

RHODE ISLAND

FAMILY GUIDE

2023 - 2024



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Mrs. DOUBTFIRE
Oct. 17 – 22, 2023
BankNewport Family Night is
Wednesday, October 18 at 7P

Part of The
 The White Family Foundation
Broadway Series



**DR. SEUSS' HOW THE GRINCH
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Nov. 28 – Dec. 3, 2023
BankNewport Family Night is
Wednesday, November 29 at 7P

Part of the Encore Series
Encore Series Media Sponsor: Sponsored by:



FROZEN
Mar. 7 – 17, 2024
BankNewport Family Night is
Wednesday, March 13 at 7P

Part of The
 The White Family Foundation
Broadway Series

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Monday – Friday, 10A – 5P; Saturday 10A – 2P
And two hours prior to curtain time(s) on show days.
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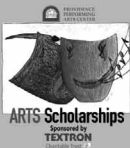
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About this book ...

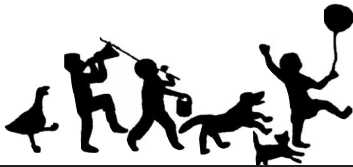
Every effort has been made to ensure the accuracy and thoroughness of listings in this book. Our goal is to create a state-wide, comprehensive resource - a book that will benefit all families. If there are omissions, errors, or if you have information that may help other families, please let us know, 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 challenging times and that necessitates the need for flexibility. There WILL be changes through the coming year. 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.



Contact us for updates,
event listings and
advertising opportunities.

401-247-0850

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since 1992

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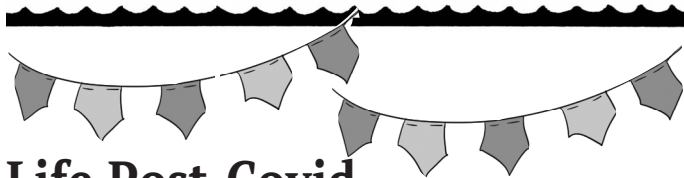
REGISTER TO **VOTE** IT MATTERS!

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.



Life Post-Covid

Are we really post-Covid? Well, considering that I recently tested positive (for the first time), I think not. But there's a big difference between the first few years of the pandemic and now. First, it's not technically a pandemic any more. And as importantly, we're a lot smarter, a lot wiser. There are some common sense practices that we have hopefully incorporated as well, like testing, isolating if you test positive, mask wearing where necessary, etc. Check out the current Covid-19 information from the RI Department of Health on the following couple of pages.

When we know better, we do better. Right?

For me, one of the biggest take-aways from the pandemic is that life is unpredictable. And not nearly long enough. So ... what do we do?

Perhaps it's living each day fully, not sweating the small stuff, focusing on what matters most. People. Experiences.

Our little state packs a surprising amount of adventures and activities within its borders - from hiking the parks and conservation lands (don't forget Block Island!) to soaking up the fun and sun at one of our dozens of beaches (year-round!), to our world class zoo, art, theatre, education (when was the last time you took a class?), charming towns, city excitement, and more. You won't run out of great times to share.



We also need to commit to making our health a priority. Take a peek through the Services and Health Care sections. Familiarize yourself with the vast amount of support available so if and when life challenges us, we already know where to turn for answers.

Thanks, again, to all who contributed to this year's Family Guide. It has always been a collaborative effort and I continue to be very grateful.

Sheryl

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COVID-19 Information



PREVENT

The best way to protect yourself against COVID-19 is by staying up to date with your COVID-19 vaccines. For more information, visit <https://c19vaccineri.org>. To keep you and your loved ones safe, understand your risk and talk to your doctor about a plan. If COVID-19 levels reach medium or high hospital admission levels (HALs), consider wearing a mask when in public indoor places, and ensure the indoor air circulation is optimal. Stay home when sick, get tested, and if positive, talk to your doctor about medications that can keep you from getting very ill and keep you out of the hospital.

Monitor COVID-19 trends, such as HALs in Rhode Island on RIDOH's COVID-19 Data Hub at covid.ri.gov

If you or someone you live with has been exposed to COVID-19, learn what you should do to prevent spreading it to others at the web pages listed below.

Prevention resources:

- Preventing COVID-19 – covid.ri.gov/prevention

DETECT

You should get tested for COVID-19 if you have symptoms or have been exposed to someone who has COVID-19.

For more information about COVID-19 testing, **visit covid.ri.gov/testing**

covid.ri.gov/pruebas - Español
covid.ri.gov/testando – Português

Testing resources:

- Testing FAQs – covid.ri.gov/detect/testing-faqs

*This webpage includes information for people who are uninsured and provides details about Rhode Island Test-to-Treat sites.

ISOLATE

If you or someone you live with has COVID-19, there are steps you can take to prevent spreading the virus to others and protect yourself from getting very sick. Stay home and isolate for at least 5 days and wear a mask around others for 10 full days. If you test negative on day 6 and day 8, you can stop wearing a mask around others sooner. The Isolation Calculator can help you determine how long you should stay home and isolate yourself from others.

Isolation resources:

- About isolation – covid.ri.gov/prevent/precautions-if-you've-been-exposed

TREAT

Learn more about doctor-recommended treatments for COVID-19 that can keep you from getting sicker and being hospitalized. Paxlovid (oral antiviral) is a recommended treatment for COVID-19. If Paxlovid is not right for you, a health-care provider may recommend Remdesivir (IV antiviral) or molnupirivir. Consult a clinician regarding treatment right away if you have COVID-19.

Treatment resources:

- COVID-19 treatment – covid.ri.gov/treat/

General COVID-19 Information:

- Rhode Island COVID-19 website: covid.ri.gov
Visit covid.ri.gov/multiple-languages for information in other languages.
- COVID-19 Information Line: (401) 222-8022
Monday–Friday, 8:30 a.m. to 4:30 p.m.
Email: RIDOH.COVID19Questions@health.ri.gov

EXPRESS CARE OR EMERGENCY DEPARTMENT?

Your guide to seeking medical attention for various conditions

Knowing when to go to urgent care or the ER can be confusing. And when accidents happen or sickness strikes, deciding where to go for help in the moment can be hard.

The most important thing is to get the right care from the right place.

“We know that our patients have to navigate lots of choices in healthcare. One is when to visit an emergency department versus when to seek treatment at an urgent care or express care facility.” says Dr. Robert Gianfrocco, South County Health’s Medical Director of Express Care.

To make that choice easier, Dr. Gianfrocco offers this quick reference guide to help you choose the right care setting when you or your loved one need medical help fast!

EXPRESS CARE

For conditions that need immediate
care but are not life-threatening.



- Broken bones, sprains
- Cuts
- Minor burns
- Minor allergic reactions
- Coughs, colds, flu
- COVID concerns
- Earaches, sore throats
- Migraines
- Low-grade fevers
- Minor rashes
- STD/STI concerns
- Back pain
- Minor eye injuries
- School/sports physicals

EMERGENCY ROOM

For serious, potentially life-threatening situations that need immediate attention.



- Abdominal pain
- Chest pain
- Fainting, passing out, seizures
- Falls in the Elderly
- Signs of Stroke: sudden, severe headaches, confusion, dizziness, weakness, or drooping on one side of the body
- Difficulty speaking, seeing, walking, or moving
- Head trauma, severe burns, deep wounds
- Ingestion or inhalation of poisons
- Severe bone breaks
- Severe allergic reactions with hives, swelling, or breathing difficulties
- Persistent vomiting or diarrhea
- Overdoses

WHEN TO CALL 9-1-1

For life-threatening situations when seconds count, don't wait, call 9-1-1 immediately.



- Person is choking
- Stops breathing
- Head injury resulting in confusion, fainting, or loss of consciousness
- Lightning strike or electrical shock
- Severe burns
- Chest pressure or pain
- Spine or neck injury, especially with loss of mobility or feeling
- Seizures lasting three to five minutes.

South County Health has Express Cares conveniently located in Westerly, Warwick and East Greenwich, Rhode Island. Get in Line or Save Your Spot at GetCare.SouthCountyHealth.org

★ 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 800-842-1122 or call **Lifespan Community Health Institute** at 401-444-8009.

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



American
Red Cross

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:

- American Red Cross | redcross.org/ri | 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.

EMERGENCY PREPAREDNESS

Public health emergencies--like floods, hurricanes, and pandemics--are unpredictable. There are simple things that you can do now to protect your health. Remember these three steps: **Make a Kit**, **Make a Plan**, and **Stay Informed**.



Make a Kit:

Some basics to include:

- One gallon of water per person (or pet!) per day.
- A three-day supply of non--perishable foods, like peanut butter, nuts, granola, crackers, or canned foods.
- Battery-operated AM/FM radio, flashlights, and extra batteries.
- Car chargers for cell phones and chargers for laptops.
- First aid kit.
- 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, like birth certificates, health insurance cards, insurance policies, 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 like immunization records, identification tags, leash, litter, and crates.

Make a Plan:

- Read through and complete the *My Emergency Plan Workbook* to start your emergency preparedness planning. You can read or print the workbook here: <https://health.ri.gov/forms/plans/MyEmergencyPlan.pdf>.
- Sit down together and make a family communication plan. To learn more, visit www.ready.gov/plan.
- Know evacuation routes and possible shelters in your area.
- Know which shelters or nearby hotels accept pets in case of an evacuation.
- Contact life-support system suppliers for things like oxygen tanks, respirators, and ventilators to learn how they can provide support before a power outage.
- Enroll in the **Rhode Island Special Needs Emergency Registry** if you or your family member will need extra help in an emergency. To learn more, visit www.health.ri.gov/emregistry.
- 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.

Stay Informed:

- During an emergency, stay tuned to radio, television, and social media for alerts and information.
- Follow advice from local and state officials.
- Sign up for **CodeRED** to receive information about local emergencies. To sign up, visit www.riema.ri.gov and click on the CodeRED icon at the bottom of the page.

HOME SAFETY

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



Call 911 if child has stopped breathing or lost consciousness.

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](http://www.poison.org)
www.poison.org
- [American Academy of Pediatrics](http://www.aap.org)
www.aap.org
- [National Center for Injury Prevention and Control](http://cdc.gov/injury/prevention-topics-a-z-index.html)
cdc.gov/injury/prevention-topics-a-z-index.html
- [Regional Center for Poison Control and Prevention](http://www.maripoisoncenter.com/)
www.maripoisoncenter.com/
- [Hasbro 4-Safety](http://4-safety.org)
4-safety.org

*Information provided by
Prevent Child Abuse Rhode Island
401-467-6855
www.psnri.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



Envenenamiento con Plomo en la niñez

¿Qué es el envenenamiento con plomo en la niñez?

El envenenamiento con plomo en la niñez es una enfermedad causada por tragar o respirar plomo o polvo con plomo. El envenenamiento con plomo puede dañar el cerebro y el sistema nervioso del niño y retrasar su crecimiento y desarrollo. Los niños con esta enfermedad pueden tener problemas de atención, comportamiento y dificultad para aprender. Incluso cantidades pequeñas de plomo pueden afectar a un niño.

¿De dónde proviene el plomo?

La mayoría del envenenamiento con plomo sucede cuando los niños lamen, tragan o respiran polvo de pintura con plomo. La mayoría de las casas construidas antes de 1978 tienen pintura con plomo y usualmente está bajo la pintura nueva. Si la pintura vieja se descascara o se agrieta y el polvo o pedazos de pintura caen al piso y a las ventanas entonces podrían estar en contacto con las manos y juguetes de los niños y luego ir a sus bocas. El plomo también puede encontrarse en la tierra alrededor de su casa, en el agua del grifo o llave, en objetos de barro, cristal o vajillas de cerámica. El plomo también está en algunos juguetes, llaves, joyería para niños y muebles viejos. La exposición al plomo también puede ocurrir si se llevan a cabo renovaciones en áreas con plomo o proyectos de mejoras con métodos no seguros y no se realizan correctamente, ya sea en su casa o vecindario. Los adultos pueden traer polvo con plomo desde sus lugares de trabajo o pasatiempos.

Proteja su niño

- Mantenga su niño lejos de donde se esté pelando o descascarando la pintura y lávele sus manos a menudo, especialmente antes de comer y de ir a dormir.
- Use un mapeo o trapeador mojado para limpiar los pisos y use toallas de papel húmedas para limpiar las ventanas.
- Deje correr el agua por un minuto antes de usarla, si no abrió el grifo o llave por algunas horas.
- Para beber, cocinar y preparar la leche para su bebé, solo use agua fría del grifo o llave.
- No sirva ni guarde alimentos en vasijas de peltre, cristal o cerámica agrietada
- Sirvale alimentos que tengan calcio, hierro y vitamina C.
- Antes de realizar cualquier reparación en una casa construida antes de 1978, siga las recomendaciones de trabajos seguros en áreas con plomo o contrate un profesional con licencia en plomo. Visite la página: <http://health.ri.gov/healthrisks/poisoning/lead-for/homeowners/> (inglés solamente)

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 inside your home. One in four Rhode Island homes tested has indoor 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 throughout the United States. 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 and bedrock. The gas moves through the ground and 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 well water supplies. Radon gets trapped inside 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\[1\]home/indoor-air-pollutants/ra](https://www.lung.org/clean-air/at[1]home/indoor-air-pollutants/ra)

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



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/local/rhode-island/about-us/our-work/home-fire-campaign/home-fire-safety-visit.html 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-DOT

Information provided by Safe Kids Rhode Island. (Contact us at 401-444-2208, on facebook at facebook.com/safekidsworldwide, and online at www.safekids.org) and the Department of Transportation Office of Highway Safety (Contact us at 401-222-3024 or online at www.dot.ri.gov/safety/#highway_safety as well as www.nhtsa.gov).

Do You Have A Teen Ready For Driver Training?

Practice may not make perfect – but will keep your teen safer!

Parents play a critical role in helping their teens become safe drivers. Even if your child has signed up for driver's ed, nothing beats hours of practice with mom or dad. While parents are often stressed from the experience, the benefits of driving with your teen are too big to ignore. Here are some practice tips from the professional instructors at AAA Driver Training to help you through the process.



1. Make sure your teen brings their original Learner's Permit every drive.
2. Take time to review the vehicle controls, including mirror and seat adjustments, wipers and headlights, hood latch, radio, climate controls, and more.

3. Begin driving in an open parking lot, without other traffic. Realize your teen is just as nervous as you are, so don't panic; keep your voice calm and praise often.
4. If possible, turn off advanced driver assistance systems, such as lane-keeping warnings, back-up cameras, and automatic braking. This will force your teen to pay attention to the road and gain confidence in his/her own abilities.
5. Practice slow, rolling controlled starts, gently braking and steering. Slowly accelerate, pull into parking spots, come to complete stops, and make left and right turns.
6. Backing up is one of the biggest challenges for new drivers. Start by backing up in a straight line, then gradually add a left or right turn.
7. Once your teen is comfortable, go out on a quiet street. Teach proper behavior at intersections, using the turn signal, stopping behind the white line (if marked), yielding to pedestrians. Drive around the block, practicing right hand turns until confident.
8. Next, tackle left-hand turns. Be sure to explain the danger of hesitating in an intersection.
9. Gradually add routes on more-trafficked roads, including those with stop lights, multiple lanes, and even highways. Only increase the difficulty of roads when your teen feels comfortable. Don't force them to take on a challenge they're not ready for.
10. Practice at night, in moderate to heavy traffic, and in inclement weather. The more practice they have with you, the more confident they'll feel when they're driving alone.
11. Lastly, take time to get them familiar with basic maintenance: how to check the oil, identify underinflated tires, and fill the car with gas. ●



DRIVER TRAINING

Creating lifelong safe drivers.

- Classroom course
- Behind-the-wheel training
- Road test confidence course



Learn more at
AAA.com/DriverTraining

05.037642.22

AAA Driver Training offers behind-the-wheel training with professional instructors to ensure your teen becomes a lifelong safe driver. For more information visit AAA.com/DriverTraining.

✓ 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

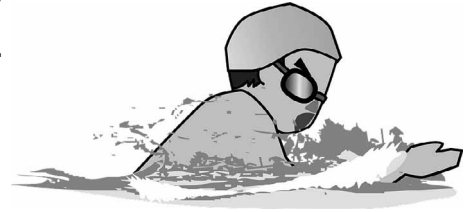
Consider taking a trip to one of Rhode Island's many bike paths. Our state network has over 60 miles of riding.

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!

✓ 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.

● **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.

● **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.●

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 parents/families including
but not limited to Head Start/child-
care, PreK, PAT and HFA home
visiting, WIC, health services, social
services.

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 pro-
vides 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.

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. ●



CHILD & FAMILY SUPPORT

learn more at psnri.org/support
or call warm line 401-467-6855

group for parents, caregivers, and grandparents to make connections and share support (children are welcome)

If you're pregnant and using, there are steps you can take now to protect yourself and your baby. Without judgement.

parent partners work with family members to support your child and family needs

fatherhood group ranges from teen fathers to grandfathers all coming together to share experiences and learn from each other

Peer Support


Parent Support Groups

Fatherhood Group
psnri.org/fatherhood

Healing Mother & Baby
psnri.org/help or psnri.org/ayuda

Nurturing Parenting
family-centered trauma-informed 12-week course designed to build nurturing parenting skills

Parent Support Network of RI
535 Centerville Rd, Ste 202, Warwick
with community centers in Middletown,
Newport, Scituate and Westerly



*Provided by
Women & Infants*

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.)



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 35.)

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.

RI New Mom's Connection

www.rinewmoms.com

info@rinewmoms.com

Also prenatal group.



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 call the Health Education Department at 276-7800 for the Zoom invitation.



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 ...*

BrightStars 855-398-7605

www.brightstars.org
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.

Dr. Day Care State licensed & nationally accredited with
 Learning Center locations across Rhode Island!

Infant • Toddler • Preschool/Pre-K • School Age




www.drdaycare.com

Dr. Mary Ann Shallcross Smith, Founder

DCYF Daycare Licensing
 528-3624


Licensing family home daycares and daycare centers, and information on finding qualified care near you.





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

RHODE ISLAND CHILD CARE SUBSIDY PROGRAMS

* **NACCRRRAWARE**

NACCRRRA Military Fee Assistance Program: NACCRRRA is the National Association of Child Care Resources and Referral Agencies. NACCRRRA 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 NACCRRRA at naccrra.org to sign up for the subsidy program through NACCRRRA.

* **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

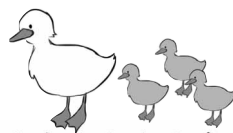
AuPair Care 1-800-428-7247
www.aupaircare.com

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



Supporting Your Child's Development



As a parent or caregiver, you already have what it takes to help your young child learn and grow.

Learn the Signs. Act Early.

has some great tools to help make tracking their developmental milestones both fun and easy.

- Learn the Signs. Act Early. materials are free, parent-friendly tools created by the Center for Disease Control (CDC) to help you monitor your child's development up through age 5.
- Download the free CDC's Milestone Tracker App from the App Store or Google Play today! Track your child's milestones from age 2 months to 5 years with easy-to-use illustrated checklists; get tips for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.
- Learn more at cdc.gov/MilestoneTracker.

If you question whether your child is meeting his or her milestones, talk with your child's doctor or contact your local Early Intervention program.



early intervention

supporting families and child development

Early Intervention (EI) is a program designed to help families support the growth and development of their infants, and toddlers (birth to age 3) who are delayed in their development, or have a diagnosed condition, known to cause developmental delay. Some children are eligible for EI because of their medical diagnosis. For others, eligibility is determined by an individualized evaluation and gathering information about the child's functioning in their everyday activities and routines.

We know that:

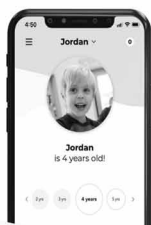
- You are your child's most important teacher and decision-maker. We work alongside you to provide the best support possible to ensure your child is learning and growing at their highest potential.
- Young children learn best in familiar places with adults they know and trust. That's why EI services are provided in places where children usually play or take part in daily activities, such as their home or childcare center.

