

RHODE ISLAND **Family Guide**



2025/26 *Yours free!*

FAMILY FUN AT PPAC: 25/26 SEASON!



January 16 – 18, 2026³



March 4 – 22, 2026^{1,2}



May 5 – 10, 2026^{1,2}



May 16, 2026 at 2P
Sensory-Friendly Performance

IN PARTNERSHIP WITH: THE AUTISM PROJECT



May 20 – June 7, 2026³

For more information on family shows, educational and community outreach programs, visit ppacri.org/outreach

Order tickets at ppacri.org or call the PPAC Box Office at 401.421.ARTS (2787)



¹ PART OF THE **Taco** AND **The White Family Foundation** BROADWAY SERIES

² SEASON MEDIA SPONSOR:



³ ENCORE SERIES MEDIA SPONSOR:



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 we'll consider inclusion in the next edition of the Rhode Island Family Guide and online at rhodeislandfamilyguide.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 those of the individual writer and 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 such as dates, times, locations, costs, etc.

We are living through challenging times and that necessitates the need for flexibility. There WILL ALWAYS be changes throughout 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 any written instruction contained in this guide.

*Contact us for updates,
event listings and
advertising opportunities.*

401-247-0850

rhodeislandfamilyguide@gmail.com

rhodeislandfamilyguide.com



Rhode Island FAMILY GUIDE

since 1992

Publisher

Sheryl Rachmil

rhodeislandfamilyguide@gmail.com

Research/Editor

Melissa Nelson

P.O. Box 613

Wyoming, RI 02898

phone: 401-247-0850

rhodeislandfamilyguide.com

Copyright © 1992-2026

The Rhode Island Family Guide

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means without the prior written permission of the publisher.

Thank you ...

to all of the folks who made this book possible: advertisers, special deliverers, contributors, and the many, many educators, supporters, care takers, and others who work tirelessly with our kids and families.

You are the every day heroes in all of our lives.

Thank you,
thank you!



WHAT'S INSIDE?



IN THE BEGINNING

New Parents 24
Child Care 28
Child Growth and Development 34
Adolescence 35

FAMILY SERVICES

Adoption 37
Foster Care 37
Guidance and Support 41
Addiction 58
Seniors 62

HEALTH CARE

Immunizations 79
Hospitals 87
Wellness/Nutrition 91
Pregnancy and Women's Health 93

ARTICLE HIGHLIGHTS:

- *Clicks and Consequences: Internet Safety, 21*
- *Sensory-Friendly Autumn Activities for Kids with Autism, 48*
- *Overdose in Rhode Island, 60*
- *When Elders Need Help, The Haven is There, 64*
- *Teaching Kids About Consent and Body Boundaries, 70*
- *Political Advocacy: You Can Make a Difference, 76*
- *It's Okay To Not Be Okay: Why We Need to Talk About Maternal Mental Health, 95*
- *Let's Get Social: Supporting Your Child's Social Skills, 112*
- *Libraries Offer Something For Everyone, 170*

EDUCATION

..... 99

OUTDOOR FUN

Conservation 119
Beaches 126
Camping 126
Parks/Playgrounds 131
Aquariums and Zoos 138
Farms 140

ACTIVITIES

On the Bay 146
Sports 151
Fun Stuff 160

ENTERTAINMENT

Birthday Parties 178
Arcades, Bowling, and MORE FUN! 181

EMERGENCY INFO. 4

SAFETY 11

SENIOR SECTION 62

AND SHOPPING 186





Welcome back ...

The chaos and excitement of a new school year is upon us, and with that comes so many choices and decisions—both large and small—that shape the well-being of our families. We often make decisions about health and about education. Other times, it's as simple as asking a question at a school meeting, clarifying a bill, or making sure your child gets the right support in the classroom. These everyday choices may seem small, but they add up to a stronger voice for you and your loved ones.

You know your family's needs better than anyone. That's why speaking up matters so much. More often than not, advocating for yourself and your family simply means being willing to ask the extra question, seek out the right help, and make sure your concerns are heard.

