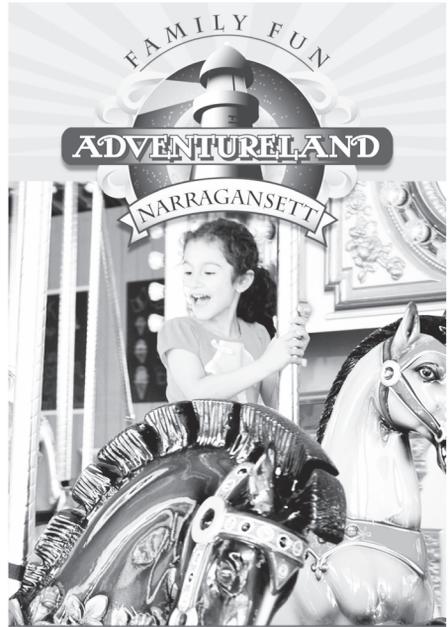
Spring Lake Arcade
..... 568-8288

www.springlakearcade.com
Historic Seasonal Penny Arcade,
game prices range from 1c to 1\$.
Located on The town of Burrillville's
Spring Lake Beach. Admission.

LAZER TAG

BattleGroundz 305-3600
www.battlegroundz.net
100 Higginson Ave., Lincoln

Lazer Gate 508-730-1230
288 Plymouth Ave., Fall River, MA
www.lazergate.com
(SAVE! See *ad* in *Coupon* section.)



112 Point Judith Road, Narragansett, RI
Tel: 401.789.0030
www.adventurelandri.com

United Skates of America
..... 438-9898

www.unitedskatesRI.com
75 New Rd., E. Providence
Fun for kids ages 13 and under
and their families.

MINI GOLF

(Also see *Fun Centers*.)

Fantasyland 508-336-6262
www.fantasylandminigolf.com
1300 Fall River Ave., Seekonk, MA.
Nautical themed 18- hole mini golf.

Lazer Gate 508-730-1230
www.gate-golf.com
288 Plymouth Ave., Fall River, MA.
18-hole indoor black light mini golf!

Monster Mini Golf
..... 508-336-8004
www.monsterminigolf.com
Rt 44/140 Taunton Ave., Seekonk,
MA. Indoors and in the dark!

MOVIES

Providence & North



Avon Cinema 421-0020
Movie Line 421-2866
 www.avoncinema.com
 260 Thayer Street, Providence

Cinemaworld of Lincoln
 333-8676
 622 George Washington Hwy,
 Lincoln

Showcase Cinema 16
 800-315-4000
 www.showcasecinemas.com
 Also IMAX! Providence Place,
 Providence

East Bay

Island Cinemas 847-3456
 1346 West Main Road, Middletown

Jane Pickens Theatre
Showtimes 846-5252
Box Office 846-5474
 www.janepickens.com
 49 Touro Street, Newport
 Virtual and in-person offerings.
 Visit website for details.

West Bay & South County

Showcase Cinemas .. 885-1345
Show Times 800-315-4000
 www.showcasecinemas.com
 1200 Quaker Lane, Warwick
 Also offering sensory-sensitive
 screenings.

Nearby Massachusetts

Regal 884-462-7342
 www.regmovies.com
 Across from the Swansea Mall.
 Check website or call for opening
 during Covid.

Rustic Drive-In Theatre 769-7601

1195 Eddie Dowling Hwy, Rt.
 146, N. Smithfield. Visit online:
facebook.com/RusticDriveIn

Showcase Cinema
 800-315-4000
 100 Commerce Way, Seekonk, MA

PAINTBALL

BattleGroundz 305-3600
 www.battlegroundz.net 100
 Higginson Ave., Lincoln

Providence Paintball
 467-2815
 199 Thurston St., Providence
 www.providencepaintball.com

ROLLER RINKS

Rhode Island Sports Center
 762-1588
 www.risportscenter.com
 1186 Eddie Dowling Hwy, N.
 Smithfield.