(Continued on page 37.)

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Track & Share Milestones



Get Tips & Activities



Learn When to Act Early

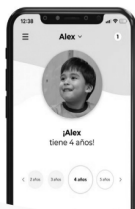
Learn more at cdc.gov/MilestoneTracker



Apoye su desarrollo y crecimiento

Los primeros años de su hijo son muy importantes. Seguir cómo su pequeño juega, aprende, habla, actúa y se mueve lo puede ayudar en su desarrollo.

Descargue la aplicación gratuita de los CDC *Sigamos el desarrollo* para encontrar actividades fáciles para cada edad.



Siga y comparta los indicadores del desarrollo

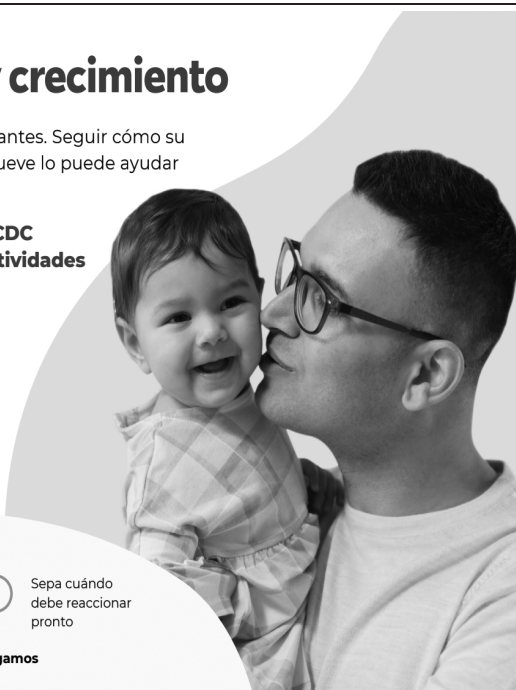


Vea consejos y actividades



Sepa cuándo debe reaccionar pronto

Encuentre más información en www.cdc.gov/Sigamos



(Continued RI Early Intervention)

How it works:

- We evaluate and provide services for your family at no cost to you.
- Your EI team will work alongside you to set individualized goals and implement strategies to build upon the good work you are already doing.



Parents/Caregivers can call EI Providers directly, a referral is not required.

For more information, or to make a referral, please contact one of the following RI Early Intervention Agencies:

Children’s Friend 721-9200
621 Dexter Street, Central Falls

Community Care Alliance235-6029
1 Social Street, Woonsocket

Easter Seals, RI 284-1000
320 Phillips St. Unit D # 103, North Kingstown

Family Service of R 331-1350
134 Thurbers Avenue, Providence

Groden Center 525-2380
610 Manton Avenue, Providence

Looking Upwards’ 293-5790
2974 East Main Rd., Portsmouth

Meeting Street 533-9100
1000 Eddy Street, Providence

Seven Hills Rhode Island 921-1470
178 Norwood Avenue, Cranston

Arthur Trudeau Memorial Center 823-1731
3445 Post Road, Warwick

For more information or assistance in choosing an Early Intervention Program, contact RIPIN at 401-270-0101.

For a children ages 3-5 years old, contact Child Outreach in your school district for a comprehensive developmental screening at ride.ri.gov/instructionassessment/early-childhood-education/child-outreach-screening

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



“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 Avenue, Cranston • 1 Albion Road, Lincoln

**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
Your Autism Experts

grodennetwork.org • 401-525-2380



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

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:



- Evaluations
- Therapeutic Services such as Speech & Physical Therapy
- Support for Children's Emotional Development
- Networking for Community Resources

Children birth to 3 years are eligible. 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
45 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 106 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, really listening to each family's needs. We bring together expertise from diverse disciplines such as occupational and physical therapists, nurses, educators and social workers. We offer guidance and coaching, so families can best support their child's development and lay the foundation for their child's lifetime of growth. For children from birth to 3 years. No out of pocket cost to families. Looking Upwards has 45 years of experience in supporting people 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 47*).

Meeting Street Early Intervention 533-9104

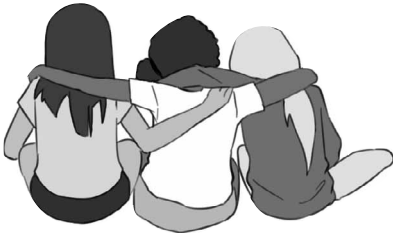
1000 Eddy Street, Providence
www.meetingstreet.org
Provides comprehensive, compassionate and individualized support to children (birth to age 3) experiencing a developmental delay. Anyone can refer a child to Early Intervention and there are no out-of-pocket costs to participating families.

Parenting Matters ... 444-8009

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 444-8009

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 45.)

Alateen 781-0044

www.riafg.org
 Support for teens who have friends or family with problems with drugs or alcohol. (Also see *Addictions section*, page 59.)

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.

(Continued Boys & Girls Clubs)

Boys & Girls Clubs are a safe place to learn and grow - and have fun.

- **Cumberland/Lincoln** 333-4850
www.bgcni.org/Cumberland-lincoln
- **E. Providence** 434-6776
www.epbgc.org
- **Newport** 847-6927
www.bgcnewport.org
- **Pawtucket** 722-8840
www.bgcpawt.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.

● **youlifecycleyourvoice.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.

Child & Family 849-2300

www.childandfamilyri.org
 31 John Clarke Road, Middletown

FAMILY SERVICES:

ADOPTION

Adoption Options

..... 331-5437

1165 North Main Street, Providence.
jcsri.org/our-services/
adoption-options/

Adoption R.I. 865-6000

www.adoptionRI.org
290 West Exchange St., Suite 100,
Providence. (See ad below and
article too.)

Alliance for Children

..... 240-2159

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.

Urban League of Rhode Island

..... 351-5000

www.ulri.org
246 Prairie Ave., Providence

Children Need Families, Families Need Support



Are you a family or caregiver 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



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) experience 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.

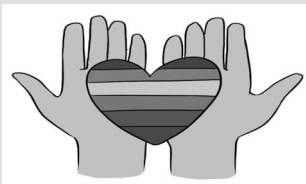
(Continued)

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, through our Counseling and Family Support program, to help maintain those connections.

Support services from ARI come in multiple forms... In addition to a monthly Kinship Caregivers discussion group, our staff of professionals offer sibling 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 and 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**, call us at **401-865-6000**, or email **supportinfo@adoptionri.org***

*Donna Rivera
Sr. Marketing Communications Manager
Adoption Rhode Island*



FOSTER CARE:

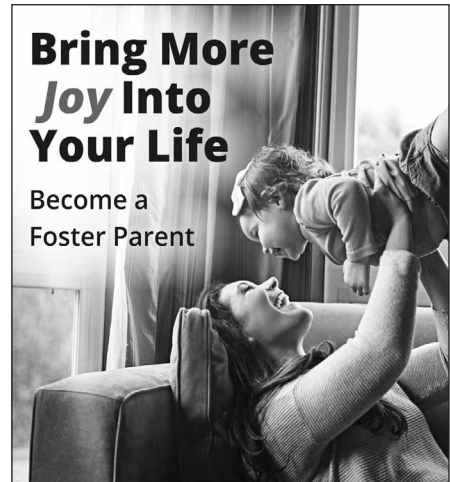
AGENCIES:

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**
Youth ages 0-21
1268 Eddy Street, Providence
www.childandfamilyri.org
(See ad next page.)

Children's Friend 276-4300
www.cfsri.org
153 Summer St., Providence
(See ad this page.)

**Communities for People
..... 273-7103**
www.communities-for-people.org
Connect with us on Facebook
@FosterHopeRI
(See ad page 41.)



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**



You Can Change The Life of a Child

Learn more about fostering kids with higher needs



THE GRODEN NETWORK
Your Autism Experts

grodennetwork.org • 401-525-2380

Did you know ... there are 1,511 children in foster care in Rhode Island; 182 of these children are waiting for adoptive families. For more information, contact:

The Department of Children Youth and Families
Contact: Lori DAlessio lori.delessio@dcyf.ri.gov
101 Friendship St., Providence, RI 02903 ● 401-528-3673



Foster Care is A Work of Heart When there is SUPPORT, there is HOPE



If you have room in your heart and your home, please come join us, be the village for a child!

Whether you want to

- Foster
- Adopt
- Mentor

We will support you every step of the way



Child & Family
RI Foster Care

1268 Eddy Street, Providence, RI 02905
31 John Clarke Road, Middletown, RI 02842
Office 401-781-3669
Cell 401-744-7741
foster@childandfamilyri.org

Child & Family provides program Supports that include:

- Assistance through licensing
- 24/7 clinical support & home visits
- Financial stipend & referral bonus
- Comprehensive training
- Foster parents peer support groups

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 this 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.

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 treat-
ment foster homes across Rhode
Island.

For more information, please reach
out to Tonya McCarthy at 401-274-
6310 x 1259 or via email at
tonya.mccarthy@grodencenter.org
(See ad previous page.)


**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



 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




 MASSACHUSETTS & RHODE ISLAND
THERAPEUTIC FOSTER CARE



Devereux Therapeutic Foster Care is seeking Foster Families
 Free Comprehensive Training and 24 hour support
 TAX FREE Stipend
 Generous sign on bonus
 To Make a difference, contact 401-734-9680 | 401-258-2959
 www.devereuxri.org

Embracing Hope: Supporting Children in Need as the World Emerges from COVID

As Rhode Island pushes forward through 2023, the world is finally beginning to shed the constraints of COVID-19. For many, this newfound freedom means a return to a semblance of normalcy, reuniting with loved ones, and embracing the joys of life once again. However, it is essential not to forget about a vulnerable population in our community, who, more than ever, require our support and compassion. The stress induced by the pandemic has taken a toll on many families, leaving them in need of assistance, especially when it comes to providing stable homes and care for children. As the number of children in need of foster homes rises, it is imperative that we, as a community, come together to offer our support and provide a loving environment for these young individuals as they navigate through challenging times.



In Rhode Island, foster families have the choice of partnering with private agencies or working directly with the Department of Children, Youth, and Families (DCYF). Each agency offers unique support systems, training programs, and services, but all work in collaboration with DCYF to bolster the well-being of this vulnerable population within our communities. These support structures aim to equip foster families with the necessary tools and knowledge to provide nurturing environments for the children they welcome into their homes. The process involves completing an application, background clearances, a 10-week training course, and a home study process before becoming a licensed foster family.

No child or family should have to face life's challenges alone. If you are ready to embrace hope, open your home, and extend your heart to a child in need, we encourage you to reach out. The sense of fulfillment that comes from providing a loving home to a child in need is immeasurable, and we eagerly await the opportunity to support you throughout this transformative experience.

As we embrace the post-COVID world with gratitude and relief, let us not overlook the importance of extending our support to those who still require a helping hand. By fostering children in need, we can collectively build a stronger, more compassionate community where every child feels valued and cherished. Together, we can shape a brighter future for Rhode Island's vulnerable children and families, bringing hope and stability to those who need it the most. ●

The pandemic has exacerbated the need for foster homes in Rhode Island, presenting challenges in recruiting suitable families for these children. Thus, we must urgently seek individuals or families who are prepared to make a difference in the lives of children longing for stability and love. While children of all ages require foster homes, there is a particular need for those who are tweens and teenagers, sibling groups, youth identifying as LGBTQIA, BIPOC youth and parenting teens. By opening our hearts and homes, we have the opportunity to transform a child's life and, by extension, positively impact their entire family.

You don't need to be perfect or possess extraordinary resources to become a foster family. All it takes is an open heart, an open mind, and a genuine commitment to making a difference. Whether you have an extra bed in your child's room or empty bedrooms that can be filled, your willingness to provide care and love can change the trajectory of a child's life.

Ema Burna BS

*Foster Care Program Coordinator
Devereux Advanced Behavioral Health |*

Rhode Island TFC

2346 Post Rd, Suite 103, Warwick

(401)734-9680

Cellphone: (401)258-2959

BEREAVED PARENTS

Compassionate Friends

www.fcfprovidence.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 this page and ad next page.)

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

..... 274-1122, x44049

www.mispals.org

Meets at 90 Plain St., Prov, 3rd fl. Also available virtually - email: mispals@gmail.com for link

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 virtually - email mispals@gmail.com.

Samaritans Safe Place

www.samaritansri.org

A support group where family members and friends share emotional pain caused by suicide.

• Need to Talk Listening Line

..... 272-4044

or 800-365-4044



The Importance of Language: Talking to Kids About Suicide and Overdose Deaths

Kids are always looking for the truth and seek accurate information. This is especially true when it comes to the importance of mental health and informing children that someone has died due to an overdose or a suicide. This can be a daunting task for parents and caregivers, and we wanted to give you a few pointers.

First off, breathe. You need to take care of you, and perhaps reach out to professionals that can help guide you in the right direction. It is important to find out what the children know first, as there is so much that they may be aware of due to social media exposure. Finding a safe, comfortable space and making sure you have time to chat with them is very important to lay the foundation. Start off with something like, "I have something sad to tell you," then insert their name or relationship, that your daddy died last night. Pause. Take a breath for yourself and for your kids, too. It is crucial to use concrete language, like "dead" and "died" as we want to avoid euphemisms, like we "lost" your dad, or he died in his sleep.

Depending on the age of the child(ren), you want to find out what they want to know, and if they have any questions. If you don't know the answer, it's best to tell them and offer to find the answers for them.

FAMILY SERVICES

(Continued)

Mental health is so important to talk about, as it lets kids know that you are caring about their mood and feelings.

Sometimes, kids are aware of their family member's substance use and they may have noticed that their family member wasn't acting like themselves or hadn't been around as much. They may also know about a shift in mood or depression, and it's important to invite that into the dialogue, sharing that when people are really, really, really depressed, they are not always able to make the best decisions. If someone is hurting so bad, they think the only way to stop the mental and emotional pain is to make their body stop working. This is called suicide. Other times, people may make poor decisions and use drugs and sometimes, the drugs make their body stop working, causing them to die.

It's natural and expected to have guilt when someone ends their life. Reassuring the children that there was nothing that they did to cause this death is helpful. Keeping the door open for conversation is key, as this is not a one-time conversation. Expect more questions as the grief process goes on, especially around milestones like birthdays, holidays, and small, everyday occurrences. ●



Friends Way is Rhode Island's only bereavement center dedicated to serving children and teens, ages three to eighteen, and their families.

For more information, call 401-921-0980 or visit us at FriendsWay.org

**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.



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.



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.



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.



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



www.friendsway.org

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

Families Reaching Into Each New Day, Inc. 765 West Shore Road Warwick, RI 02889

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.bigsri.org

188 Valley St., 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.net/chapter/810

Support and information for the ADHD community. They only meet by zoom now. Contact rhodeisland@chadd.org for link to zoom via email.



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

1 State St., Suite 501, 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.

FAMILY SERVICES

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 below and back cover.)

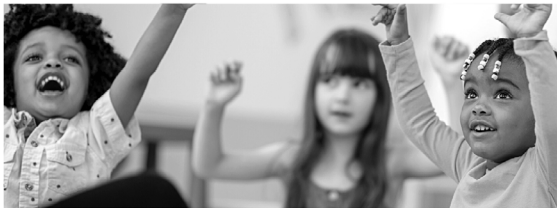


Basic Needs
Outpatient Counseling
Employment & Training
Housing Stabilization
Mental Health Services
Addictions Treatment
FCCP - see back cover



401-235-7000

HEAD START



High quality early education program
accepting applications at
www.ebcap.org or call 401-367-2001.



SCAN ME!

Open to expectant parents & children ages birth - 5

No Cost for eligible families

Center-based & home-based program options

Families of children with special needs are encouraged to apply

Families Experiencing Homelessness, in Foster Care and Receiving Public Assistance (TANF/SSI/SNAP Benefits) are Automatically Eligible

Healthy meals & snacks provided

Affordable full-day childcare available (CCAP accepted)

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. We have a no ask policy on immigration status.

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 ad previous page and more Head Start page 107.)



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.

Kids' Link RI ... 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.



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

45 years experience supporting optimal development



Looking Upwards



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

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



THE GRODEN NETWORK
Your Autism Experts

grodennetwork.org • 401-525-2380



ABA Therapy Services

- In-home & community based ABA services throughout all of Rhode Island
- Clinic opening Fall 2022
- We accept most major insurance plans
- Services available for children 0-22 years of age
- We have IMMEDIATE AVAILABILITY
- We provide parent education

**Call Our Intake Care
Team Today!**
(855) 295-3276 EXT 276



**AUTISM
LEARNING
PARTNERS**

www.autismlearningpartners.com

AUTISM

What is Autism?

Autism became an official diagnosis in the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM) in 1980, when “infantile autism” was separated from “childhood schizophrenia”.

Today, the diagnosis uses three “levels of support” as a way of differentiating the needs of people with Autism. These levels are based on the communication ability, movements, and reaction to sensory input. A person’s level of need from 1 to 3, with a level 1 indicating “some” support is necessary and a level three indicating “substantial” support is needed.

What is Groden’s role?

Across the Groden Network, most people we support from birth through adulthood fit the designation of Level 3 Autism. Our clients of all ages are provided intensive support, Autism-specific interventions, instruction that supports communication, and positive and proactive behavior support plans. Groden’s unique focus on Relaxation and Picture Rehearsal provides children and adults strategies for building skills and increasing emotion regulation.

*Authored by:
Dr. Cooper Woodard, PhD, BCBA
Chief Clinical Officer-
The Groden Network
Dr. Susan Izemen PhD,
BCBA Program Director-
The Groden Center*

LEVEL

1

Requiring Support

Inflexibility of behavior causes significant interference with functioning in one or more contexts. Difficulty switching between activities. Problems of organization and planning hamper independence.

LEVEL

2

Requiring Substantial Support

Inflexibility of behavior, difficulty coping with change, or other restricted/repetitive behaviors appear frequently enough to be obvious to the casual observer and interfere with functioning in a variety of contexts. Distress and/or difficulty changing focus or action.

LEVEL

3

Severe Autism

Inflexibility of behavior, extreme difficulty coping with change, or other restricted/repetitive behaviors markedly interfere with functioning in all spheres. Great distress/difficulty changing focus or action.



Talking With Your Child About Learning Differences

3 Tips For Talking With Your Complex Learner

When your child receives their first diagnosis, it can come with relief that you finally have an answer, but it can also lead to a lot of questions. What does this mean for my child? How can I best support them? And sometimes the hardest – how and when do I tell my child?

Figuring out how to talk with your Complex Learner about their learning differences is often one of the most challenging struggles parents face. You want to empower your child, but you don't want to overwhelm them. How do you know when it's time to talk about it? How can you help them understand without making them feel alienated?

While honesty is still the best policy, we've put together 3 tips for talking to your child about their learning differences.

I. Know When It's Time

One of the first things you may wonder is at what age should you talk to your child?

While there's no magic number, your child may be the one giving you hints that they're ready to talk.



If your child is asking questions about their struggles or even wondering why they do some things differently, this could be a sign that they're ready to talk.

If you're struggling to feel ready to have this conversation, there are multiple ways to help you prepare like doing your own research, purchasing some kid-friendly books,



“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, 1 Albion Rd., Lincoln • 401.921.1470, 178 Norwood Ave., Cranston

or reaching out to your child's school, teacher, or medical provider to ask for some advice. The biggest takeaway here is that you need to be fully comfortable before you initiate any conversation. This will help you discuss everything openly and honestly and when you have an open discussion; you're building trust with your child and showing them that no matter what, they can come to you with any questions.

2. Keep It A Discussion

While we advise you to be prepared to talk, we don't mean we want you building a PowerPoint presentation and going into lecture mode! Instead, focus on keeping it as a discussion, not just a one-time talk.