The same is true when it comes to our communities and government. Being informed is important, but participation is what makes a real difference. Everyday citizens strengthen democracy when they register to vote, attend a local town meeting, volunteer on a community board, or take a moment to share their views with a local representative. Again, these may seem like small acts, but together they shape the policies and services that affect us all.

By speaking up—whether at home, at school, in the doctor's office, or in the halls of government—we not only help our own families but also contribute to a stronger, more caring community here in Rhode Island. Each voice adds to the whole, and together we make our neighborhoods, schools, and local services better for everyone.



Residential PROPERTIES

LTD.

Referrals & Relocation

**MOVING TO RI OR MA?
WE ARE HERE TO HELP.**

*NAVIGATING
FAMILIES HOME
SINCE 1981*

REFERRALS & RELOCATION
140 Wickenden Street, Providence
401.439.7705

The Family Guide continues to support you in that effort. It's designed as a practical reference to help you connect with resources and services across Rhode Island—so you and your family can be informed, confident, and empowered in the choices you make. ●



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](https://www.getcare.southcountyhealth.org)

★ EMERGENCY NUMBERS

AMBULANCE,
POLICE, FIRE or
ANY EMERGENCY

**DIAL
911**

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-RED-CROSS/support@redcrostraining.org or call **Brown 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

No Breathing



American
Red Cross



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 1 ½ 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-RED-CROSS (Pet CPR too!)
- Women & Infants Hospital | Providence 276-7800 | E. Greenwich 276-7800

Controlling External Bleeding



Check the scene and the person
Put on disposable gloves



**American
Red Cross**

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: **Build a Kit**, **Make a Plan**, and **Stay Informed**.



Build a Kit:

Your kit should have supplies for three days. Here are some items to include:

- One gallon of water per person (or pet!) per day.
- 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.
- 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: health.ri.gov/emergencyplan
- Know evacuation routes and possible shelters in your area.
- Know which shelters or nearby hotels accept pets in case of an evacuation.
- Contact durable medical equipment 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.
- Make a plan with your children! Visit ready.gov/kids for tools and tips.

Stay Informed:

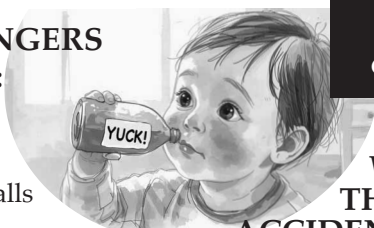
- During an emergency, stay tuned to radio, television, and social media for alerts and information.
- Follow advice from local and state officials.
- Sign up for **CodeRED** to receive information about local emergencies. To sign up, visit www.riema.ri.gov and click on the CodeRED icon at the bottom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

HOME SAFETY

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

POISONING DANGERS IN YOUR HOME:

- cleaning products
- nail polish, make-up, perfume
- glue, batteries, mothballs
- mouthwash, vitamins
- limit medications
 - Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
 - Consider locking up medications.
 - Properly 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

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

***DO NOT USE SYRUP OF IPECAC.**

**The American Academy of Pediatrics*

WHAT TO DO IN THE EVENT OF ACCIDENTAL POISONING:

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

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

FOR MORE INFORMATION:

- **The National Capital Poison Center**
www.poison.org
- **American Academy of Pediatrics**
www.aap.org
- **National Center for Injury
Prevention and Control**
www.cdc.gov/about/divisions-offices/ncipc.html
- **Regional Center for Poison
Control and Prevention**
www.maripoisoncenter.com/
- **Hasbro 4-Safety**
4-safety.org

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



Protect Your Child from Lead Poisoning

Lead is toxic and can have life-long impacts. Children often show no obvious signs or symptoms of lead poisoning. Regular screening is essential. Children should have two lead screenings by three years old. Children at high risk of lead exposure should be screened every year until six years old.

- **Schedule a Lead Screening:** Contact your healthcare professional today.
- **Check Your Home:** Homes built before 1978 may have lead-based paint. Children living in these homes are at higher risk of lead poisoning.
- **Educate Yourself:** Learn about sources of lead and how to protect your child.