United Skates of America
 438-9898
 www.unitedskatesRI.com
 75 New Rd., E. Providence
 Big, big skating fun for families.



TRAMPOLINE

Aero Trampoline Park
 762-2000
 www.aerotrampolineparkri.com
 1500 Diamond Hill Rd., Woonsocket

Fun City 508-557-0441
 1275 Fall River Ave., Seekonk, MA
 www.funcitytrampoline.com

Get Air Swansea
..... 508-297-9142
www.getairswansea.com
207 Swansea Mall Dr., Swansea, Ma.

Launch 828-JUMP
www.launchtrampolinepark.com
920 Bald Hill Rd., Warwick

SkyZone 383-6000
www.skyzone.com/providence
70 Pawtucket Ave., Rumford

VIRTUAL REALITY

Base Station VR
..... 484-1895
www.basestationvr.com

WATER PARKS AND SLIDES

Yawgoo Valley Water Park
..... 294-3802
www.yawgoo.com
160 Yawgoo Valley Rd., Exeter

Water Wizz 508-295-3255
Wareham, MA
(Less than an hour from Prov.)
www.waterwizz.com
Plan to spend the day! There's the giant water slides (which includes 3 water slides, 3 speed slides, with tunnels & dips to give you the thrill ride of your life! Plus, the not-so-Lazy-River, Wild Tube Ride, 2 enclosed tube rides, Pirates Plunge, Giant Wave Pool, Captain Kid's Island, 3 kiddie lands, food concessions, clothing and candy stores, lounge areas, changing rooms and more. Fun for big kids little ones, moms and dads. Open weekends from Early June to mid-June, 10 - 5, then daily 10am to 6pm (weather permitting) until Labor Day.

LAZER GATE

•(508)730-1230•

288 PLYMOUTH AVE , FALL RIVER, MA

Sun-Thurs 12-10pm, Fri & Sat 12-12pm



- * LAZER TAG
- * INDOOR BOUNCE PARK
- * 18 HOLE BLACK LIGHT MINI GOLF
- * SPIN ZONE BUMPER CARS

PLUS
ARCADE AND REFRESHMENTS

Visit www.LazerGate.com for specials!

SHOPPING

OUR MALLS

Most malls have special events throughout the year, especially during holidays.

Garden City Shopping Center 942-2800

www.GardenCityCenter.com
Route 2, Cranston. Lushly landscaped outdoor shopping center featuring trendy shops, national tenants, restaurants and gazebo.

Providence Place 270-1012

www.ProvidencePlace.com
Downtown Providence
They're the newest and now the biggest (over 150 stores!) of our malls. Includes Nordstrom, restaurants, a food court, a 16-screen cinema, an IMAX Theatre and more.
Curbside pick-up available with many stores.

Warwick Mall 739-7500
www.warwickmall.com
400 Bald Hill Road, Warwick
80 retailers, three department stores, extensive food court. And carousel!



CLOTHING FOR KIDS

The Children's Place

Garden City 275-0234
Providence Place 243-0230

Gap Kids

www.gap.com
48 Long Wharf, Newport .. 848-2800
Garden City, Cranston 944-7010
Providence Place 270-4411

Old Navy 572-3808

www.oldnavy.com
Providence Place. (Other location in Warwick Mall.)