This can also help you feel more comfortable as you'll be able to remind yourself that you're going to continue to talk, share, and answer questions over time. It's not like every single question has to be answered and addressed in the very first conversation. As you and your child continue to have more talks, it will get easier as you establish an expectation of open communication where you're not shying away from answering any questions or taking any of their concerns seriously. Your conversations will also evolve over time based on your child's capacity. If they are young, you can still talk with them while keeping it age appropriate and not providing clinical definitions or anything that wouldn't be understood by them.

"If your child is asking questions about their struggles or even wondering why they do some things differently, this could be a sign that they're ready to talk."

3. Empower

At the end of the day, these conversations are intended to help empower your child. You're talking with them about their various diagnoses to help make them more comfortable and self-aware. When they understand that this is a part of them and it's not "wrong" or "bad," it leads to greater self-esteem. Don't be afraid to point out how these learning differences also contribute to making them the wonderful, creative, kind person they are.

Just as you want to build them up, you also want to be honest and talk about areas where they struggle. When they understand WHY some things might be harder for them – they learn to self-advocate and explore strategies that work for them to help them achieve success.

It's normal to have questions and even hesitations when it comes to talking with your child about their learning needs. But, just as with everything you do, your love and support of your child will shine through. ●

The Wolf School
www.wolfschool.org

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**



FAMILY SERVICES

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.

FOR FAMILIES

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.

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.

Child & Family

Caring for our Rhode Island Community since 1866

(401) 848-4124
childandfamilyri.org

Blackstone Valley Prevention Coalition 859-2500, x3
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 page 60.)

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.

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.
(See ad this page.)

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 59.)

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.

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. (See ad page 39.)

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.

Communities-4-People FCC East Urban Core 833-322-4608

www.c4p.org
We serve the cities of Central Falls, Pawtucket, East Providence R.I. If a family is at risk for DCYF involvement, or have barriers to healthcare, mental health or behavioral health systems, we come in to help make connections, supports and assist families through barriers. We have a wrap around approach, that is inclusive and evidenced based used by our program. The family is offered a team of Family support care coordinators, family support partners, housing navigator, and clinicians that assist the family in the process. (See ad this page and back.)

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 Assistancess and health services. (See page 54 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 R.I.



FSRI
Family Service
OF RHODE ISLAND

healthy families • strong communities

Visit us online to learn more!
• familyserviceri.org •

401-331-1350 • Providence, RI

 **Communities for People**
(401) 273-7103 communities-for-people.org

Core Values:

- Respect
- Integrity
- Diversity
- Community
- Team
- Accountability
- Unconditional



Offering a variety of programs and services that offer hope and enrich the lives of at-risk youth and families in the communities we serve.

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.

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.

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	cappri.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	401-921-4968	Cranston
Tri-Town Community Action - Northern Region	tricountyri.org	401-351-2750	North Providence, Johnston, North Smithfield, Burrillville, Gloucester
Tri-Town Community Action - Southern Region	tricountyri.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	401-732-4660	Warwick, West Warwick, East Greenwich

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
..... 444-3584

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

The Groden Network Community and Home Therapeutic Services program offers a wide range of programs that support children and adolescents by partnering with families to provide effective, evidence based, therapeutic services and learning opportunities to promote greater independence and joyful lives. 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 Renee Hanley, M.Ed., BCBA, LBA, Director, Community and Home Therapeutic Services at 401-258-0742 (*See ads page 34, 40, 48, and 113.*)

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

1165 North Main Street, Providence
www.jcsri.org
JCS is a comprehensive, solutions-oriented social service agency, that helps individuals and families facing physical, emotional, nutritional, financial, or other challenges, get the services they need to recover and thrive. We provide an open and welcoming setting, regardless of personal practices, beliefs, or backgrounds. Everyone who comes to us can gain access to the resources they need. (*Also see Senior section.*)

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 diverse needs to develop to their fullest potential is the focus of Looking Upwards' children program.

(Continued next page.)

FAMILY SERVICES

(Continued Looking Upwards)

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. 329. (See ad pages 35 & 47.)

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.

PeaceLove Studios ... 475-9778

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

The Parent Support Network of RI 467-6855

535 Centerville Rd., Suite 202,
Warwick www.psnri.org
Parents and peers supporting each other. Peer-based services providing family and individual behavioral health and wellness support. Statewide warm line 401-467-6855. Center locations in Warwick, Middletown, Newport, Westerly and Scituate. (See ad page 26.)

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.

Parent Support Group (Bradley Hospital) ... 432-1205

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 276-4020
 528 North Main St., Providence
www.providencecenter.org/
 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.comcap.org/donate/
 125 Ernest St, Prov.
 Provides new and gently used furniture at substantially reduced costs.

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
 dial 988, then 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 inde-

pendently 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.

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 children 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 35*).

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

FAMILY SERVICES

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 compassion and hospitality of staff, volunteers, & other families, all just steps away from the hospital.

Salvation Army 421-5270

201 Pitman St., Providence
The Salvation Army provides year-round programs to help families in low-income communities thrive.

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.

St. Mary's Home for Children 353-3900

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 children and families affected by trauma and mental illness. St. Mary's operates residential services for children,

office- and community-based services 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 children (ages 1-6), middle school children, and teens. Parents learn communication skills, positive discipline techniques, ways to build self-esteem and more. Individual or grp.

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.

Tri-County Community Action 351-2750

www.tricountyri.org (See ad below.)

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.



**Tri-County
Community Action Agency**

Helping People. Changing Lives.
A helping hand when you need it most

To learn more, visit
tricountyri.org

or call:
(401)
351-2750



ADDICTION

Helping vs. Enabling

Are you struggling to understand the difference between helping and enabling? When it comes to a family member or friend with an addiction, this distinction is one of the most important things you need to understand. Knowing the difference between these two approaches is essential for those looking into family therapy programs.

Understanding the difference between helping and enabling will help you provide support without unintentionally enabling your loved one's addiction.

What is Helping?

Helping is doing something that allows someone by providing resources, guidance or other forms of support with no strings attached. It may take time and effort on your part, but it always serves the best interests of your loved one in a healthy way. Examples of helping include:

- Offering emotional support when they are going through difficult times
- Providing transportation to meetings or appointments related to recovery
- Listening without judgment when they need someone to talk to
- Being there as a source of encouragement as they work towards their goals

Enabling, on the other hand, is something that unintentionally supports a person's addictive behavior.



What is Enabling?

Enabling is different from helping because it involves doing something that helps keep up an unhealthy behavior or attitude. It can take many forms, such as:

- Making excuses for someone's bad choices
- Bailing them out of trouble created by their own actions
- Giving them money when they use it for purposes that contribute to their addiction

Enabling gives people permission to continue acting in ways that are harmful without having any consequences for their actions.

This means that their addiction can continue unchecked and can even worsen over time if it isn't addressed properly.

The Difference Between Helping and Enabling

The difference between helping and enabling is simple. Helping is providing support in a healthy way, while enabling is providing support that unintentionally encourages or enables an unhealthy behavior. It's important to understand this distinction so that you can provide the right kind of support for your loved one. This will help them get the resources they need to address their addiction in a healthy way. ●

PARENTS MAKE A DIFFERENCE!

While alcohol continues to be the most widely used drug by youth in the U.S., **you can** make a difference! Research shows that teens say parents/caregivers are the most important influence on their decisions about drinking alcohol. Help them by participating in:

"TALK-MONITOR-SECURE-SUPPORT"



TALK... to your teen about the dangers of underage drinking.

- Short & long term consequences of drinking alcohol.
- Impact of alcohol on brain development. The brain is not fully developed until a person's mid 20's. Alcohol can alter brain function long term.



MONITOR...your teen's activities and the alcohol in your home.

- Know where your teen is and who their friends are
- Keep track of the alcohol supply in your home



SECURE...alcohol in locked cabinets or containers.

- Lock alcohol in cabinets and other storage areas that are not accessible to your teen
- Set a rule that alcohol in the refrigerator is off limits



SUPPORT... your teen's health and safety, build trust and reinforce positive behavior.

- Listen without judgement
- Acknowledge positive behavior and achievements
- Help them learn refusal skills- ways to say "No"

TIPS AND RESOURCES

SAMHSA- "Talk.They Hear You." Campaign:

<https://www.samhsa.gov/talk-they-hear-you/parent-resources>

Drugfree.org: <https://drugfree.org/prevention-and-taking-action-early/>

NIAAA/NIH: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>

MADD- The Power of Parents: <https://www.madd.org/the-solution/power-of-parents>

Hidden in Plain Sight: <https://bvpc-hips.com/>

To learn more visit:

www.blackstonevalleypreventioncoalition.com



Funding made possible by the Partnerships for Success II Grant, provided from the Substance Abuse and Mental Health Services Administration (SAMHSA) to the Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH).



Addiction Resources:

**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.



**AN OVERDOSE DOESN'T
MEAN IT'S OVER**

NALOXONE SAVES LIVES
GET IT AT ANY PHARMACY

PreventOverdoseRI.org



The Opioid Crisis Working Together to Save Lives



CODAC Behavioral Healthcare is committed to helping individuals challenged by addiction. Our centers offer:

- Treatment for opioid use disorder using all 3 FDA-approved medications
- 7 locations across Rhode Island
- Mobile Medical Unit delivering services to underserved populations
- Access to care within 24 hours – 7 days a week



Call 401-490-0716 for a confidential conversation.

www.codacinc.org

Rhode Island's Substance Use and Drug Overdose Crisis



While Rhode Island's substance use and drug overdose epidemic has not worsened as it did during the COVID-19 pandemic, it continues to be an urgent public health crisis.

Last year, 434 Rhode Islanders lost their lives to a drug overdose, compared to 435 in 2021.

Of those who died from a drug overdose in 2022, males, people age 25 to 54, and Black non-Hispanic Rhode Islanders were disproportionately impacted. In addition, the rate of fatal overdoses among Hispanic/Latinx Rhode Islanders increased by 50%.

A more lethal drug supply, both locally and nationally, continues to contribute to this crisis. The presence of illicit fentanyl, a highly potent opioid, and xylazine, a veterinary tranquilizer not approved for human use, is often found in drugs like cocaine, crack, counterfeit pills, methamphetamine, heroin, and other substances.

Know the Signs of an Overdose

There is no safe level of illicit substance use. If you have friends or family who use drugs, it's important to know what an overdose looks like in case it happens.

Too high of a dose of a substance can cause a person's breathing to slow down or even stop. When a person stops breathing because of a substance, this is an overdose. An overdose can happen to anyone.

Did You Know?

- People who take prescription medicines like benzodiazepines (anti-anxiety medicines like Ativan® or Xanax®) in combination with prescription opioids are at a greater risk of having an accidental overdose.
- The same is true with people who drink alcohol while taking an opioid, or for those who are taking sedating medicines with opioids. Both alcohol and sedating medicines slow down breathing, and if taken together with opioids, can increase the chances for an accidental overdose.
- In high-risk patient cases, health-care providers will co-prescribe naloxone along with an opioid prescription. If a person is at high-risk of an overdose, it is essential to have naloxone on-hand at all times.

The following are symptoms of an overdose:

- Slow breathing with shallow breaths, gurgling noises, or stopped breathing
- Can't be woken up, unable to talk, or may not respond
- Skin tone turning grayish or ashen to bluish purple
- Tiny, pinpoint pupils

Once you recognize that someone is overdosing, you can take action by calling 9-1-1 and administering naloxone. The overdose reversal medication, naloxone (sometimes referred to as Narcan®), is a medicine that can stop an opioid overdose—like an overdose caused by fentanyl or heroin. Naloxone is safe and easy to use.

(Continued)

Naloxone is a life saver because it can restore a person's breathing and reverse an overdose. Learn more about naloxone by watching this video (bit.ly/3a16H2Y).

Rhode Island's Good Samaritan Law provides certain legal protection when you call 9-1-1 when someone is overdosing, whether you have drugs on you or not.



Get Free Naloxone and Naloxone Training

In Rhode Island, people can get naloxone at a local pharmacy without a prescription from a healthcare provider. When you buy naloxone at a pharmacy, the pharmacist can show you how to use it. In the fall of 2023, naloxone will also be available for over-the-counter purchase.

Members of the public can also request a free naloxone kit, safer drug use supplies, and connection to a certified peer recovery support specialist by visiting Rhode Island's overdose information website, **PreventOverdoseRI.org**. Supplies can be mailed anywhere in the state at no cost to the recipient.

PreventOverdoseRI.org offers a brief, interactive naloxone training in English (bit.ly/3Ov5uzJ) and Spanish (bit.ly/3QRyfs5). People requesting naloxone are encouraged to take the brief online training module to learn the signs of an overdose and how to respond.

Connect to Treatment and Recovery Support Resources

If you or someone you care about is living with a substance use condition, let them know they are not alone. There are 24/7 treatment and mental health supports available over the phone or in person.

- **The 988 Suicide & Crisis Lifeline** provides confidential counseling by trained professionals. Call, text, or chat 988 to get connected to treatment and recovery support services. People can also go in-person to the **BH Link Walk-In Center** to get connected to support at 975 Waterman Ave., East Providence. Hablamos español.

- **The Buprenorphine Hotline 401-606-5456**, provides telehealth services for people experiencing opioid withdrawal. Callers can learn about medications for opioid use disorder and make a plan for continued treatment and recovery support through a Rhode Island Center of Excellence. Rhode Island Centers of Excellence are specialty centers that use evidence-based practices and provide treatment and the coordination of care to individuals with moderate to severe opioid use disorder.

- **Safe Stations** are fire stations in East Providence, Providence, Newport, Pawtucket, Smithfield, and Woonsocket (and police stations in Bristol, Tiverton, and Warren) that are open to help people in crisis get connected to a peer recovery support specialist and local treatment services.

¹Data source: Rhode Island Office of State Medical Examiners (OSME)

PREVENT OVERDOSE RI 

“Why Do I Keep Hearing About Harm Reduction...?”

The term “harm reduction” has been popping up a lot lately. You may have heard it on TV or seen a reference to it in a newspaper. --But what does it mean? And why are we talking about it?

“Harm reduction” is an evidence-based approach to saving the lives of people with substance use disorders by helping to prevent death from overdose.

In 2022, 434 Rhode Islanders died from an accidental drug overdose. Many were alone when the overdose happened, without anyone present to take life saving measures. We are on track to see an even higher number of fatal overdoses in 2023.

Addiction is a chronic, recurring disease of the brain which can lead to repetitive behavior—despite negative consequences or a desire to stop. Most people need multiple attempts to quit using drugs before they are successful in recovery. Which brings us back to harm reduction—and the goal of keeping people alive until they are ready to quit or reduce use. Harm Reduction Centers (HRCs)—also called Overdose Prevention Centers—are licensed, designated places where people can go to get supervised help and use drugs safely. They are staffed by nurses, clinicians, peers and other trained staff who can take appropriate emergency measures if an overdose occurs. In addition to providing immediate

care and referral to treatment, HRCs help people access other important services like Hepatitis C and HIV testing, medical and mental health services, and assistance with social services.

Because many people who use drugs don’t have access to sterile supplies, they risk exposure to infections like HIV and Hep C. HRCs offer harm reduction supplies for safer drug use, including naloxone to reverse overdoses, fentanyl test strips, and clean syringes. Harm reduction gives people tools to reach their own goals, at their own pace, and seeks to reduce the negative consequences associated with drug use. (SAMHSA, 2023)

Some people believe that by providing these services and supplies, HRCs support or even encourage drug use; i.e., they enable those with substance use disorders to keep using drugs. **The goal is not to enable, but to keep people safe and alive during their journey towards recovery.**

Over 100 peer-reviewed studies have shown that these centers have positive public health and social benefits. They promote use of treatment and healthcare services, prevent the spread of infectious diseases and of course, prevent overdose deaths. HRCs can improve neighborhoods and save cities, towns, and health care systems money due to reduced deaths, the decreased need for emergency medical services, and the prevention of transmissible diseases. RI will be among the early states to utilize an HRC when its first facility opens in early 2024. ●

For more information visit:
<https://preventoverdoseri.org/overdose-prevention-centers/>
<https://harmreduction.org/about-us/principles-of-harm-reduction/>

Article submitted by Codac
www.codacinc.org

(Continued Addiction Resources)

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. *(See ad on page 61.)*



Community Care Alliance (CCA) 235-7000
 800 Clinton Street, Woonsocket
(See ad page 46.)

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

***BH LINK - Alternative to MH/ Substance abuse Emergency Room.** 975 Waterman Ave. East Providence. (24 hours) 401-414-5465

***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 - 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.**

***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.

The Providence Center 276-4020
www.providencecenter.org

SAMHSA 800-662-HELP
www.samhsa.gov/families
 (Substance Abuse and Mental Health Services Administration) Resources for families coping with mental and substance use disorders.



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 this page.)

**Catholic Social Services of
Rhode Island, Diocese of
Providence 278-2505**
<https://dioceseofprovidence.org/elder-services>

**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 pain, quit tobacco use, and provide support to caregivers. *(See ad page 93.)*

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



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

Hearing Loss is No Laughing Matter

What if you could do one thing that would lower your risk of Dementia, help prevent falls and improve your social life? You can! It is as easy as getting your hearing checked and if you have trouble hearing, finding a solution that is right for you.

Hearing is one of our five senses. If you have trouble hearing, you are at a considerable disadvantage. You are also in good company. Hearing loss is the third most common chronic health condition for adult Americans. Around 15% of American adults (37.5 million) ages 18 and over report some trouble hearing and almost half of those older than 75 have difficulty hearing (NIDCD, 2023). Untreated hearing loss is a known contributor to higher rates of unemployment, social isolation, loneliness, and social stigma (WHO, 2021). While many older adults experience age-related hearing loss, or presbycusis (pronounced prez-buh-KYOO-sis) there are significant consequences in not addressing this health issue. Untreated age-related hearing loss leads to increased risk of hospitalization, greater risk of falls and an increased risk of Dementia (Lin et al, 2011, 2012; Gether, 2015). Even with all this data, the average adult waits almost 9 years before taking action to address their hearing. Think of all the missed important messages, birds singing, children laughing and loved ones' sentiments. Your ear is made up of three parts, the outer, middle, and inner ear. Conductive hearing loss occurs when sounds cannot get through the outer or middle ear. Soft sounds can be hard to hear, and loud sounds may sound muffled. Medicine or surgery can often improve this type of hearing loss.



The most common type of hearing loss is sensorineural hearing loss, or SNHL, happens after inner ear damage. Problems with the nerve pathways from your inner ear to your brain can also cause SNHL. Soft sounds may be hard to hear. Even louder sounds may be unclear or may sound muffled. Most of the time, medicine or surgery cannot help these types of hearing loss but hearing aids may improve hearing. Mixed Hearing Loss occurs when there are both types of hearing loss present.

The best professional to assist you in determining if you have a hearing loss and options for improving your hearing is an Audiologist. You can find an Audiologist near you by searching asha.org/profind/ or audiology.org/consumers-and-patients/. Hearing aids can be expensive. Many insurance companies have starting to cover hearing aids. There are also OTC-Over the Counter Hearing Aids available. An Audiologist can assist in helping you determine what is right for you.

Don't miss another word...get your hearing checked today. ●

For more information on hearing health and to access a local Audiologist, contact Robyn Earley MA, CCC-SLP, CDP at CareLink RI at rearley@carelinkri.org



"Early detection gave us time to adapt together, as a family."

If you're noticing changes, it could be Alzheimer's. Talk about visiting a doctor together.

ALZ.org/TimeToTalk



*** 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

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.