Health.ri.gov/lead



Proteja a su niño del envenenamiento por plomo

El plomo es tóxico y puede tener un impacto de por vida. Los niños a menudo no demuestran signos o síntomas evidentes de envenenamiento por plomo. Las pruebas de detección periódicas son esenciales. Los niños deben tener dos pruebas de detección realizadas antes de los 3 años. A los niños con alto riesgo de exposición al plomo, se les debe realizar la prueba cada año hasta la edad de seis años.

- **Programe una prueba de detección de plomo:** Contacte a su profesional de atención médica hoy.
- **Revise su hogar:** Las casas construidas antes de 1978 pueden tener pintura con plomo. Los niños que viven en estas casas tienen un mayor riesgo de envenenamiento por plomo.
- **Infórmese:** Aprenda sobre dónde encontrar el plomo y como proteger a su niño.



Health.ri.gov/lead



A lead certificate makes
your home safer.

Is a lead certificate on your rental "must-haves" list? *It should be.*

Lead is toxic, especially for young children. Homes built before 1978 often have lead-based paint. Children living in homes built before 1978 are at a higher risk of lead poisoning. A lead certificate shows the housing is lead safe.



health.ri.gov/renters



Un certificado de conformidad de plomo
hace que *un hogar esté más seguro.*

¿Está el certificado de conformidad de plomo en su lista de requisitos obligatorios para alquilar? *Debería estarlo.*

El plomo es tóxico, especialmente para niños pequeños. Las casas construidas antes de 1978 a menudo tienen pintura con plomo. Los niños que viven en casas construidas antes de 1978 están en mayor riesgo de envenenamiento por plomo. Un certificado de conformidad de plomo demuestra



Lead is poisonous.

Is it in your home?

If you live in a home built before 1978, there may be lead-based paint in your home. Lead paint can also create lead dust. Lead paint and dust are especially dangerous for children younger than six years old. Lead poisoning can cause behavior and health problems.

How Do I Know If There Is Lead in My House?

Renters can ask their landlord to see a copy of the **Certificate of Lead Conformance (CLC)**. A CLC is an official document that shows a rental property is safe from lead. Most rental properties built before 1978 are required to have a CLC. CLCs are issued by licensed lead inspectors. Landlords and property owners can hire a licensed lead inspector. The inspector will identify lead hazards or can confirm lead hazards have been fixed.

Landlord Responsibilities

Landlords in Rhode Island must ensure rental properties built before 1978 follow lead safety rules. This includes:

- Getting a Certificate of Lead Conformance.
- Inspecting for lead hazards regularly.
- Fixing any lead-related problems quickly
- Informing tenants about potential lead hazards.
- Using lead-safe practices during renovations.

Certificates must be renewed every two years, and landlords need to keep detailed records. Following these rules helps prevent lead poisoning.



Renter Rights and Responsibilities

Renters in Rhode Island have the right to safe, lead-free housing.

Tenants should:

- Keep their units clean, especially in areas where paint may rub, to reduce lead exposure.
- Notify landlords of lead issues and make sure licensed professionals conduct repairs.
- Receive educational materials and inspection reports from landlords.

If a landlord fails to comply, renters can file complaints with local authorities.

Importance of Lead Safety

Lead poisoning is 100% preventable. Most children in Rhode Island are exposed to lead from lead-based paint. The Rhode Island Department of Health Lead Hazard Mitigation Program aims to prevent lead poisoning by ensuring rental properties are lead-safe. It focuses on reducing lead-based paint hazards, especially in homes with children under six years old and people who are pregnant women. Lead-safe housing helps create a healthier and safer Rhode Island for everyone.

Learn More:

Information for Landlords:

www.lead1978.com

Information for Tenants:

www.health.ri.gov/renters

Information about the Rhode Island Lead Hazard Mitigation Program:

www.health.ri.gov/lead-hazard

Radon



HOW TO TELL IF YOU HAVE 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.