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ANY SPORT**

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YOU CAN GET THE BEST PRICE IN
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ALWAYS TONS SAVINGS

453 ATWOOD AVE. CRANSTON RI
2NDTIMEAROUNDSPORTS.COM
401-944-9380

Providence & North

Abercrombie 270-4025
 Providence Place
 www.abercrombie.com

Carter's Babies and Kids
 942-1815
 71 Hillside Rd., Cranston

Mod Mama 273-7800
 Garden City, Cranston
 www.modmama.com

East Bay

Bellevue Kids
 846-7700
 206 Bellevue Ave., Newport, and
 1 Bannister's Wharf, Newport
 www.bellevuekids.net

The Groovy Gator
 845-0084
 www.thegroovygator.com
 474 Thames St., Newport

Piccolo 245-1839
 www.piccoloforchildren.com
 290 County Road, Barrington

West Bay & South County

Lori's Little Ones 946-5050
 1744 Cranston St., Cranston

Rainbow Kids 353-8570
 9 Smithfield Road, N. Providence
 www.rainbowshops.com

Teddy Bearskins
 www.teddybearskins.com
 17 Brown St., Wickford .. 295-0282
 5600 Post Rd., East Greenwich
 398-2737

Nearby Mass.

Carter's Babies and Kids
 508-336-4564
 51 Commerce Way, Seekonk, MA



CHILDREN'S SHOES

Providence & North

Kid's Footlocker 270-4154
 161 Providence Place

Yorker Shoes 274-2211
 www.yorkershoes.com
 1503 Hartford Ave., Johnston

East Bay

Irving's Shoe 683-4444
 3001 E. Main Rd., Portsmouth

CONSIGNMENT STORES, USED CLOTHING, TOYS AND SPORTS STUFF



(See ad previous page.)

East Bay

Corner Consignment
 683-1771
 980 E. Main Rd., Portsmouth

Just Ducky 253-6335
 34B Gooding Ave., Bristol

Luca Boutique 289-2251
 www.luca-ri.com
 193 Water St., Warren

West Bay & South County

April Showers 615-2459
 2 Highland Street, West Warwick
 www.aprilshowersri.com

Kid's Junction 539-6772
1146 Main St., Wyoming

Once Upon A Child
..... 828-1392
www.onceuponachildwarwick.com
1245 Bald Hill Rd., Warwick

*Nearby
Massachusetts*

Children's Orchard
..... 508-336-7757
www.childrensorcharard.com
20 Commerce Way, Seekonk, MA

MATERNITY

Feminine Fancies
..... 247-1087
www.femininefanciesri.com
290 County Rd., Barrington



**CHILDREN'S ROOMS
& NURSERY**

Baby Depot
(Burlington Coat Factory)
60 Newport Ave., E. Providence
..... 434-4400
1386 Atwood Ave., Johnston
..... 946-9587
2000 Diamond Hill Rd., Woonsocket
..... 769-4337

Baby World 508-672-7491
www.babyworldma.com
48 Columbia St., Fall River, MA
Furniture, accessories, clothing too.

Knock on Wood Furniture
..... 725-0360
www.knockonwoodfurnitureri.com
1661 Lonsdale Ave., Cumberland

Rooms To Grow 467-2990
www.roomstogrow.com
1350 Greenwich Ave., Warwick



**NEED PARTY
STUFF?**

Let's Party 405-0196
www.letspartyRI.com
511 Broad St., Cumberland
Discounted party supplies and more
(see ad page 179).

SPORTING GOODS
(Used/Consignment and New!)

2nd Time Around Sports
..... 944-9380
www.2ndtimearoundsports.com
453 Atwood Ave., Cranston
(See ad page 186.)

Manny's Sports 721-5990
www.mannysports.com
3 locations: Cumberland, Cranston,
Kingston.

SWING SETS:

Fireplace Showcase
..... 508-969-4844
thefireplaceshowcase.com
775 Fall River Ave., Seekonk, MA

Turf Master Inc. 943-8866
www.turfmasterusa.com
1703 Plainfield Pike,
Johnston

TOYS

Providence & North

Henry Bear's Park
 351-5718
 736 Hope St., Providence
 www.henrybear.com



BE A TOY TESTER!
 Kids of all ages can try out
 the latest, greatest
 inventions from **HASBRO!**
 Visit <https://usfunlab.hasbro.com>

LEGO Store 490-0757
 www.lego.com
 Providence Place

Pow!Science!788-1024
 www.powsciencetoys.com
 Wakefield Mall, 160 Old
 Tower Hill Rd., Wakefield

**Providence Children's
 Museum Gift Shop**
 273-KIDS (5437)
 www.childrensmuseum.org
 100 South St., Providence

East Bay

Barrington Books and Toys
 245-7925
 www.barringtonbooks.com
 184 County Rd., Barrington

West Bay & South County

Apponaug Hobbies
 737-5506
 www.HobbyRI.com
 1364 Greenwich Ave., Warwick
 Toy trains. (Thomas too!)