Saint Elizabeth Home
*Skilled nursing, short-term rehab,
 long-term care*
 East Greenwich: 471-6060

**THE GREEN HOUSE® Homes
 at Saint Elizabeth Home**
An innovative concept in nursing home care
 East Greenwich: 471-6060

Saint Elizabeth Assisted Living
Affordable care in a beautiful setting
 Providence: 490-4646

Saint Elizabeth Adult Day
Caring supportive services all day long
 Apponaug, Bristol,
 Warwick Neck & South Kingstown
 739-2844

Saint Elizabeth Apartments
*Affordable apartments for seniors &
 mobility impaired*
 Providence: 273-1090

Saint Elizabeth Apartments
Affordable apartments for seniors
 Warwick: 739-7700

Saint Elizabeth Home Care
Home health services from nursing to daily care
 Warwick: 773-7401

Saint Elizabeth Community offers a full spectrum of care and services for older adults in Rhode Island, ensuring they receive the right care in the right place at the right time.

www.stelizabethcommunity.org

A non-profit, nonsectarian 501(c)(3) charitable organization and CareLink partner.

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 211 be there for you. United Way's 211 in Rhode Island helps caregivers find the resources they need 24/7. Dial 2-1-1 and let our call specialists help you.



211 is supported by Rhode Islanders' generous contributions to United Way's Community Impact Fund and corporate sponsors.



Blue Cross
 Blue Shield
 of Rhode Island



Get Connected. Get Help.™



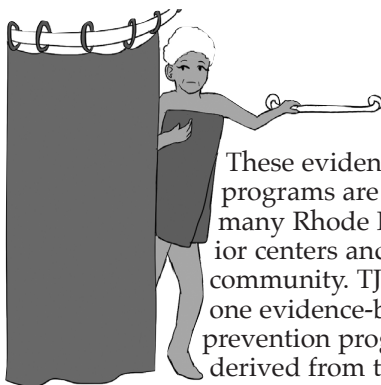
United Way of Rhode Island

FALLS!

Falls happen to 25% of older adults in Rhode Island. That is 1 in 4 older adults in RI! Falls are the leading cause of fatal and non-fatal injuries among older adults in the US. Falls can lead to serious injuries such as hip fractures and traumatic brain injuries. These falls frequently require hospitalization and can result in injuries that cause the older adult to leave their home and move into a different setting such as Long-Term Care. In 2018 over 17 thousand older Rhode Islanders suffered a fall-related injury and 215 died.

There are factors that contribute to falls, including poor balance, poor vision, untreated hearing loss, certain medications, alcohol consumption, physical inactivity, and osteoporosis. Falls are preventable and are not inevitable as we age. A few activities can go a long way in reducing your fall risk.

- Get your vision checked at least once a year.
- Have your hearing assessed annually and if a hearing aide is recommended, wear it! It can reduce your fall risk by five times.
- Have your balance assessed using a measurement such as the STEADI 4-stage balance measure. Participate in an exercise program such as the evidence-based Tai Ji Quan Moving for Better Balance (TJQMBB), Stay Active and Independent for Life (SAIL) and/or Matter of Balance (MOB).
- See a physical or occupational therapist who specializes in treating older adults.



These evidence-based programs are offered at many Rhode Island senior centers and in the community. TJQMBB is one evidence-based fall prevention program. It is derived from the twenty-four form Tai Ji Quan.

TJQMBB consists of eight forms of Tai Ji with mini therapeutic movements and variations to improve postural stability, functional walking, strength, ROM, balance and cognitive (thinking) function. Participants who complete the program found it decreases falls by 58% with a reduction of 68% for individuals with Parkinson's Disease. SAIL is another evidence-based fall prevention program. It works on improving strength, balance and flexibility and uses light hand and ankle weights to music. It can be adapted to accommodate individuals with a mild level of mobility difficulty. MOB is a program designed to reduce fear of falling and improve activity levels among older adults living in the community. MOB involves goal setting, group discussions, mutual problem-solving, role-playing activities, and cognitive restructuring (helping to change the way we think). Check with your local senior center to see if they are offering a fall prevention program. For more fall prevention resources or to learn more about wellness programs in the community contact Dr. Sandra Maliangos at CareLink Wellness at healthservices@carelinkri.org or 401-447-0526.



Tech Support for Seniors

Virtual Support

- If you are a Senior Citizen looking for tech help, call us toll-free at 844-217-3057, where train volunteers are standing by to answer their tech questions and to help them sign up for online training classes (available also in Spanish and French).
- Tech savvy seniors can also visit our website at cyberseniors.org

In-Person Support

- URI Engaging Generations: Cyber Seniors Program: Members who would like computer instruction will be able to meet with a URI student or High School mentor for a FREE 45-minute learning session.
- URI Engaging Generations: Cyber Seniors Program: Members who would like computer instruction will be able to meet with a URI student or High School mentor for a FREE 45-minute learning session. Sessions are held at participating Senior Centers.



MediCare vs. MediCaid

Call toll-free at 800-633-4227

Medicare = We CARE for our aging and disabled

Medicaid = We AID our poor

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 Fraud
HELPLINE
800.297.9760**



Family Services
An Affiliate of Senior Help Foundation

Central Massachusetts
Agency on Aging, Inc.

Jewish Collaborative Services (JCS) 331-1244

1165 North Main Street, Providence
www.jcsri.org
JCS is a comprehensive, solutions-oriented social service agency, that helps individuals and families facing physical, emotional, nutritional, financial, or other challenges, get the services they need to recover and thrive.

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.

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 69*).

Providence Village RI 228-8683

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)

www.oha.ri.gov 462-3000
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 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**

RI Elder Info is a RI based award winning nonprofit dedicated to community education and outreach that empowers aging independently. RI Elder Info maintains the most comprehensive expert-curated online resource for Rhode Island Seniors, Caregivers and Professionals. RI Elder Info is the host of the weekly live streaming show "Friday Friends", the annual "Virtual Senior Resource Fair, Calling All Veterans Day and Calling All Women Warriors. RI Elder Info also provides workshops to members of community based organizations to help them remain independent as they age.

"Information is power and no one should struggle to live a happy, healthy, dignified life from a lack of it!"

The Rhode Island Office of Veterans Services 921-2119www.vets.ri.govwww.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

Road Scholar 800-454-5768www.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 RIwww.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 69.)





Youth Suicide Prevention

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:

- PreventSuicideRI.org/resources
- RISAS.org/our-programs/youth-suicide-prevention
- SAMHSA.gov/suicide
- Health.RI.gov/violence/about/suicide

For more information on suicide prevention trainings in Rhode Island, contact Kelsea Tucker at Kelsea.tucker@health.ri.gov.



Brown University Department of
Psychiatry and Human Behavior



Parent Coach RI

Sign Up for Parenting Tips!

Learn tips and tricks for helping to improve your child's mental health while also taking care of yourself!

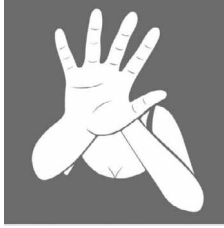


SCAN THE QR CODE
AND TEXT TIPS
TO BE ENROLLED
IN OUR PROGRAM!



Providence, RI 02912

For more information, contact
<http://parentcoach.care/Home>



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 VOCA and counseling.

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.

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:

preventsuicideri.org/resources/

RI Student Assistance Services

..... 732-8680
www.risas.org [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.

National Suicide Prevention Lifeline

... 1-800-273-TALK (8255)
 or Speed Dial 988
 This lifeline will connect you to local services.

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



“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

FAMILY SERVICES

Domestic Violence Court Advocacy

Assistance in obtaining temporary restraining orders, victim support in the family and district courts, advocacy for individuals whose partners have been arrested for domestic violence, and legal referrals for related issues.

Garrahy Judicial Complex
(Providence) 401-458-3372
McGrath Judicial Complex
(Wakefield) 401-782-4174
Murray Judicial Complex (Newport)
..... 401-458-3200
Noel Judicial Complex (Warwick)
..... 401-822-6725

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 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 this page.)

RI Coalition Against Domestic Violence

..... 467-9940

Hotline 1-800-494-8100

www.ricadv.org
641 Bald Hill Rd. Suite 1, Warwick
Offers information and referrals.
Conducts policy and systems
advocacy and raises public
awareness about domestic
violence prevention.

Full member agencies offer emergency shelter, support groups, and assistance with the legal system for women, children, and families:

●Blackstone Valley Advocacy Center 723-3057

www.bvacri.org
Central Falls, Cumberland,
Lincoln, Pawtucket, Providence,
Woonsocket, and northern RI

●Domestic Violence Resource Center of South County

www.dvrcsc.org 782-3990
Charlestown, Exeter, Hopkinton,
Narragansett, New Shoreham/
Block Island, North Kingstown,
Richmond, South Kingstown, and
Westerly

●Elizabeth Buffum Chace Center www.ebccenter.org 738-1700

Coventry, Cranston, E. Greenwich,
Foster, Johnston, N. Providence,
Scituate, Warwick, West
Greenwich, and West Warwick

●Women's Resource Center 846-5263

www.wrcnbc.org
Barrington, Warren, Bristol, East
Providence, Jamestown, Little
Compton, Middletown, Newport,
Portsmouth, Tiverton, and Warren

●Crossroads Rhode Island - Domestic Violence Program* 861-2760

www.crossroadsri.org

*Affiliate member agency

Sisters Overcoming Abusive Relationships (SOAR)

..... 467-9940

www.soarinri.org

Task force of survivors of domestic violence, focusing on systems change and public awareness.



St. Mary's Home for Children

..... 353-3900

www.smhfc.org

420 Fruit Hill Ave., N. 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.

Sojourner House

..... 861-6191

24/7 Helpline

..... 765-3232

Drop-InCenter:

1470 Westminster St., Providence

www.sojournerri.org

Sojourner House is a comprehensive victim service agency dedicated to supporting and advocating for victims of domestic, sexual violence, and human trafficking. Since 1976, when we were incorporated, our agency has assisted more than 60,000 individuals in rebuilding their lives after abuse. Our clients have access to emergency shelter, transitional and permanent supportive housing, clinical therapy, basic necessities such as food and toiletries, intensive case management, immigration advocacy, support groups, and other services.

In addition to the support we provide adult survivors, our team also offers services for youth who have witnessed or experienced abuse in their homes.

Outside of the reactive, Sojourner House is also focused on prevention education and facilitates workshops in both school and professional settings. Sojourner House operates the only drop-in center in the greater Providence area. For more information, or to talk to an advocate, please call our Drop-In Center at 401-861-6191, or our emergency helpline at 401-765-3232. Our Drop-In Center is located at 1570 Westminster Street in Providence and is open Monday through Friday 9am-5pm. Our services are available statewide and we have locations in both Providence and Woonsocket. (See ad this page.)

Victims of Crime Helpline

24 Hours 1-800-494-8100

www.helpline.ri.com

Confidential support, information and referrals for those impacted by crimes of violence, including domestic violence, sexual assault and hate crime

Live Chat Available at

www.ricadv.org.

Click "We're here to help" on the right side of the screen.

Violence and Injury Prevention

..... 222-7627

health.ri.gov/violence

Resource of violence and injury prevention programs.

Sojourner House
 Committed to Ending:
 Domestic Violence • Sexual Assault • Human Trafficking

☎ 401.861.6191
 ✉ info@sojournerri.org
 🌐 www.sojournerri.org
 📍 1570 Westminster St., Providence, RI 02909

*Advocating for healthy relationships
 and supporting survivors of abuse*

**MORE
RESOURCES
& SUPPORT**



(ADHD) CHADD 369-0045

www.chadd.net/810 Meets first
Wednesday of the month, 7-9pm. Email
rhode-island@chadd.org for a zoom link
to the meeting

. Promotes and provides education and
support for ADHD in adults and chil-
dren.

AIDS Care Ocean State 521-3603

18 Parkis Ave., Providence
www.aidscaresos.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

www.aane.org 617-393-3824

Support group for parents of adults or
older children with Asperger's Disorder.
All meetings via Zoom. Pre-registration
required.

**(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 condi-
tion. 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
Contact Susan Jewel, Manager of Family
Supports, to discuss your concerns or
make an appointment.
Call 401-785-2666 x76796 (see more
Autism resources page 48.)

**(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.

**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.engage.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 disabilities. Free support, guidance and empowerment.

Down Syndrome Society of RI 463-5751
 100 Washington St., Unit #325,
 West Warwick
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 services for those living with epilepsy.

Family Voices of RI 270-0101
www.RIPIN.org
 1210 Pontiac Ave., Cranston
 A national grassroots network of families and friends speaking on behalf of children with special health care needs. Provide info., education, advocacy and support to families and professionals, bi-monthly newsletter and parent groups. (See ad page 35.)

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.

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 evaluation, transportation, medication. Educational programs. Support groups.

March of Dimes Foundation 454-1911
 220 West Exchange St., Providence
www.MarchofDimes.org

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

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. This support group is intended to provide support and shared experiences for persons living with OI across the lifespan as well as to their spouses, parents, siblings and children. **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. PKU-friendly refreshments are served. Contact: Julie Johnston, RD, LDN 401-444-8491.

Disability Rights Rhode Island

..... 831-3150

33 Broad St., Suite 601, 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 this page.)

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

rihousing

RHODE ISLAND...

THINKING ABOUT BUYING YOUR FIRST HOME?

We're here to help.

- ✓ Down payment and closing cost assistance
- ✓ Free Homebuyer Education classes
- ✓ A local Loan Center and statewide network of approved lenders

Learn more at:
www.RIHousing.com



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 800-myridhs**
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. RIDOH.

**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 answer 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 69).



HEALTH CARE

CHILDHOOD IMMUNIZATIONS



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.

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)

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/vaccine



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/vaccine

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/vaccine



Keeping our **Small State**
healthy by getting
vaccinated is a
Big Deal



**Small State
Big Deal**

health.ri.gov/vaccine



**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/vaccine



Quitting smoking is hard—yes. But impossible? No.

Source: <https://www.cdc.gov/tobacco/campaign/tips/quit smoking/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, 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 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 help on how to get help to quit smoking?

Call the quitline: **1-800-QUIT-NOW** or visit **How to 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.

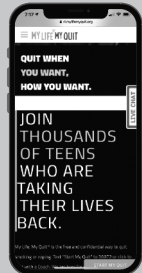
(Continued next page.)

Free confidential help for teens to quit vaping nicotine.

Free, live, and confidential coaching is available by text, phone, and online chat.

Text **START MY QUIT** to **36072** or visit 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



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.

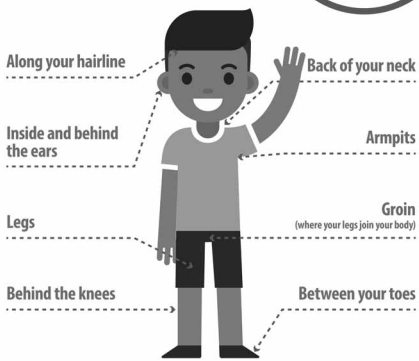
To learn more, visit

<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:

- Nymph
- Adult female dog tick
- Adult deer tick


Prevent Lyme and other diseases spread by ticks.


TICK FREE
 HEALTH.RI.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/disease/carriers/mosquitoes/

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.



HEALTH CARE

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

..... 227-3669

www.kentri.org
Physician Referral 737-9950
Follow us on facebook and twitter @kenthospital

(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

www.newporthospital.org 846-6400
 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

www.chartercare.org/locations/fatima/ 456-3000

► Rhode Island Hospital

www.rhodeislandhospital.org 444-4000

► Roger Williams Medical Center

www.rwmc.org 456-2000

RI REACH 270-0101

<https://ripin.org/services/>
 Helps Rhode Islanders access healthcare or health insurance, including resolving insurance company denials, complications with HealthSource RI and Medicaid, medical bills, and more.

► South County Hospital

www.southcountyhealth.org 782-8000
 100 Kenyon Avenue, Wakefield
 www.southcountyhealth.org
 South County Health (SCH) is a full-service healthcare resource, providing southern Rhode Island with a comprehensive range of advanced inpatient, outpatient, and home health services. Made of up four components, SCH includes South County Hospital, South County Home Health (visiting nurse services), South County Medical Group (primary care and specialty practices), and South County Surgical Supply (home medical supplies). At the center of SCH, South County Hospital, located at 100 Kenyon Avenue, Wakefield, is an independent, non-profit, acute care hospital offering the latest advancements in medical and surgical technologies, including robotic assisted orthopedic, urologic and general surgery, and a comprehensive cancer care center (see ad page 101.)



**Check out the article on
 When To Go To
 The Emergency Room
 vs An Urgent Care
 Center, page 6.**

Tip:

All of our local hospitals have websites which detail their extensive services, answer many medical questions and referrals to specialists, provide referral information, and community outreach programs.

Thundermist Health Care
..... 767-4100

www.thundermisthealth.org
Woonsocket, West Warwick,
and Wakefield
Thundermist Health Center cares for
more than 51,000 Rhode Islanders
each year. At Thundermist, you have
the benefit of being part of a family-
centered medical home while also
taking advantage of the services
offered by an integrated, full-service,
state-of-the-art health center.

Thundermist offers medical, dental
(new address: Thundermist Dental of
West Warwick, 5 Washington St,
West Warwick) behavioral health,
and social services. Our care is inte-
grated, which means the entire care
team is working together to meet
your unique health care needs. We
care for patients of all ages, so your
entire family can get their care at
Thundermist.

You will also have access to
Convenient Care, our walk-in medi-
cal service that is open 365 days per
year. We're here when you need us.
No appointment is needed. You do
not have to be a Thundermist patient
to be seen at Convenient Care.

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



We make health care easy.

Neighborhood has affordable plans for:

- Children and families
- Individuals
- Small businesses



Neighborhood
Health Plan
OF RHODE ISLAND™

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

Bcbsri.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 bcbsri.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 on page 92.)

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 35.)

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 Program 1-855-697-4347

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

A Matter of Balance: Managing Concerns About Falls

2 hours per week, 8 weeks | Free | Virtual & In-Person

A group workshop that teaches techniques to reduce fear of falling and increase activity levels.

Certified Diabetes / Cardiovascular Disease Outpatient Educator

Number of sessions vary | Requires insurance, copay applies | Virtual & In-Person

Registered nurses, dietitians, and pharmacists who can teach you how to manage your glucose, blood pressure, cholesterol, medication, and nutrition. Participation requires a diabetes diagnosis and physician referral.

Chronic Pain Self-Management Program

2.5 hours per week, 6 weeks | Free | Virtual & In-Person

Provides you with the tools to manage medications, fatigue, frustration, proper nutrition, and communication skills, and teaches you to evaluate treatments and make an action plan.

Gait Way to Better Balance

30-minute screening | Free | Virtual & In-Person

Participate in a series of physical tests and receive recommendations from a licensed physical therapist on how to improve your balance and reduce falls. Physical tests are completed by a licensed rehabilitation therapist or doctorate physical therapist student.

Healthy Eating for Successful Living

2 hours per week, 6 weeks | Free | Virtual & In-Person

Teaches you how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression. Healthy Eating uses the USDA's MyPlate as a framework.

Healthy Heart Ambassadors Blood Pressure Self-Monitoring

10-minute 1-on-1 meetings twice monthly, 1 hour monthly group seminars, 4 months | Free | Virtual & In-Person

Teaches individuals how to accurately measure their own blood pressure and encourages them to use this skill to communicate with their physician to better manage their health.

Know the 10 Signs: Early Detection Matters

2-hour workshop | Free | Virtual & In-Person

Learn to recognize the common signs of Alzheimer's Disease, how to approach someone about memory concerns, the importance of early detection, the benefits of a diagnosis, and possible diagnostic tests and assessments. Also learn about Alzheimer's Association Resources.

LIVESTRONG at the YMCA

1.5 hours twice weekly, 12 weeks | Free | In-Person

An evidence-based strengthening and conditioning program to help cancer survivors reclaim their health and well-being by improving their fitness, diminishing therapy side effects, and receiving peer support.