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/indoor-air/indoor-air-pollutants/radon>

GET THE FACTS ABOUT RADON



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



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

✓ Fire Safety



American
Red Cross

HOME FIRE PREPAREDNESS CAMPAIGN

Reducing fire injury and deaths one home at a time



FREE SMOKE ALARMS!

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

During your home visit you will receive:

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

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

Register at www.redcross.org/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 backseat 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.
floor.

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 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 is also 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.safekids.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](https://www.facebook.com/safekidsworldwide), and online at www.safekids.org) and the Department of Transportation Office on Highway Safety (Contact us at 401-222-3024 or online at www.dot.ri.gov/safety/#highway_safety as well as www.nhtsa.gov).

✓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 clasp 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 154 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!

✓ SAFETY ONLINE:

Adolescence can be a tricky developmental stage of life. It can be like stepping onto an unfolding map, some areas full of wonder, other areas with uncertainty, and still others with potential for danger. For this piece, we'll focus on the potential for harm done online. I share the ideas below to hopefully help you help your adolescent navigate the social media landscape safely.

The internet runs on algorithms that draws information (and misinformation and disinformation), real and AI generated photos and videos toward the user, often matching one's interests, but not always what is in one's best interest.

For instance, we know there are adults in online spaces with the intention to harm children. These adults show up as friendly and compelling and after gaining a child's trust turn to manipulation and control, and then may encourage and cause harm, sometimes tragic.

Together parents, guardians, grandparents, and teachers can help adolescents navigate this unregulated online territory by helping them develop critical thinking skills (to know what's real and healthy, and what is not), to become aware of online risks, and to learn how to set strong and healthy boundaries.

We have learned that teens know how to get around parental locks. We know that video games can be multiplayer, where teens can play with strangers from all over the world. Some of these players will pretend to be someone they are not.

Many young people use chat bots for learning, entertainment, and companionship. However, as the bot sounds increasingly human-like, this can be confusing, because the bot is not a friend but feels like one, and the bots can engage children in age inappropriate chats and influence.

We all have a universal need to belong. Internet groups, echo chambers and chat bots can become places to belong. The map for our adolescent is now in uncharted waters.

Clicks and Consequences

-Jane Mizrahi, LICSW



"Video games can be multiplayer, where your teen can play with strangers from all over the world."

Here is some of what we want to teach our children:

- Youngsters should only play video games with kids they know.
- Under no circumstances should they leave the platform and follow a stranger to a private platform.
- Under no circumstances should they share private information or photos as information and photos have been used to exploit children and families.
- If a chat bot seems too friendly or too persuasive, like with a romantic edge, kids should stop the conversation and talk to a trusted adult.
- Perhaps most obvious, but quite challenging in our digital society, ordinary outside play, without a constant connection to the internet, is important for healthy development. ●

I am a licensed independent clinical social worker in private practice serving adolescents and adults in RI, MA and VT. In service to this issue I created a longer guide, Clicks and Consequences, where I offer more practical strategies and resources for families and schools. It is available on Teachers Pay Teachers for \$3.99. Here is the link if you'd like to explore further: <https://www.teacherspayteachers.com/Product/Clicks-and-Consequences-12799047>

✓ BOATING AND WATER SAFETY

Living in the Ocean State with its 400 miles of shoreline and access to over 100 different kinds of boats – from kayaks to canoes to sailboats and motorboats – chances are great that you'll be having plenty of great times in and on the water. So when you do, please remember these simple safety tips for the entire family.

Wear a Life Jacket

- Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports.

- Make sure the life jacket fits snugly. Have kids make a "touch-down" signal by raising both arms straight up; if the life jacket hits a child's chin or ears, it may be too big or the straps may be too loose.

Infant Appropriate Life Jackets

- According to the U.S. Coast Guard's Office of Boating Safety, babies should not travel on a boat - including rowboats, kayaks, motorboats, and sailboats - until they are at the appropriate weight to wear an approved personal flotation device (PFD).