The Toy Vault 921-5466
 www.thetoyvault.com
 Warwick Mall

The World Store 295-0081
 16 West Main St., Wickford

BOOK STORES

Barnes & Noble
 barnesandnoble.com
 1311 West Main Rd., Middletown
 846-3313
 371 Putnam Pike/Rt 44, Smithfield
 231-5828
 1350 Bald Hill Road, Warwick
 826-8885

Providence & North

Books On the Square
 331-9097
 www.booksq.com
 471 Angell St., Providence

East Bay

Barrington Books 245-7925
 www.barringtonbooks.com184
 County Rd., Barrington

Island Books 849-2665
 www.islandbooksri.com
 575 East Main Road, Middletown

LEARNING STORES & TEACHER SUPPLIES

Lakeshore Learning Store
 463-8800
 www.lakeshorelearning.com
 1400 Oaklawn Ave., Cranston

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teamworkswarwick.com

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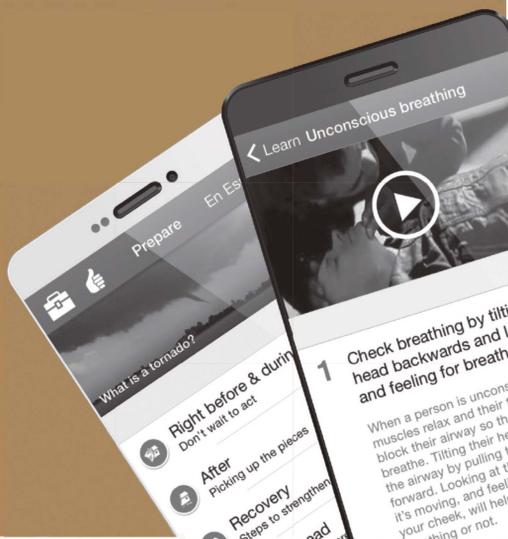


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Selected Red Cross apps also available in Espanol



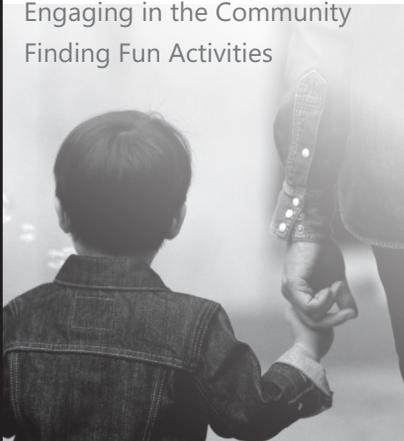


Family Care Community Partnership

FCCP

We assist with...

- Problem Solving
- Stabilizing Crisis Situations
- Accessing Services
- Advocating for Children's Needs
- Making Choices
- Achieving Goals
- Connecting with Family Supports
- Engaging in the Community
- Finding Fun Activities



What are your family's goals?

We'll help you
achieve them!

Contact Us...

Northern

Community Care Alliance
401-235-7252
FCCPreferral@CommunityCareRI.org

East Urban

Communities for People
1-833-FCCP-123
FCCP@c4p.org

West Urban

Family Service of RI
401-519-2280
Intake@FamilyServiceRI.org

Washington/Kent

Tri-County Community Action
866-840-6532
FCCP_Referrals@TriCountyRI.org

East Bay

Child & Family
401-849-2300
JGriffith@ChildandFamilyRI.org