Powerful Tools for Caregivers*1.5 hours per week, 6 weeks | Free | Virtual & In-Person*

Helps caregivers develop a wealth of self-care tools to reduce stress, change negative self-talk, communicate effectively in challenging situations, make tough care-giving decisions, and more.

Ready for Health (formerly National Diabetes Prevention Program)*1 hour per week, 16 weeks; followed by 6 months of follow up | Free | Virtual & In-Person*

Helps lower your risk of getting Type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. Participants must have a pre-diabetes diagnosis, be screened in based on the Centers for Disease Control and Prevention screening tool or have a history of gestational diabetes. It must also be medically safe for them to lose weight. Sessions are facilitated by trained Lifestyle coaches.

Strong African American Families*2.5 hours per week, 7 weeks | Free | In-Person*

Designed for youth aged 10-14 and their caregivers, this program improves familial relationships and builds on the strengths of each family while helping young people avoid risky and dangerous behaviors. Free childcare, transportation, and gift cards provided.

Tai Ji Quan Moving for Better Balance*1 hour twice per week, 24 weeks | Free | Virtual & In-Person*

Uses an eight form Tai Ji Quan core to improve postural stability, mindful control of body positioning, functional walking, movement symmetry, coordination, range of motion around the joints, and lower extremity muscle strength.

Tobacco and Nicotine Cessation Services*1-on-1 telephonic sessions | Free | Virtual*

Quit smoking counseling sessions by phone for Rhode Islanders aged 13+. Eligible callers over 18 may also receive free nicotine replacement therapy gum, patches, or lozenges while supplies last.

Tools for Healthy Living (Chronic Disease Self-Management Program)*2.5 hours per week, 6 weeks | Free | Virtual & In-Person*

Teaches you how to manage symptoms and medications, communicate with family and doctors, relieve stress, eat well, exercise, and set achievable goals.

Understanding Alzheimer's and Dementia*90-minute workshop | Free | Virtual & In-Person*

Learn about the impact of Alzheimer's Disease, the difference between Alzheimer's Disease and dementia, stages, risk factors, current available research and treatments for some symptoms, and Alzheimer's Association resources.

Walk With Ease*Self-paced, 6 weeks | Free | Virtual*

Teaches you to safely make physical activity part of your everyday life to reduce pain or be more active.



P: 401-432-7217 | ripin.org/chn | F: 401-633-6229

CommunityHealthNetwork@ripin.org

NUTRITION & WELLNESS

(Also see Activities section.)



Care New England Medical Group 732-3066
www.carenewengland.org/contact-us

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 wom-enandinfants.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 page 99.)

Looking for help making healthy lifestyle choices?



WIC supports pregnant and postpartum Rhode Islanders and their children.

The WIC (Women, Infants and Children Services) Nutrition Education Program provides families with nutrition information, referrals to helpful programs, and healthy food choices to support growth and development.

- WIC encourages parents to choose breastfeeding when possible.
- WIC helps pregnant people, new parents, and children from birth to age five.
- The WICShopper app helps members pick out WIC-eligible items at the grocery store.
- A family of four that earns up to \$1,068 per week can apply.
- A family of four that is signed up for Medicaid (State Medical), SNAP, or RI WORKS and is income eligible 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



Prediabetes Risk Test

NATIONAL
DIABETES PREVENTION PROGRAM

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:75-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.



You can lower your risk of developing type 2 diabetes!

For more information, visit

www.ripin.org/chn
or call 401-432-7217.



Community Health Network



(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.

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. **A Taste of African Heritage –* This free 6-week series offers an introduction to the African Heritage Diet. Learn about traditional foods and regional flavors of the African diaspora and the nutrition and evidence-

based health benefits of eating traditionally. Call 444-8088 for more information.

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.

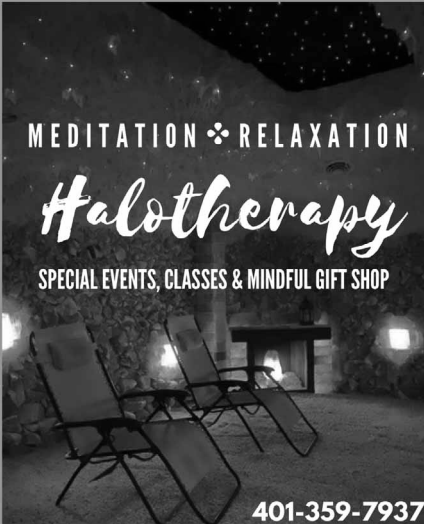


Saltitude
HIMALAYAN SALT CAVE

MEDITATION ✦ RELAXATION



Halotherapy

SPECIAL EVENTS, CLASSES & MINDFUL GIFT SHOP



401-359-7937

204 Front St Lincoln RI

  www.saltitude.net
saltituderi@gmail.com

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 <https://web.uri.edu/endlunger/snap-outreach/>



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.



PREGNANCY & WOMEN'S HEALTH

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. (See ad this page.)

Think you are pregnant?

We are your first step.



Harmony
WOMEN'S CARE

Free & Confidential

401-941-4357

www.harmonycareri.org

SOUTH COUNTY
HEALTH

CENTER FOR
WOMEN'S HEALTH



South County Hospital's
Birthing Center holds
5-Star Ratings from
HealthGrades for
C-Section Delivery
& Vaginal Delivery

Our board-certified providers and certified nurse midwives are dedicated to providing high-quality, personalized care at every stage of a woman's life.

401-789-0661

*Call to schedule an appointment at our offices
in Wakefield, Westerly, and Warwick!*



LEARN MORE

Kent Hospital Women's Care Center

..... 736-BABY (2229)

<https://www.kentri.org/services/pregnancy>

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.

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 offers an excellent resource for all Rhode Islanders seeking supports; it is called the *Comprehensive Support Service Directory*.



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.

**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. Addresses the specific health care needs of women, men and youth through culturally-sensitive and linguistically-appropriate programs including: self-esteem, family planning, healthy relationships, health screenings and health care advocacy. For 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

birthnetwork.org/
RhodeIslandBirthNetwork

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 FB pages.

**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 womenandinants.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.

(Continued W&I)

***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 736-BABY**

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.

Healthy Babies, Happy Moms, Inc. 884-8273

www.healthybabieshappymoms.com
Supporting families for over 20 years! We provide services to help families from pregnancy through toddlerhood including lactation consults, breast pump sales and rentals, prenatal breastfeeding classes, support groups, sleep classes and consults, parenting preschoolers consults, doula services, and infant home phototherapy. (See ad next page and article page 105.)

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.

Healthy Babies, Happy Moms

Your Rhode Island Resource for Breastfeeding Support for Over 20 Years

- Lactation Consults
- Breast Pump Sale & Rentals
- Breastfeeding Class
- Infant Sleep Class
- Doula Services
- Breastfeeding Support Group
- Infant Home Phototherapy



Our team of Registered Nurses and Board Certified Lactation Consultants is here to support your family. We are a network provider for most insurance plans and can bill them directly for our services.



**401-884-8273
4512 Post Road, East Greenwich
www.HealthyBabiesHappyMoms.com**

How to Obtain an Insurance Covered Breast Pump

By Kathy Moren RN IBCLC



The Affordable Care Act provided a benefit mothers should know about. It mandated that insurance companies provide

women with a breast pump with each pregnancy. While this is a great benefit, many women do not know how to obtain the pump. Start with your insurance company. Call them and see what durable medical equipment providers are in their network. Visit the provider websites and see what is covered by your plan. You should be able to get any pump you want, but there will be an upgrade charge to get something more than a basic pump. Each provider will offer different pumps at different prices, so shop around. Most will offer free shipping. Do some research to see which pump will be right for you.

You will need to have a prescription for your pump and can obtain this at one of your prenatal visits. Aim to have your order placed online 6 weeks prior to your due date and give the script to the pump provider. Often, there is a limit as to how early you can receive your

pump, but 30 days prior to your due date is standard. If you get all of this done before then, you will have the pump before your delivery and can cross that task off your list. If you wait until you get to the hospital to do all this, you will be making decisions on little sleep and your choices will be limited to what the equipment provider wants to give you.

Remember that just because you have a pump, it doesn't mean you have to use it! Spend the first weeks getting breastfeeding off to a good start, and pump only if you are uncomfortable. **A baby with a correct latch is far better at establishing and maintaining a woman's milk supply than any pump.** If you are having a hard time, the insurance pump is not appropriate for your situation. You will need a rental pump temporarily until things are going well, and then you can switch to your individual pump. Call HBHM Inc. if we can help! ●

*Kathy Moren RN IBCLC is the owner of
Healthy Babies, Happy Moms Inc.
401-884-8273*

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 109. 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.ripco.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 page 46 and 108.)



Rhode Island Department of Human Services

Head Start



Rhode Island Head Start Programs

Communities Served:	Programs:
Coventry, East Greenwich, Warwick, West Greenwich, West Warwick	C.H.I.L.D. Inc. Head Start & Early Head Start 160 Draper Avenue, Ave. Warwick, RI 02889 (main office) 401-732-5200; www.childinc.org
Central Falls, Cumberland, Lincoln, Pawtucket, Providence *EHS-CCP available statewide	Children's Friend Head Start, Early Head Start & Early Head Start Child Care Partnerships (EHS-CCP)* 99 Berkshire Street Providence, RI 02908 (main office) 401-752-7500; www.cfsri.org
Cranston	Comprehensive Community Action Program (CCAP) Head Start & Early Head Start 311 Doric Avenue Cranston, RI 02910 (main office) 401-467-9610; www.comcap.org
Barrington, Bristol, East Providence, Jamestown, Little Compton, Middletown, Newport, Portsmouth, Tiverton, Warren	East Bay Community Action Program (EBCAP) Head Start & Early Head Start 8 John H. Chafee Boulevard Newport, RI 02840 (main office) 401-367-2001; www.ebcap.org
Providence	Meeting Street Early Head Start (home-based) 1000 Eddy Street Providence, RI 02905 401-533-9100; www.meetingstreet.org
Block Island, Burrillville, Charlestown, Exeter, Foster, Glocester, Hopkinton, Johnston, Narragansett, North Kingstown, North Providence, North Smithfield, Richmond, Scituate, Smithfield, South Kingstown, Westerly	Tri-County Community Action Agency Head Start & Early Head Start 1126 Hartford Avenue Johnson, RI 02919 (main office) 401-351-2750; www.tricountyri.org
Woonsocket	Woonsocket Head Start Child Development Association Head Start & Early Head Start Child Care Partnerships 204 Warwick Street Woonsocket, RI 02895 (main office) 401-769-1850; www.whscda.org

For more information, contact the program serving your community today.

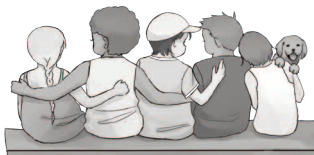
Have More Questions?

Visit our website: www.dhs.ri.gov; Visit the Office of Head Start Website: <https://www.acf.hhs.gov/ohs>

For DHS: Call: 1-855-MY-RIDHS (1-855-697-4347) Monday – Friday, except holidays, from 8:30AM-3:00PM

For Office of Head Start Call: 1-866-763-6481 Monday- Friday 8:00AM-6:00PM or email: HeadStart@ecklc.info

Created 8.2022





EAST BAY COMMUNITY ACTION PROGRAM HEAD START IS HIRING!



SCAN ME!

Join our team! Start your rewarding career path with East Bay Community Action Program's Head Start.

We're seeking passionate individuals who want to make a difference in children's lives. You'll be part of a supportive work environment with competitive wages, tuition reimbursement, and a comprehensive benefits package.

✓ Teachers ✓ Teacher Assistants ✓ Family Advocate ✓ Substitutes

Send your resume to careers@ebcap.org or visit www.ebcap.org/careers and select Head Start under department(s) to learn more and apply.

CHARTER SCHOOLS

Rhode Island's charter public school initiative celebrates 26 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 40 charter public schools, 20 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 20 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



~CHARTER SCHOOLS~

For more information on Charter Schools, visit

<https://ride.ri.gov/students-families/ri-public-schools/charter-schools>

●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

www.blackstonevalleyprep.org

Elementary School 1

291 Broad St., Cumberland

Elementary School 2

52 Broad St., Cumberland

Elementary School 3

3357 Mendon Rd. Cumberland 335-3133

Upper Elementary (grades 5-6)

3 Fairlawn Way Lincoln

Junior High School (grades 7-8)

909 Lonsdale Ave., Central Falls 335-3133

●The Compass School

..... 788-8322
www.compassschool.org

537 Old North Rd., Kingston

●The Greene School

..... 397-8600
www.tgsri.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

275 Westminster St., Prov



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401.521.9696 | WWW.COMMUNITYPREP.ORG



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
www.providencecenter.org/
anchor-academy
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.

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 previous 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! (See ad this page.)*

The Groden School
..... 274-6310

86 Mount Hope Ave. Providence
Our schools provide a broad range of individualized services 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.

(Continued next page.)



EDUCATION

Our model emphasizes Behavioral and Positive Psychology approaches, with practices including ABA techniques, positive behavior supports and improving well-being. Our 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 (See ad next page.)

The Jewish Community Day School of Rhode Island (JCDS) 751-2470
85 Taft Ave., Providence
PreK-5th Grade. www.jcdisri.com
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.

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 (see ad below).

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LIFELONG SUCCESS

•
THE GIRLS ADVANTAGE

OPEN HOUSE

Saturday, October 28th

1-3p.m.

Learn more at
www.lincolnschool.org



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

The Montessori Children's House 331-6120

518 Lloyd Avenue, on the East Side of Providence, Preschool through Grade 6, 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, Prov. N-12
mosesbrown.org
An academic culture of deep reflection, expansive curiosity, and spirited inquiry. We make space for both silence and joy. Open house October 21; visit mosesbrown.org/openhouse for details and registration.

The Providence Center School 276-4531

528 N. Main Street, Providence
www.providencecenter.org/the-providence-center-school
The Providence Center School is a special education school for students in preschool 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.

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.

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.

The Henry Barnard School 438-5170

660 Waterman Ave., E. Prov., PreK-4
providencecountryday.org
HBS is now the lower school of Providence Country Day and located on their East Providence campus. (See PCD listing and ad next page.)

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, Pre-K-12
www.providencecountryday.org
Established in 1923, PCD is a college preparatory school serving a diverse population from over 45 different communities throughout southeastern New England. While we are proud of the successful adults our students become, we are equally proud of the joy and inspiration they find along their journey, simply in coming together each day to talk, listen, study, play, try, fail, perform, win, lose, socialize, reflect, and start again. Here you will find a value system

and community character in which high achievement is not attained at the expense of kindness and humanity. (See ad this page.)

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 and postgraduate. As an open access International Baccalaureate World School, St. Andrew's offers a globally focused, project-based curriculum, which is complemented and supported by our renowned Learning Support program. St. Andrew's students receive an individualized and nurturing education within small, supportive classes. Our teachers build on students' unique strengths and passions, shore up individual challenges, and arrive at specific strategies that work for each student. Open Houses are October 14 and January 17. Open Houses are October 14 and January 17. (See ad next page.)

athletes
thinkers
leaders

WE ARE community

performers
artists
competitors
innovators
advocates
entrepreneurs
adventurers
collaborators
engineers
musicians
educators



WE ARE

PCD



PROVIDENCE COUNTRY DAY
College Prep • Grades PreK-12 • Co-ed

EDUCATION

St. George Boarding School 847-7565

372 Purgatory Rd, Middletown,
Grades 9-12. www.stgeorges.edu

St. Mary Academy - Bay View 434-0113

www.bayviewacademy.org
Educating girls since 1874, St. Mary Academy - Bay View is an independent, Catholic school serving a diverse population 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, compassionate, and socially conscious young woman who fully lives her faith. Open House Oct. 29. (See ad next page.)

St. Michael's Country Day School 849-5970

180 R.I. Ave., Newport
Pre-School (2 years old) - 8th grade.
www.smcds.org

St. Philomena School (Ad next page) 683-0268

324 Cory's Lane, Portsmouth
PreSchool - grade 8
www.saintphilomena.org
Saint Philomena School of the Sacred Heart is a Catholic, independent, Sacred Heart school community founded and inspired by the Sisters Faithful Companions of Jesus and sponsored and animated by the Religious of the Sacred Heart to educate the heart, mind, body and spirit of all God's children.

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 51).



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admissions@bayviewacademy.org

www.bayviewacademy.org



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East Providence | RI | thewolfSchool.org | 401-432-9940

Screen Time and Children

Children and adolescents spend a lot of time watching screens, including smartphones, tablets, gaming consoles, TVs, and computers. On average, children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours. While screens can entertain, teach, and keep children occupied, too much use may lead to problems.

Parents may not always know what their children are viewing, or how much time they are spending with screens.

Children may be exposed to:

- Violence and risk-taking behaviors
- Videos of stunts or challenges that may inspire unsafe behavior
- Sexual content
- Negative stereotypes
- Substance use
- Cyberbullies and predators
- Advertising aimed at your child
- Misleading or inaccurate info.



Too much screen time may lead to:

- Sleep problems
- Lower grades in school
- Reading fewer books
- Less time with family and friends
- Not enough outdoor or physical activity
- Weight problems
- Mood problems
- Poor self-image and body image issues
- Fear of missing out
- Less time learning other ways to relax and have fun

Managing a child's screen time is challenging for families. Your child is never too young for a screen-time plan.

Consider the following as a guideline:

- Until 18 months of age limit screen use to video chatting along with an adult (for example, with a parent who is out of town).
- Between 18 and 24 months screen time should be limited to watching educational programming with a caregiver.
- For children 2-5, limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days.
- For ages 6 and older, encourage healthy habits and limit activities that include screens.
- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.

Screens are here to stay and can offer many positives. It's never too early to develop a screen-time plan with your family. Let your children share their ideas and concerns.

Some additional tips to keep in mind are:

- Familiarize yourself with programming to make sure it is age appropriate.
- Talk to your child about what they are seeing. Point out good behavior, such as cooperation, friendship, and concern for others. Make connections to meaningful events or places of interest.
- Be aware of advertising and how it influences choices.
- Encourage your child to learn other activities such as sports, music, art, and hobbies that do not involve screens.
- Set a good example with your own safe and healthy screen habits.
- Teach children about online privacy and safety.

(Continued next page.)

(Continued Screen Time Tips)

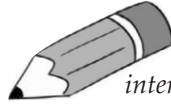
- Actively decide when your child is ready for a personal device.
- Encourage using screens in ways that build creativity and connection with family and friends.
- Consider your child or teen’s maturity and habits. The right plan for one family may not be a good fit for another.

Positive and healthy screen use is possible with proper guidance and consistency.

If you are concerned about your child’s screen time, talk to your pediatrician or family physician. If problems persist, ask for a referral to a qualified mental health professional.

The American Academy of Child and Adolescent Psychiatry

West Bay & South County



Thoughtfully preparing students for high school and beyond through interactive educational experiences that ensure students grow to become navigators, critical thinkers, citizens, and communicators

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.

Rocky Hill School ... 884-9070

530 Ives Rd., E. Greenwich, N- 12.
www.rockyhill.org
Our mission – inspiring each other to discover our true selves and use our wisdom for good – drives all that we do. Our innovative, high engagement learning experience, set in our beautiful country setting, creates an environment that encourages students to think expansively, try new things, and achieve wider possibilities.

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.

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

GETTING EXTRA HELP

LEARNING RESOURCES:

Academic Advantage
..... 921-5860
1845 Post Road, Warwick
www.academicadvantageRI.com

A Great Place to Learn
..... 508-678-9004
www.greatplacetolearn.com
566 Wilbur Ave., Coles Landing,
Swansea, MA

**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
65 Pavillion Ave., Providence.
Hours: 8:30-4:30 m-f, non-profit that
empowers students to succeed in
school and in life, through academic
and social-emotional support.

Mathnasium
www.mathnasium.com/portsmouth
Portsmouth 859-1306

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Educational Services
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www.ritutorial.org
Serving all of Rhode Island with in-
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grades K-12. Specializing in the
needs of dyslexic and ADD students,
as well as supporting all students in
their academic subjects: math, read-
ing, writing, science, Spanish and
SAT preparation. Improving grades
with the teaching of study and orga-
nizational skills.



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IN SCHOOL AND BEYOND

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SYLVANLEARNING.COM

**Howard R. Swearer Center
for Public Service 863-2338**
or e-mail your name/tutoring needs
to: swearer_center@brown.edu
www.brown.edu/academics/
college/swearer
Families can call and be placed on
an electronic newsletter that goes to
interested Brown Univ. 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 262-0084
Cumberland 312-4499
(See ad this page.)

Tutor Doctor 888-718-8832
www.tutordoctor.com

Tip: Contact academically specific
departments at local colleges for
student tutors.

Dyslexia

Is your child among the approximately 20% of the population who struggle to read?

If so, your child may have dyslexia, which is a type of learning difference that makes it difficult to learn to read, write and spell, despite normal intelligence and sufficient instruction. Dyslexia is brain-based and is caused by a different "wiring" of the brain.

Here are some red flags that your child may be dyslexic: -Avoids reading, - Reads slowly, -Transposes words (felt/left), -Skips or guesses at words, - Fatigues easily when reading, -Misspells words, -Writes illegibly, Reverses letters (b/d) and numbers, -A relative has reading difficulties, -Resists reading aloud, but likes to be read to, -Feels embarrassed about reading out loud at school.

There are instances when teachers who are not trained to recognize this learning difference may consider a child "lazy" or "stupid." But nothing is farther from the truth. Thomas Edison, Stephen Spielberg, and Walt Disney are just a few people with dyslexia. Dyslexia can sometimes go hand in hand with a creative thinking style, which can lead to much success.

However, dyslexia can be frustrating and painful for a child trying to learn in a classroom that does not accommodate the specific needs and learning style of that child. Those diagnosed with dyslexia will benefit from structured literacy instruction from a well-trained teacher.



Dyslexia is brain-based and is caused by a different "wiring" of the brain.

This type of effective instruction focuses on the clear teaching of the structure reading, writing, and spelling, with a phonics base. In fact, there has been a significant amount of

research done over the last 50 years on how best to support students with dyslexia and other students who struggle to read. This research is called The Science of Reading and this research has proven that it is particularly important to support those with dyslexia using multi-sensory structured literacy instruction methods. Structured literacy is a teaching method that helps children learn to read, write, and spell, because traditional school teaching methods have not helped them progress. Structured literacy methods emphasize building foundational skills and focuses on phonics.

Presenting lessons in a multisensory way involves seeing, hearing, and doing something at the same time, which enhances a child's ability to remember information. Multisensory teaching uses multiple pathways of the brain to teach skills. Another benefit of the multisensory approach is that it is easily individualized and tailored to each student. As a result, each student can access the reading process and experience success. ●

*Lisa Bigney M.A., M.Ed, RITES
Co-Director, Certified Dyslexia
Interventionist, www.ritutorial.org*

Home Schooling

Before you say, "NO WAY!", find out more. Your local school department is also available for more information. (See article this 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 state-wide 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.homeeedirectory.com/
homeschooling-support-groups/rhode-island

HIGHER EDUCATION

RESOURCES:

College Planning Center of Rhode Island

..... 800-758-7562

www.risla.com/college-planning-center
935 Jefferson Blvd., Suite 3000,
Warwick. Higher education coun-
selors providing assistance with col-
lege selection, essay writing, com-
pletion 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 admis-
sions 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 excel-
lent accessible and affordable system
of higher education.

U.S. Department of Education

Discover the Right College Fit!
collegescorecard.ed.gov

Search and compare colleges: their
fields of study, costs, admissions,
results, and more.

RI COLLEGES & UNIVERSITIES

● Brown University

Admissions 863-2378

www.brown.edu/

Brown University Pre- College Programs 863-7900

precollege@brown.edu

precollege.brown.edu/

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High School Students

Through Brown's Pre-College pro-
grams, students can experience what
makes a Brown University educa-
tion unique—courses that reflect the
rigor and flexibility of Brown's Open
Curriculum, a student-centered
approach to teaching and extracur-
ricular workshops, and social activi-
ties (on campus or virtually) where
they meet students from all over the
world. Choose from over 200 cours-
es in leadership, STEM, the humani-
ties and more.

● Bryant University

..... 232-6000

1150 Douglas Pike, Smithfield

www.bryant.edu





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We are Rhode Island's flagship public research university, a distinction we've held for the past 130-plus years. And today, we are a thriving and welcoming community that attracts talented faculty, students, and partners from around the world..


uri.edu

THE UNIVERSITY OF RHODE ISLAND

● **College UnBound**
 752-2640

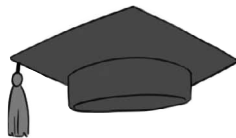
www.collegeunbound.org
 College Unbound (CU) focuses on adult learners who have faced significant barriers to attending college. CU coordinates courses, field studies, and in-depth project work to help students develop field-specific knowledge and skills that encourage deep learning. CU fills a unique 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



100 Ochre Point Avenue
 Newport, RI 02840

salve.edu



● **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

ECOLOGY & CONSERVATION

RI ENVIRONMENTAL EDUCATION GROUPS

4-H (See *Cool Activities for Kids*, page 159.)



Acopia Harvest

www.acopiaharvest.com

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.ejri.wordpress.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 next page.)

*"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."*

(Continued EJ League)

hazards than other communities and don't enjoy the same environmental benefits. The EJ League offers after-school 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.

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 3.5 miles of trails that lead to three idyllic ponds. Fort Refuge is a popular winter destination for snowshoeing and cross-country skiing. Environmental programs year-round.

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.



People who have contact with a bat should call a professional or try to safely capture the bat. **Do not release or discard the bat without first calling the Rhode Island Department of Health (RIDOH) to assess the situation and determine if it is necessary to bring it in for testing.**

Since rabies is 100% fatal, if the bat cannot be tested, we must assume it is positive for rabies. You will then need to be treated, which involves a series of vaccinations, which may be expensive. **Please call RIDOH at 401-222-2577 Monday-Friday from 8:30 a.m. - 4:30 p.m. or 401-276-8046 after hours to assess the need for testing prior to releasing a captured bat.**

TO SAFELY CAPTURE A BAT, PLEASE FOLLOW THESE STEPS:

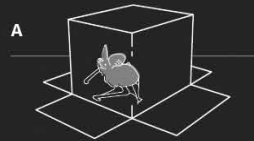
STEP ONE

If you find a bat in a room and do not know if you were exposed, close all the windows and doors and leave the bat in the room. Do not handle the bat with bare hands. Use protective eyewear, heavy leather gloves and wear long sleeves.

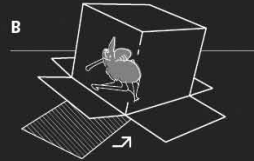


STEP TWO

A Do not chase the bat. Wait quietly until it lands. Place a small container (see through container if possible) over the bat.

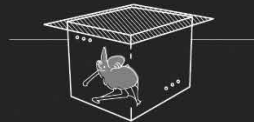


B Slip the cover or a piece of cardboard under the container to trap the bat.



STEP THREE

Slowly turn the container over. Make certain your container is secure, but not airtight. Small holes should be made for ventilation.

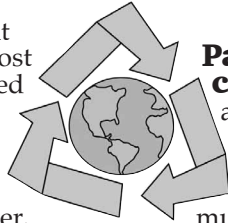


Graphics adapted from Bat Conservation International

Contact numbers and other resources

- Rhode Island Department of Health Rabies Control Program: 401-222-2577
- Information on rabies: www.health.ri.gov/diseases/rabies
- Guidelines for bat-proofing your home: <http://bit.ly/nobat>
- Licensed Nuisance Wildlife Control Specialists: dem.ri.gov/nwcs

WHAT IS RECYCLABLE? VS. What Should Go In Your BIN or CART?



These are two very different questions! Theoretically, almost everything can be transformed into something else. So, can any given product be recycled somewhere in the world now or somehow in the future? Probably. However, there are some other questions we must ask before we determine if something should go into your recycling bin or cart here in RI. The answers to questions like this determine why we do or do not accept certain items in RI's mixed recycling program:

- Is there anyone willing to buy this material (i.e., is someone out there transforming this material into something else)? Note that we are always looking for new potential markets!
- If so, can we collect the volume that they require in the condition they want on the schedule they need?
- Does our MRF support the type of separation and baling that would produce the quality of the material they need?
- After the costs of collecting, hauling, sorting and baling are we getting enough money back to at least break even?

If something is not currently accepted in RI's mixed recycling program, it is because we cannot answer "yes" to all these questions.

MIXED RECYCLING PROGRAM

Below are the four categories of materials we accept in RI's mixed recycling program. If you follow these basic guidelines, you'll be a great recycler!

Paper, cardboard, and cartons: That's it. Paper and cardboard should be mostly clean, dry and flattened. A little grease on a pizza box is OK. Cartons must be empty at a minimum and rinsed whenever possible. Place plastic tops back on to cartons prior to recycling. No shredded paper, and no napkins, tissues or paper towels.

Metal cans, lids, and foil: That's it. No other metal. For example, a metal frying pan is not a can, lid, or foil, so it doesn't belong in your bin or cart. Containers must be empty at a minimum and rinsed whenever possible. Foil should be clean and bunched up.

Glass bottles and jars: That's it. No other glass. For example, a drinking glass is not a bottle or jar, so it doesn't belong in your bin or cart. Containers must be empty at a minimum and rinsed whenever possible. Remove metal tops from glass bottles and jars first and recycle separately.

Plastic containers: That's it. No other plastic. For example, a plastic coat hanger is not a container, so it doesn't belong in your bin or cart. Containers must be empty at a minimum and rinsed whenever possible. Place plastic tops back on containers prior to recycling. No foam containers or plastic containers that held flammable materials, petroleum products, antifreeze, pesticides or herbicides. No plastic bags, bags of bags, or recycling inside of bags! ●

For more information, visit www.rirrc.org

(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. A 120-acre refuge harbors ASRI's headquarters. Four miles of trails wind through a diverse mix of habitats from wetland to white pine woods to mixed oak uplands, and a pond and brook. Environmental programs year-round. Programs for scout groups, birthday parties and other community organizations by reservation.

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.

"Be sure to get your outdoor pets vaccinated against rabies."



East Bay

Audubon Nature Center & Aquarium 949-5454

1401 Hope Street (Rt. 114), Bristol. www.asri.org The Audubon Nature Center is a state-of-the-art aquarium and natural history museum. Peer inside a life-sized North Atlantic Right Whale, discover who lives in Narragansett Bay, observe our live Raven and play in our Nature Nook. The Center's interactive exhibits feature local habitats and fun ways to enjoy nature.

Situated on the 28-acre McIntosh Wildlife Refuge, the Nature Center has walking trails with a ¼ mile boardwalk that winds through fresh and saltwater marshes to a majestic view of Narragansett Bay. The refuge is along the East Bay Bike Path allowing bikers and walkers access to the refuge's natural beauty.

The Center offers guided tours, nature walks, special family programs and much more throughout the year. The facility and trails are handicapped accessible.

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

116 Seapowet Avenue, Tiverton. A 50-acre parcel of woods and salt marsh with views of the Sakonnet River.

RI Division of Fish & Wildlife Service offers free programs and camps for kids.
www.dem.ri.gov/natural-resources-bureau/fish-wildlife

OUTDOOR FUN

Narragansett Bay National Estuarine Research Reserve 683-7365

www.nbnerr.org
Prudence Island
A conservancy with natural open space and trails.

Norman Bird Sanctuary 846-2577

583 Third Beach Rd., Middletown
www.normanbirdsanctuary.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. NBS offers educational programs, camps and annual events for all ages.

Recreation Department 334-9996

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 ... 625-1300 East Rd., Rte 179, Tiverton 450 acres of hiking through ponds & forest areas in Tiverton. Picnic area.



West Bay & South

Arcadia Management Area 539-2356

Trailheads in Richmond, Exeter, Hopkinton, and West Greenwich - RI's largest recreational area includes miles upon miles of gravel roads and well marked and maintained trails enticing hikers to return to a different section each visit.

John H. Chaffee Nature Preserve 884-2010 364-9124

1344 Boston Neck Rd, N. Kingstown
Hiking trails to a rocky beach.
Leashed dogs ok.

Davis Memorial Wildlife Refuge (Audubon) .. 949-5454 Davisville Rd, N. Kingstown 96 -acre wildlife refuge along the Hunt River, canoe access.

RESOURCES:

- **Rhode Island Farmer's Markets**
www.dem.ri.gov/programs/agriculture/farmersmarkets.ph
- **RI Resource Recovery Corp.**
www.rirrc.org
Information on recycling, eligible materials and more.



**Fisherville Brook
Wildlife Refuge
(Audubon) 949-5454**

99 Pardon Joslin Rd, Exeter.
Pardon Joslin Rd, Exeter. 937-acre property contains fields, diverse forest habitats, pond, streams (waterfall), and historic cemetery. Wonderful scenery and hiking. Birthday parties are available (see Powder Mill Ledges).

**George B. Parker Woodland
(Audubon) 949-5454**

1670 Maple Valley Road, Coventry. An 800-acre property consisting of majestic old growth forest, streams, fields and mysterious rock cairns. Over 7 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.



***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



**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.

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.

OUTDOOR FUN

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. Part of a large conservation area with trails connecting to CT.

Maxwell Mays Wildlife Refuge (Audubon) .. 949-5454
2082 Victory Highway (Route 102), Coventry. The Maxwell Mays Wildlife Refuge contains over 295 acres of diverse wildlife habitat consisting of upland forests, wetlands, streams, ponds and open meadow. The 11-acre Carr's Pond, situated entirely within the bounds of the property, is the centerpiece of the preserve. It is home to river otters as well as many types of freshwater fish and aquatic invertebrates. The land is comprised of a relatively mature and undisturbed closed-canopy forest and forested wetlands as well as developed understory - creating ideal conditions for migratory and forest interior birds. A 10-acre field near the head of the trail also provides excellent meadow wildlife habitat.

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.

Snake Den/Dane Farm
..... 222-2781 ext. 2774511
2321 Hartford Avenue, Johnston
This 1,000-acre undeveloped property boasts self-guided walking trails, beautiful trees, flowers, plants, and a working farm as well.

Trustom Wildlife Refuge
..... 364-9124
www.fws.gov/refuge/trustom-pond
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.

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, etc.

Nearby Massachusetts

Caratunk Wildlife Refuge (Audubon) 949-5454
301 Brown Ave., Seekonk, MA
Offers 200 acres of diverse habitat for native plants and animals. Summer Camps and environmental programs held year-round for all ages. Programs for scouts, senior citizens and other community groups by reservation. One of Audubon's most popular hiking destinations with 3.5 miles of well-marked trails.

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. riparks.com



the Y
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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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SUMMER
EVER™**

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

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



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 322-8910
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 ... 322-8910
In Charlestown, 69 sites for self-contained camping (no tents), restroom, boat ramp, no dump facilities. No reservations. No dogs.

State Campgrounds can be reserved online at **RESERVEAMERICA.COM**



SUMMER CAMPS

Choose from a variety of camps for children ages 4-14!

TEAMWORKS
we work hard at play

Locations in **SEEKONK, SOMERSET, & WARWICK**

www.TeamworksCenters.com

OUTDOOR FUN

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.
Only persons with horses allowed.

Ninigret Conservation Area (East Beach)

riparks.ri.gov/beaches/east-beach
Off East Beach Road in Charlestown, self-contained camping on the barrier beach, no tents.

MUNICIPAL CAMPING AREAS

Fort Getty Recreation Area
..... 423-7211

1050 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.

Second Beach Family 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.



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 next page.)

**Narragansett Council:
Boy Scouts of America**
..... 351-8700

Providing year-round adventure for the entire family!
Join today at www.BeAScout.org and visit us at www.ncbsa.org
Contact us at support546@scouting.org or call (401) 351-8700 .

**Girl Scouts of South
Eastern New England**
..... 331-4500 or 800-331-0149
www.GSSNE.org
500 Greenwich Ave., Warwick



**BELONGING
BEGINS
WITH US**

Small acts of kindness can have a big impact in making people feel welcome. When we reach out and connect with others, we can build a stronger community where everyone - regardless of their background - feels like they belong.

LEARN HOW AT
BELONGINGBEGINSWITHUS.ORG

**BELONGING
BEGINS WITH US** **ad**
COUNCIL

ARTWORK BY STEVE SHAN - HANPLER/SHAN



**Experience the Adventure of Scouting
with your entire family this year!**

Visit www.experiencebasecamp.org to host your next birthday party, or plan a family adventure. Adventure Base Camp runs 8 weeks of Day Camp over the Summer and Spring Break camp in April.

Scouting is fun in a safe environment. Youth learn life skills, build character, and become leaders through Scouting. With incredible camps throughout Rhode Island include Adventure Base Camp in Cranston your family will experience the outdoors like never before.

Learn more at
www.NCBSA.org

Join today at www.BeAScout.org



RHODE ISLAND LIGHTHOUSES



▲ 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.

▲ Beavertail Lighthouse 423-3270

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.

▲ 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.

▲ Rose Island Lighthouse Newport 847-4242

www.roseisland.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 8am-sunset.

▲ 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.

Encompass Park - New!

7 June Street, N. Providence
This new playground is fully enclosed, rubber flooring, wheelchair accessible equipment, a we-go-swing where both a wheelchair user

and their friends can swing together, a we-go-round on which wheelchairs can propel themselves, sway-fun which is a big boat and a ton of accessories built to accommodate all. There's a hand sanitizer station and Encompass Library, which offers free books.

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.762-6400 x203

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

..... 785-3510

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) 884-9834

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 annually



Brenton Point State Park
..... 847-2400

Ocean Dr., Newport. 88 acres, picnic areas, fishing, 2 miles from Fort Adams State Park.

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
..... 841-0707

www.fortadams.org
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 423-7260

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
..... 884-2010

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.

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.

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 Park
.....789-8374
1011 Pt. Judith Rd., Narragansett. Playground, tennis, basketball, 1 mile from Block Island Ferry and State beaches.

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.charlestownnri.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.southkingstownnri.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.southkingstownnri.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.

OUTDOOR FUN

Cabral Memorial Park

Wickendon St., Providence
Handicapped accessible - picnic tables, basketball courts, baseball fields, playground, water play area.

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).

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, basketball courts, tennis.

Central Coventry Park

Provident Place, Coventry
Picnic tables, outdoor grills, basketball 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, volleyball, 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, basketball 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, tennis, 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.





AQUARIUMS, ZOOS & FARMS

AQUARIUMS

Audubon Nature Center and Aquarium 949-5454

1401 Hope St., Bristol

www.asri.org

The Audubon Nature Center is a state-of-the-art aquarium and natural history museum. Peer inside a life-sized North Atlantic Right Whale, discover who lives in Narragansett Bay, observe our live Raven and play in our Nature Nook. The Center's interactive exhibits feature local habitats and fun ways to enjoy nature.

Situated on the 28-acre McIntosh Wildlife Refuge, the Nature Center has walking trails with a ¼ mile boardwalk that winds through fresh and saltwater marshes to a majestic view of Narragansett Bay. The refuge is along the East Bay Bike Path allowing bikers and walkers access to the refuge's natural beauty.

The Center offers guided tours, nature walks, special family programs and much more throughout the year. The facility and trails are handicapped accessible.

Beavertail Aquarium 423-3270

1 Beavertail Rd., Jamestown
[facebook.com/BeavertailAquarium/](https://www.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

Please note: Save The Bay's Hamilton Family Aquarium will be opening in late 2023. Please check our website for updates on the closure of our Easton's Beach location throughout the fall."

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 weekends year-round. Contact us for school and group programming.

ZOOS



Buttonwood Park Zoo

..... 508-991-6178/4556
 425 Hawthorn St., New Bedford, MA
 www.bpzoo.org
 Open Apr-Oct 9am-5pm and Nov-Mar 9am-4pm, 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 9-4.

Roger Williams Park Zoo

..... 785-3510
 1000 Elmwood Ave., Providence
 www.rwpzoo.org
 Discover WILD Family Fun for Everyone! Roger Williams Park Zoo is home to over 160 rare and fascinating species from around the world including a Komodo dragon, as well as zebras, red pandas, African elephants, Masai giraffes, snow leopards, bears, anteaters, flamingoes, sloths, and more! For something slightly out of the ordinary, try the Explore and Soar area offering an exhilarating zip ride and train excursion through the woodlands

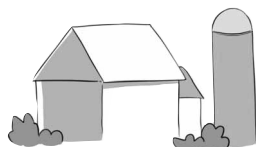
The Zoo is open daily April – October 9 from 9:00 am to 4:00 pm; and Thursday – Monday, October 10 – March 31 from 10:00 am to 4:00 pm. The Zoo is closed Thanksgiving Day, Christmas Eve and Christmas Day.

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.

FARMS



Casey Farm

..... 295-1030
 2325 Boston Neck Rd., Saundertown
 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.confredafarms.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 Colt Drive., 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.

Festival Farm 742-5575

www.festivalfarmri.com
2 Canonchet Rd., Hope Valley
Pet and feed the sheep and goats and visit the alpacas, mini donkeys, pony, pheasants, mini rex bunny, and an emu, who are all eagerly awaiting your visit. Weekend pony and hay rides.

Matunuck Alpaca Farm

..... 284-1170

1314 Post Rd., S. Kingstown
matunuckalpaca.online
Join us year round on the first Sunday of every month to meet our alpaca! 10am-1pm, no dogs.

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 3 - October 14, 1-5pm and Tues., Thursday and Sunday in July / Aug.

Wright's Dairy Farm

..... 767-3014

wrightsdairyfarm.com
200 Woonsocket Hill Rd., N. Smithfield. When you visit the farm you can see the animals are healthy and well cared for. You are also able to watch the cows being milked daily from 3:00 p.m. to 4:30 p.m. Our fresh local dairy milk goes from cow to bottle in 24 hours.

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

www.applelandorchard.com
135 Smith Ave., Rt. 116, Greenville
Open August through May.
Apples, Christmas Trees, etc.

Barden Family Orchard
..... 934-1413

www.bardenfamilyorchard.com
56 Elmdale Rd., N. Scituate
Pick your own apples, peaches, raspberries, blueberries, blackberries and pumpkins. Monday-Thursday 9:00 AM – 5:00 PM for pick your own. Friday-Sunday, & Holidays: 9:00am until 4:00pm for pick your own, November 1st – Thanksgiving Thursday through Mon, 10am-4pm.

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.thefarmersdaughterri.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. Open Monday and Thursdays 8 am to 7pm and Fridays to Sunday 8 am to 7pm

Jaswell’s Farm 231-9043

www.jaswellsfarm.com
50 Swan Rd., Smithfield. Apple and berry (strawberries, blueberries, raspberries) picking.

Macomber’s Blueberry Farm
..... 397-5079

www.facebook.com/
MacomersBlueberries
141 Rice City Rd., Coventry. July - August. See website for hours. Blueberries.

Narrow Lane Orchard
..... 294-3584

213 Narrow Lane., Johnston.
narrowlaneorchardri.com
Apple, nectarine and peach pickin. Field trips by appointment.

Phantom Farm 333-2240

www.phantomfarms.com
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’.

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

www.smithsberrypi.com
320 Shermantown Rd.,
Saundertown. 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.



Farm Fresh RI

www.farmfresh.org
(Note: Website being updated at time of printing) 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.



Composting:

Groundwork, RI 305-7174
compost@groundworkri.org
Harvest Cycle is Groundwork RI's community composting project. We collect food scraps from residences, restaurants, and institutions across the city by bicycle and process them into a transformative resource for the urban growers of our community.

Bootstrap Compost 617-642-1979
bootstrapcompost.com
info@bootstrapcompost.com

Healthy Seas, Healthy Soil Rhode Island 236-2561
www.cleanoceanaccess.org/hshsri/
Helps divert food scraps on Aquidneck Island from landfill for residents (drop-offs, pick-ups, and backyard composting) and for businesses (commercial composting).



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 1 - Nov. 5 at 4, Fridays, Saturdays, and Sundays (and Monday holidays) opening in September 10am - 7pm and in October, 10am - 6pm. Last admission one hour before closing. Open mid-week with reservations for groups.

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 animals April through Christmas. All free!

Salisbury Farm 942-9741
www.salisburyfarm.com
Plainfield Pike and Peck Road, Johnston. This corn maze covers 4 acres !

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.

HORSEBACK RIDING

Providence & North

Iverson Equestrian
..... 781-325-6321

IversonEquestrian.com
56 Peepoad Road North Scituate
Lessons, leasing, training/boarding
and birthday parties.

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
rides, lessons and pony rides. Open
year-round, daily 9-5.

Whispering Winds Farm
..... 568-9137

facebook.com/WhisperingWinds
FarmsRI
1465 Putnam Pike, Chepachet

East Bay

**Newport Equestrian
Academy** 837-4188

www.NewportEquestrian.com
287 Third Beach Rd., Middletown
Indoor arena, trails, lessons, beach
trail rides, camps. Horse sales.

Ponies to Go 683-9437

www.poniestogo.com
516 Third Beach Rd., Middletown

C&L Stables 886-5246

Goddard Park, 1095 Ives Rd.,
Warwick. candlStables.info
Lessons and 18 mi of trails for the
whole family.

Stepping Stone Ranch
..... 397-3725

201 Escoheag Road, W. Greenwich
www.steppingstoneranch.com



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



***NOTE:** *Most of these Halloween attractions are too scary for young children.*

***13th World**

4097 Diamond Hill Rd, Cumberland
13thworldscare@gmail.com
21 Years of Fear! 13TH World returns in 2023 Bigger and better than ever before! This year we will bring to life all your favorite characters from the movies and some never before seen.

***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 elaborate 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.

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**

..... 943-8686

hauntedlabyrinth.com
804 Dyer Ave., Cranston. Mazes and chambers, with horrors around every corner! Call for hours and prices.

Roger Williams Park Zoo

..... 785-3510

1000 Elmwood Ave., Providence
rwpzoo.org/jols
This year's Jack-O-Lantern Spectacular presented by Citizens, is a magical journey around the globe! Let the artistically carved pumpkins transport you to Europe, on a safari, or travel down Route 66! No passports are required and there's no need to worry about jet lag. The Spectacular will satisfy your case of wanderlust. September 28- October 31, 2023.

Visit rwpzoo.org for prices and more special events, including the Zoo's annual Holiday Lights Spectacular returning December 2023.

***Scary Acres**

..... 823-FEAR (3327)

2150 Scituate Ave., Hope, RI
scaryacresri.com
3 TERRIFYING ATTRACTIONS!
First the Dark Harvest Hayrides takes you through our Haunted Town. Then Brave the Haunted Burial Grounds Corn Field. Lastly, Try to Survive the Curse of the Bayou in our NEWEST HAUNTED ATTRACTION! Will you survive? This is Scary Acres, and Fear. Lives. Here.

Boo!

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).



- **Almagnò 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 water front parks. 3 goldolas; up to 6 passengers each. Family packages available.

**Save The Bay Lighthouse
Tour 272-3540**

www.savebay.org/lighthouse

When you join a Save The Bay Ultimate 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 on 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.

**Taunton River Tours
..... 617-331-9829**

riceman67@verizon.net

Charters, tours and guide service. Mt. Hope Bay, Bristol, Newport, Narragansett Bay.



East Bay

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.cruisewport.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)

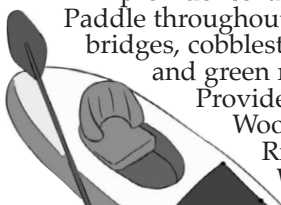
www.communityboating.com
Kayaking now available!
(See listing under Sailing).

Lincoln Woods Kayak 829-1769

www.providencekayak.com
2 Manchester Print Works Rd., Lincoln Woods State Park, Lincoln
45 or 90 minute kayak rentals, single and tandem kayaks - next to beach and concessions.

Providence Kayak 829-1769

www.providencekayak.com
Paddle throughout the picturesque bridges, cobblestone walkways and green riverbanks of the Providence and Woonasquatucket Rivers, Riverwal & Waterplace Park!



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

East Bay

Island Surf and Sports
..... 846-4421

www.islandsports.com
86 Aquidneck Ave., Middletown
Rent windsurfers, surfboards, boogieboards, kayaks.

Mobile Kayaks
..... 423-529-2548

www.mobilekayaks.com
1372 Wapping Rd., Middletown
Free delivery/pick-up in Newport, Middletown and Portsmouth.

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).

LL Bean Outdoor Discovery Programs 888-552-3261

www.llbeanoutdoors.com/east-greenwich-rhode-island
ScallopTown Park, E. Greenwich

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.

CANOE THE BLACKSTONE RIVER.

Learn how to canoe the 45-mile long Blackstone River.

Visit blackstoneheritagecorridor.org for beginner and intermediate tours.

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.

Queen's River Kayaks
..... 284-3945

www.queensriverkayaks.com
21 Glen Rock Rd., W. Kingstown

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.



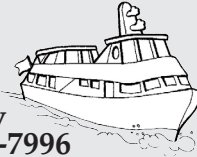
SURF & DIVE GEAR RENTALS AND LESSONS

SURF REPORT
..... 949-644-3171

Elemental Surf Shop
..... 846-2280

www.elementalsurfskate.com
89 Aquidneck Ave., Middletown.
Surfboards, snowboards, skateboards, rentals and sales.

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

..... 423-5820

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.

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

blockislandreservations.com/activities/parasailing

Island Style Parasailing

..... 601-0330

9 Bowen's Landing, Newport
islandstyleparasail.com



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.

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

Rhode Island's Official Disabled Sailing Center

401-849-8898

www.sailtoprevail.org

Children and Teens, age 7-15



Sail to Prevail 849-8898

Sailing for children and adults with
all types of disabilities. (See ad.)

Sail Newport 846-1983

72 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.

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

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 next page.)

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.

● **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.

● **Colt State Park**

A paved pathway runs through the park. Parking, restrooms, food, phones, picnic areas, and beautiful view of Narragansett Bay and ride the East Bay Bike path

● **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**

..... 783-8886

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



FENCING

Rhode Island Fencing Academy and Club (RIFAC) 434-2404

www.rifac.com
Almeida Ave., E. Providence
(See ad below.)

Got Pickleball?
Visit <https://www.places2play.org/state/rhode-island>
to find courts near you!

www.dot.state.ri.gov/travel/bikeri
to download maps of all of the Rhode Island bike trails.
NEMBA.org for Mountain bikers

RHODE ISLAND FENCING ACADEMY

Youth & Adult

Classes & Summer Camps

RIFAC.COM
(401) 434-2404
East Providence, RI
Professional Coaches

"Best organization I've gotten my kids involved in."
Beth, Providence, RI

Camp Director Frank Luca

***SUMMER HOOP CAMPS** (ages 5-16)

LOCATIONS THROUGHOUT RI INCLUDING: Burrillville • Cumberland E. Greenwich • E. Prov, N. Prov, & Prov • Scituate • S. Kingstown

BOYS & GIRLS CAMPS • ELITE CAMP
SPORTS CAMP FOR AGES 5-13

***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

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.

Newport Indoor Golf
..... 847-1947

newportindoorgolf.com
1947 West Main Rd., Portsmouth
By reservation.

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

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.

RACING

(BIG AND LITTLE CARS!)

Johnny Lightning Race Club
(Diecast metal cars) 248-1625
www.ljlrc.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
www.rockspotclimbing.com
100 Higginson Ave., Lincoln
..... 727-1704

42 Rice St., Providence
..... 217-2772
1174 Kingstown Rd, S. Kingstown
..... 789-SPOT

United Skates of America
..... 438-9898

75 New Road., East Providence
www.UnitedskatesRI.com

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



SKATE PARKS

(See Roller Skating page 185.)

- **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.org



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 161, 133, 181 and coupon page 189).*

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.



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
Ice bumper cars too!
2 Kennedy Plaza, Prov. Outside.

Boss Arena 874-4988
www.bossicearena.com. At URI.

Benny Magieri Ice Rink
..... 615-8241

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

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 762-1588

risportscenter.com
1186 Eddie Dowling Hwy.,
N. Smithfield

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
..... 637-7902

61 Main Street, Westerly
Rentals, lessons, hockey lessons and leagues, curling,



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
 Save The Bay offers seal watch cruises and nature tours in Newport, Westerly, and Fall River aboard our education vessels, December through April.

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)



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
 824-5508
www.buildabear.com
 Providence Place

Dwares JCC 421-4111
 401 Elmgrove Ave., Providence
www.jewishallianceri.org.
(See ad page 162.)

Hasbro Funlab 727-5918
 1027 Newport Ave., Pawtucket
usfunlab.hasbro.com
 Kids and adults "test" toys and games at Hasbro's Funlab and remotely. Check website for details.

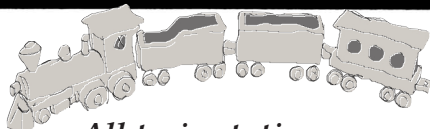
Mom's Clubs - (See page 25.)

Pawtucket Family YMCA
 727-7900
 20 Summer St., Pawtucket
 Offers swim lessons for preschoolers starting at 6 months of age.

Rock-a-Baby Music Classes
 524-7113
www.rockababymusic.com
 Classes throughout RI.

Teamworks 463-5565
www.teamworkswarwick.com
 170 Jefferson Blvd., Warwick
 FUN, Sports-Based Programs For Children 18 Months-12 Years Old
(see ad page 161).

TRAINS



All train stations are serviced by RIPTA and have bike racks to secure bikes while you are traveling.

●**Blackstone Valley Polar Express** 495-1213

blackstonevalleypolarexpress.com
1 Depot Square, Woonsocket.
TRIPS RUN WEEKENDS NOV. 10 – DEC. 17 & MONDAY, DEC. 18!
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

AND TRAINS TO GET FROM HERE TO THERE ...

Trains are a fun way to get around! There are so many places to hop on, it's easy to get where you're going, all while you enjoy a little time to relax, read a book and enjoy the passing landscape. The train will get you there in no time.

Amtrak

www.amtrak.com
Amtrak operates more than 300 trains every day on 21,300 miles of track that connects over 500 destinations in 46 states.

InterLink

www.flyri.com
This transportation hub is located in Warwick and is directly connected to T.F. Green Airport. It makes travel easier by connecting planes, trains, cars and buses.

Kingston Station

1 Railroad Ave., North Kingstown
Part Amtrak station waiting room, part railway museum; Kingston Station has 9 daily Northeast Regional trains running in each direction.

MBTA

www.mbta.com/schedules/CR-Providence/timetable
Massachusetts Bay Transit Authority encompasses commuter rail, subway, bus and boat services.

T.F. Green

https://flyri.com
T.F. Green airport serves MBTA commuter trains traveling between Southern RI, Warwick, Providence and Boston.

Wickford Junction

https://www.mbta.com/stops/place-NEC-1659
Located in North Kingstown, Wickford Junction is a comfortable place to catch a train. It has a 250-seat community pavilion and is close to tourist hot spots like Wickford Village, Newport, and beaches.

For more information, visit RIPTA.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 134.)


Dwares JCC 421-4111
 401 Elm Grove Avenue, Providence
www.jewishhallianceri.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 page 161.)

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
 Sports and swimming programs for kids of all ages.

Kids Workshops at Home Depot 826-0600
 800 Universal Blvd., Warwick
www.workshops.homedepot.com
 Woodworking kits handed out.

YOUTH PROGRAMS



FUN,
sports-based
programs
for children
ages 2-16!



Locations in
SEEKONK, SOMERSET, & WARWICK

www.TeamworksCenters.com

Taste Buds Kitchen

COOKING CLASSES CAMPS & PARTIES

tastebudskitchen.com/eastgreenwich
 401-885-0535



SCAN ME

Ages 2 to 99





ON
LAND

IN
WATER

OR
ONLINE

DWARES
JCC
Rhode Island



Contact us to learn more

401.421.4111

JewishAllianceRI.org

401 Elmgrove Avenue, Providence

Southeast New England Chess Assoc. 359-1602
 P.O. Box 40604, Providence
 www.senecachess.org
 Year-round classes and tournaments.

TasteBuds Kitchen ... 885-0535
 www.tastebudskitchen.com
 Cook with us! Taste Buds Kitchen specializes in cooking classes, camps, parties and corporate events for kids, families and adults.
 (See ad page 161.)

Young Marines
 youngmarines.org/
 unit/rhodeisland/page
 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.

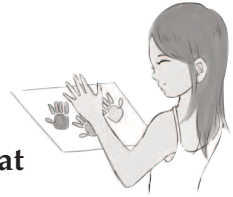
Pawtucket YMCA 727-7900
 www.ymcapawtucket.org
 - Heritage Park YMCA 727-7050
 - MacColl Field YMCA 725-0773
 - Westwood YMCA 397-7779
 - Woonsocket YMCA 769-0791

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.



ART

ART BY YOU at Weirgirl Creations Pottery Studio 247-1397
 33 Kent Street, Barrington
 www.weirgirlcreations.com

Artists' Exchange
 490-9475

www.artists-exchange.org
 50 Rolfe Square, Cranston.
 Artists' Exchange, a 501c3 non-profit art center, is home to multiple art studios, a gallery, and theater, along with secondary venue Theatre 82, a multi-use performance, meeting, and instructional space that also houses a full service restaurant with catering. Enriching classes, camps, parties, and events are offered year-round in art, ceramics, and performing arts. (See ad next page).

Blue Door Art Studio
 349-2812

115 Pleasant View Ave., Smithfield
 www.bluedoorartstudio.com

CityArts! 365-5136

www.providencacityarts.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.

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.org
a non-profit community art center

401.490.9475
artists-exchange.org
50 Rolfe Sq Cranston

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.

**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
20 North Main 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.
Youth 18 and under are always free
and Sundays are free for the entire
family! Please visit us online for
schedule of events
and activities.



ClayArt Studio 245-4895
www.clayartstudiorl.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

Island Art Spot
..... 595-5322
www.islandartspot.com
575 E. Main Rd., Middletown

Jamestown Arts Center
..... 560-0979
18 Valley Street, Jamestown
www.jamestownartcenter.org

Why Creative Activities are Important!

by Deborah Barshay & Danielle Salisbury at Warwick Center for the Arts

With so many competing activities and obligations on our family schedules these days, you may question how to choose the best creative outlet for your children. Enrolling your child in a creative activity, such as art, music, theater, dance, etc. can have a very lasting and meaningful impact.

You may also wonder when is the best time to start? Well, arts education should start early and be available to all. We all know that kids love to express themselves and have fun - and it turns out that creativity supports intellectual, social and emotional health!

Creative activities help to develop kids' imagination and critical thinking skills. These activities also help them develop their social skills, especially when engaging in team building activities. In an art class, they will meet other creative minds and even find new friends. They can also see what activities their peers are working on which will help in the formation of their own creative projects. Sharing ideas with one another helps boost their creative and critical thinking skills.

Improvements in confidence, self-esteem and mood are other bonuses of kids engaging in creative pursuits. As adults, we're happy when we're engaged in an activity that we enjoy and it's the same for kids. This happiness is something that the kids will remember and will give them the desire to keep working creatively even into adulthood.

So what are additional benefits of kids engaging in creative arts? How about getting away from the computer screen or phone for a while? What a novel idea!! Arts activities improve kids' ability to concentrate which will, in turn, help their focus and attention span.



And let's not forget how creative exploration helps develop those growing brains! Creative interests help with reasoning, planning, and problem-solving, helping to build and strengthen kids' cognitive abilities.

So, spark your child's creativity! Arts education helps foster children's talents and find their passions as they grow, leading to a creative future, whether it be a hobby or career. Investing in out of school time for your kids to explore and create is not only worthwhile, . . . It's also just plain fun and rewarding!

Warwick Center for the Arts



**CLASSES & CAMPS
FOR ALL AGES & ABILITIES**



3259 Post Rd Warwick

www.warwickcfa.org

ACTIVITIES

RISD Continuing Education 454-6200

345 S. Main St, Providence
ce.risd.edu
Year-round: Online art and design
classes for adults 18+ and teens 13-
17. Summer only: In-person classes
for children. Check website for
updates.

The Sew-Op 447-5500 www.the-sew-op.com 31 W. Main St., N. Kingstown

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
Year-round art classes for kids and
adults as well as art camps during
the summers and school vacations.
Exhibits in the gallery are always
free and open to the public Wed-Sat.
Visit www.warwickcfa.org for more
information. (See ad previous page.)

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 (See previous page.)

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.

DANCE & DRAMA

(Also see Music.)



The Center for Dynamic Learning 461-1813 1 Louisa Street, Prov. www.cdlri.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 different- ly 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.

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

"Water Fire"
www.waterfire.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.

School of Ballet RI

..... 353-1129

825 Hope Street, Providence
<https://balletri.org/school/>
 The School of Ballet RI (formerly 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 this page*).

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 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.

ACTIVITIES

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 and 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

• **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

Rock-a-Baby Music Classes
..... 524-7113

www.rockababymusic.com
Classes throughout RI.

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!



**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!**

Robert's

MUSICAL INSTRUMENTS

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 8pm
Friday 12 to 6pm
Saturday 10am to 5pm
Sunday CLOSED

Prov. Performing Arts Center
www.ppacri.org 421-2787
220 Weybosset St., Providence

Families, join us at these upcoming family-friendly shows in our 2023/2024 season!

Blippi: The Wonderful World Tour:
Sat, Sept 30, 2023 at 2P

Spider-Man: Into the Spider-Verse:
Sat, Oct 14, 2023 at 4P

Mrs. Doubtfire: Oct 17 – 22, 2023

Dr. Seuss' How the Grinch Stole Christmas! The Musical: Nov 28 – Dec 3, 2023 (11A matinees on Sat, Dec 2 and Sun, Dec 3!).

Disney's Frozen: Mar 7 – 17, 2024

BankNewport Family Night
performances are a great way to see Broadway shows together! **Buy one ticket, get one FREE ticket of equal value for a child up to age 18.**

Family Night tickets are only available at the box office window or by phone. Golden Circle / VIP seating is excluded from this offer. Our BankNewport Family Night performances are Mrs. Doubtfire on Wed, Oct 18 at 7P, Dr. Seuss' How the Grinch Stole Christmas! The Musical on Wed, Nov 29 at 7P and Frozen on Wed, Mar 13.
(See ad inside front cover.)

The Rhode Island Philharmonic Music School
..... 248-7001

www.riphil.org/ musicschool
East Providence, just off 195. Music Makes Us More! Any age, any instrument, any skill level – One-on-One lessons with a skilled musician instills confidence and brings passion to your life that you can share. Violin, Piano, Guitar, Drums/ Percussion, Voice, Saxophone, Trumpet and much more. Develop performance skills and understanding through Youth Orchestras, Jazz Ensembles, Rock Bands and Chamber Music. Build fundamentals with Music Theory. Nurture the musical potential of young children through Soundplay and Music Together classes for babies through

preschoolers, and Suzuki programs for ages 4-9. Financial aid and payment plans are available. 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 and Young Children and Suzuki programs for ages 4-9.

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
..... 481-4297
www.YouRockSchoolofMusic.com
1802 Broad St., Cranston

Tunes N' Tales 749-6900
www.tunes-n-tales.com
Anne-Marie Forer's Tunes-n-Tales performances delight and captivate toddlers, pre-schoolers & kindergartners 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/
stem-rising](https://precollege.brown.edu/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 \$5.

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

www.aslacademy.org

MUSEUMS

Providence & North

Providence Children's Museum 273-5437

100 South St., Providence
ProvidenceChildrensMuseum.org
We are the champions of play. 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. (See ad next page.)

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

20 N. Main 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.

Slater Mill 725-8638

67 Roosevelt Ave., Pawtucket
 www.nps.gov/blrv/
 planyourvisit/placestogo.htm
 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.



PLAY EVERY DAY!

**We are the
 champions of play.**

**Play is more than what
 a child does, play is more
 than what a child is, play is
 what a child becomes.**

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

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
 856-5270

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

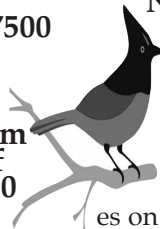
www.newportcarmuseum.org
 1947 West Main Rd.,
 Portsmouth
 The private collection of
 some 85 automobiles at the
 Newport Car Museum focus-
 es on six decades of modern auto-
 motive design and celebrates cars as
 works of art. Open daily 10 - 5.

**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 histo-
 ry 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 guid-
 ed walking tours.

Newport Sailing Museum
 324-5761

thesailingmuseum.org
 365 Thames St., Newport.
 Interactive educational exhibits will
 provide real-world applications of
 STEAM concepts that come alive
 through sailing; and visitors of all
 ages, non-sailors and sailors alike,
 will experience the magic that hap-
 pens when wind and water meet.



***West Bay &
South County***

Gilbert Stuart Birthplace and Museum 294-3001

GilbertStuartMuseum.org
815 Gilbert Stuart Rd.,
Saunderstown. 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.

**RI Computer Museum
..... 741-6997**

www.ricomputermuseum.org
1755 Bald Hill Rd., Warwick
Geek out as we explore how to use
computers, and how computers
work for you. Open Saturdays
10:30AM - 5:00pm, Weekdays by
appointment.

**SeaBee Museum
..... 294-7233**

https://seabeesmuseum.com
21 Lafrate Way, N. Kingstown
On the grounds of the original US
Navy Seabee base, this growing
museum documents the growth of
the Seabees and the Quonset hut.
Exhibits focus on the development
of military construction and equip-
ment. Open Wednesday, Friday, and
Saturday 9:30 am to 2 pm. Private
tours are available by appointment
only.

**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, car-
pentry 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 10-2, mid-
May through early October.
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. (See ad page 165.)



*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.

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 1-860-396-6910

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 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. Special events and programs throughout the year.



MORE!

(Call or visit websites for events and special exhibits.)

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. Open all year on Wednesdays 11AM to 2PM and April through November on Saturdays 10AM to 4PM & til 10P.

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.

Chace-Cory House ... 624-3358

Four Corners, Main Rd., Tiverton.
The Chace-Cory House, a fine example of pre-revolutionary coastal village farm architecture. Special events throughout the entire year. Call for hours.

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.

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. Visitors invited to bring picnic/blanket. Open 10-5.

The International Tennis Hall of Fame 849-3990

www.TennisFame.com
194 Bellevue Ave., Newport
The International 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 June - end 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 10-5.

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

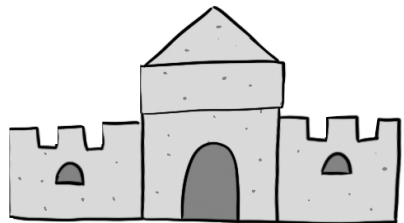
85 Touro St., Newport
www.tourosynagogue.org
Touro is the oldest synagogue in the US. A copy of President Washington's famous letter to the congregation, on display, pledges that the new American nation would give "to bigotry no sanction, to persecution no assistance." Daily tours every 45 minutes (except 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.





**CHILDREN'S
ENTERTAINERS**

CLOWNS

Cookie the Magic Clown
..... 467-8749
www.tophatprod.com/cookie

Gabby the Clown 823-7272
facebook.com/gabbyclownand
mrbumbles

**Ruffles the Clown "Laff-n-
Looney" Show 640-6453**
alakazamfamily.com

MAGICIANS

**Ab'Cadabra Lon Cerel Magic
Shows 946-3183**
His shows will delight children of
all ages. His balloon animals are
wonderful too. www.loncerel.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's Balloons
and Magic**
..... 742-2441
bjornballoonsandmagic.com



Tommy James Magic Shows
..... 949-1405
www.TommyJamesMagic.com

Matt Roberts ... 508-965-3489
www.MattRobertsMagic.com

**MORE PARTY
IDEAS!**

**Including Animals, Balloons,
Characters, Puppets, & More!**

**Ab'cadabra Lon Cerel
Balloon Magic 946-3183**
www.loncerel.com
Lon's the king of balloon animals,
too. Wonderful for kids of all ages!

Airanimations Balloon Art
..... 467-8749
www.brucekalver.com

Animal Affair ... 774-319-3019
www.animalaffair.net
It's the zoo that comes to you!

Animal Experiences
..... 258-6412
bestanimalexperiencesbydave.com
Hands-on fun and learning with
reptiles, amphibians, and small ani-
mals (*see ad next page*).

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!

The Original
ANIMAL EXPERIENCES

turtles • snakes • lizards • amphibians
and small animals



**Most
HANDS-ON Show
Anywhere!!**

**PARTIES • SCHOOLS
SCOUTS • CAMPS & MORE**

**Dave Marchetti
401-258-6412**

bestanimalexperiencesbydave.com
facebook.com/bestanimalfun

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REPTILE
ADVENTURE**

~BIRTHDAY PARTIES~
~SCHOOL SHOWS~
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**EDUCATIONAL!
INFORMATIVE!
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**(401) 943-1594
BWANAIGUANA.COM**



**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
..... 846-9014**

Belly dance parties for the kids ages
3-8 ... dress up, veils, glitter and
more!

**The Creative Room
..... 508-408-3497**

thecreativeroomri.com
6 Money Hill Rd., Chepachet
Self serve craft bar where you can
build your own art!

Henna Tattoos

www.HennaByHeather.com
Henna parties for kids, teens, and
parents too!

Joy-O-Loons 596-0886
Balloon sculptures, professional
clown, storytelling.

Mad Science 508-679-0081
www.SouthernMass.madscience.org

**Marvelous Marvin's
Science Shows 578-9399**
www.marvmarv.com
Circus arts workshops.

Noa's Art 481-5737
www.noasart.net Party caricatures.

**Sing With B Music
..... 364-7664 (SONG)**
www.singwithb.com
Music, movement, instrument play
and fun for all ages.

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..... 1-888-WISHKER**
Special "Stuffed Animal" parties.
www.wishkers.com

**PARTY
RENTALS!**



**Bouncers, Costumes,
Games, Food Machines,
and more!**

**Absolute Fun Party Rentals
..... 823-6219**
www.absolutefunpartyrentals.com

Beck Games 435-3232
www.beckgames.com E. Providence
Rent video games, pool tables, etc.

**Jump Around Rentals
..... 617-323-8353**
www.jumparoundrentals.net
2300 Mendon Rd., Cumberland

ENTERTAINMENT

Jumparoo Rentals 769-5867
jumparoorentals.net

Jumparoo Zoo 862-2891
Westerly
www.jumparoozoo.com

Kona Ice of Warwick
..... 949-5073
bbouchard@kona-ice.com

Let's Party 405-0196
www.letspartyri.com
Find us on Facebook (*see ad below*).

LOOKING FOR PARTY GOODIES?

(See Shopping Section.)



PARTY PLACES

ART BY YOU at Weirgirl Creations Pottery Studio
..... 247-1397

33 Kent Street, Barrington
www.weirgirlcreations.com
Paint your own pottery, create with clay, birthday parties.

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.
Westerly 596-2653
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.

Launch 828-JUMP
www.launchtrampolinepark.com
920 Bald Hill Rd., Warwick
(See front cover!)

Let's Party 405-0196
www.LetsPartyRI.com
511 Broad Street, Cumberland
(See ad below.)

MacColl Field YMCA
..... 725-0773
32 Breakneck Hill Rd., Lincoln
Guests can barbecue, swim, play softball, baseball or frisbee. Spray park!

Let's Party!

Family owned & operated since 2001

LetsPartyRI.com

24-Hour Pick Up Lockers for Your Rental Convenience

CREATING SMILES ONE RENTAL AT A TIME

Balloon Delivery • Mechanical Bull • Tables, Tents, Chairs
Inflatable Bounce Houses & Waterslides • Entertainers
Hall Decorating • Large Event Planning • Party Hosting

511 Broad St., Cumberland, RI 02864 Open Daily by Appointment Only 401-405-0196

BIRTHDAY PARTIES



Choose from a variety of packages that are **FUN** for kids and easy for parents!



**Locations in
SEEKONK, SOMERSET, & WARWICK**

www.TeamworksCenters.com



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,
 Lincoln

Lang's Bowlarama ... 944-0500
www.langsbowlarama.com
 225 Niantic Avenue, Cranston

East Providence Lanes
 438-2300
eastprovidencelanes.com
 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

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 above plus pages 133, 161, and 181.)

AIRSOFT (See Paintball)

ARCADES (See Fun Centers)

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!

Meadowbrook Lanes
..... 737-5402
www.bowlri.com
2530 Warwick Avenue, Warwick

Town Hall Lanes 831-6940
www.thlanes.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

**Atlantic Beach Park at
Misquamicut** 322-0504
atlanticbeachpark.com
321 Atlantic Ave., Westerly

**Carousel Village in Roger
Williams Park**
..... 785-3510
www.rwpzoo.org/
carousel-village.com

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
www.fallrivercarousel.com
The Fall River Carousel is open sea-
sonally, 11am-7pm.

Looff Carousel .. 728-0500 x272
825 Armistice Blvd., Slater Park,
Newport Ave., Pawtucket. This his-
toric carousel was built in 1895.

Warwick Mall Carousel
..... 739-7500
The carousel is located in the food
court and family entertainment cen-
ter. 10am-8pm. \$1.

Watch Hill Merry-Go-Round
..... 388-8136
https://merrygoroundbeach.com
151 Bay St., Watch Hill

BATTING CAGES

(Also see Baseball Clubs page 152.)

RI Baseball Institute
..... 732-9575
www.ribibaseball.com
2011 Post Rd., Warwick. Batting
cages, instruction, summer camps.



ESCAPE ROOMS

Escape Rhode Island
..... 326-2222

www.escaperhodeisland.com
Indoor and outdoor games!
385 S. Main Street, 2nd Fl., Prov.
(See ad below.)

The Great Escape Room
..... 484-1766

www.thegreatescaperoom.com
146 Westminster St., 4th Fl., Prov

Lock and Clue Escape Room
..... 484-0048

www.lockandclue.com
1005 Main Street, Suite 1202,
Pawtucket

Riddle Room 398-8177

www.ririddleroom.com
20 Water Street, E. Greenwich

Rhode Island's Original Escape Room

Est. 2015

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atlanticbeachpark.com
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**Ryan Family Amusement
Center** 846-5774

ryanfamily.com
268 Thames St., Newport

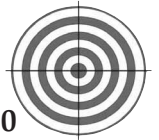
Seekonk Grand Prix
..... 508-336-8307

seekonkgrandprix.com
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Kiddie/family tracks, slick track,
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www.springlakearcade.com
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www.unitedskates.com/rumford/
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East Bay

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Cinemaworld of Lincoln

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Lincoln

Showcase Cinema 16

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www.showcasecinemas.com
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Island Cinemas

..... 847-3456

1346 West Main Road, Middletown

Jane Pickens Theatre

Showtimes 846-5252

Box Office 846-5474

www.janepickens.com
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& South County**

Showcase Cinemas ...885-1345

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www.showcasecinemas.com
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Providence Paintball
..... 467-2815
199 Thurston St., Providence
www.providencepaintball.com

Warzone Paintball & Airsoft
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www.warzonerrhodeisland.com
320 Shermantown Rd.,
Saunderstown

ROLLER RINKS

Rhode Island Sports Center
..... 762-1588
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Smithfield.

United Skates of America
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www.unitedskatesRI.com
75 New Rd., E. Providence
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www.aerotrampolineparkri.com
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www.funcityseekonk.com

Get Air Swansea
..... 508-297-9142
www.getairsports.com/swansea
207 Swansea Mall Dr., Swansea, Ma.

Launch 828-JUMP
www.launchtrampolinepark.com
920 Bald Hill Rd., Warwick
(See front cover!)

SkyZone 383-6000
www.skyzone.com/providence
70 Pawtucket Ave., Rumford

VIRTUAL REALITY

Base Station VR
..... 484-1895
www.basestationvr.com

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..... 294-3802
www.yawgoo.com
160 Yawgoo Valley Rd., Exeter

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Cotton on Kids 270-1012 www.cottonon.com Providence Place

Gap Kids www.gap.com 48 Long Wharf, Newport .. 848-2800 Garden City, Cranston 944-7010 Providence Place 270-4411

Old Navy 342-1006 www.oldnavy.com Providence Place. (Other location in Warwick Mall.)

Providence & North

Abercrombie 473-0024 Providence Place www.abercrombie.com

Carter's Babies and Kids 71 Hillside Rd., Cranston ... 942-1815 Providence Place 735-2586

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

Piccolo 245-1839 piccoloboutiqueforchildren.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.

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Providence & North

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161 Providence Place

Yorker Shoes 274-2211
www.yorkershoes.com
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East Bay

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West Bay &
South County

2nd Time Around Sports
2ndtimearoundsports.com
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..... 944-9380
160 Old Tower Hill Rd., Wakefield
..... 773-4700

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
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www.onceuponachildwarwick.com
1245 Bald Hill Rd., Warwick

Nearby
Massachusetts

Children's Orchard
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www.childrensorchar.com
20 Commerce Way, Seekonk, MA

MATERNITY



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www.femininefanciesri.com
290 County Rd., Barrington

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1386 Atwood Ave., Johnston
..... 946-9587
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..... 769-4337

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www.babyworldfallriver.com
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www.knockonwoodfurnitureri.com
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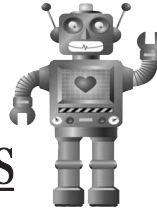
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2ndtimearoundsports.com
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..... 944-9380
160 Old Tower Hill Rd., Wakefield
..... 773-4700

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thefireplaceshowcase.com
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www.turfmasterusa.com
1703 Plainfield Pike,
Johnston



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Providence & North

Henry Bear's Park
..... 351-5718
736 Hope St., Providence
www.henrybear.com

LEGO Store 490-0757
www.lego.com
Providence Place

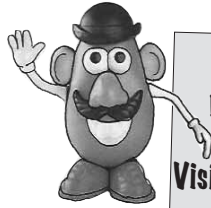
Pow!Science! 788-1024
www.powsciencetoys.com
Wakefield Mall, 160 Old
Tower Hill Rd., Wakefield

**Providence Children's
Museum Gift Shop**
..... 273-KIDS (5437)
www.childrenmuseum.org
100 South St., Providence

East Bay

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www.barringtonbooks.com
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West Bay & South County



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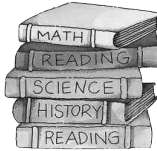
The Toy Vault 921-5466
 www.thetoyvault.com
 Warwick Mall

The World Store 295-0081
 16 West Main St., Wickford

LEARNING STORES & TEACHER SUPPLIES

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 www.lakeshorelearning.com
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 231-5828
 1350 Bald Hill Road, Warwick
 826-8885

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 331-9097

www.booksq.com
 471 Angell St., Providence

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- Finding Fun Activities



What are your family's goals?

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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