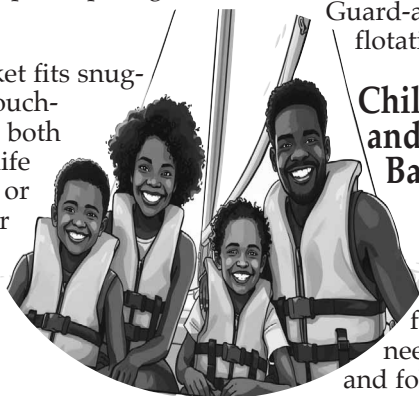
- Hold on to your baby while also wearing your own life jacket. Car seats are not a good option. If the boat were to capsize, the seat would sink instantly.

Keep Little Kids Warm

- Infants and young kids are at a higher risk for hypothermia, so if you are taking a baby on a boat, just take a few extra precautions to keep your baby warm. If your children seem cold or are shivering, wrap them tightly in a dry blanket or towel.

Don't Rely on Swimming Aids

- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).



Childproof Your Boat and Develop Some Basic Rules

- Explain some basic boat rules and have everyone follow them. Children need to understand and follow rules such as keeping their hands and feet inside the boat at all times and not running on a boat.

Learn From the Professionals

- Enroll older kids in a boating safety course. Better yet, enroll with them.
- Get a vessel safety check every year for free from the U.S. Coast Guard Auxiliary or U.S. Power Squadrons. For more information go to www.uscgboating.org and click "get a free safety check."

(Continued)

In 2012, 71 percent of all fatal boating accident victims drowned, and of those who drowned, 85 percent were not wearing a life jacket.

Use Your Best Judgment

- A large portion of boating accidents that occur each year involve alcohol consumption by both boat operators and passengers. To protect your safety and loved ones around you, it is strongly recommended not to drink alcoholic beverages while boating.
- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better. Local hospitals, fire departments, Red Cross, and YMCA's offer CPR training.

- Make sure there's a working carbon monoxide alarm on any motorboat to alert your family to any buildup of toxic fumes from the engine.
- Let your teen operate a boat only in a supervised setting and in adherence to the laws in your area. Laws regarding the operation of a boat or watercraft vary from community to community.

Teach Your Kids the Difference Between Open Water and Pools

- Teach children that swimming in open water is not the same as swimming in a pool: They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.



"In 2012, 71 percent of all fatal boating accident victims drowned, and of those who drowned, 85 percent were not wearing a life jacket."

- Make sure kids swim only in areas designated for swimming.
- Teach children not to dive into oceans, lakes or rivers, because you never know how deep the water is or what might be hidden under the surface.

Actively Supervise Kids In and Around Open Water

- Every child is different, so enroll your child in swimming lessons when you feel he or she is ready. Teach children how to tread water, float and stay by the shore.
- Make sure an adult is present whenever a teen is operating a personal watercraft.

For more information visit safekids.org.

IN THE BEGINNING:

HELP FOR NEW PARENTS



SUPPORT FOR MOMS & DADS

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

Child & Family 849-2300
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
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

(Continued Family Visiting)

toddlers, personalized attention for you and your baby, and tips to support baby development and growth. To learn more or get connected, please call 401-222-5960 or visit health.ri.gov/familyvisiting.

Healthy Families America 276-4300

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

Moms Clubs

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 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

As a parent or caregiver of a baby under the age of one, you can take steps to create a safe sleep environment. When you put your baby "safe to sleep" for every sleep, you reduce the risk of sudden unexpected infant death (SUID). The steps below can help keep your baby safe during sleep and in the sleep environment.

In addition to preventing SUID, most of these steps have extra health benefits for babies and their caregivers.



What You Should Do to Reduce the Risk of SUID

- Always place your baby on his or her back to sleep for naptime and nighttime.
- Use a firm and flat sleep surface covered by a tightly fitted sheet.
- Do not let your baby sleep in a bed, or on a couch or chair alone or with you or anyone else. Although many parents choose to routinely bed share, the American Academy of Pediatrics (AAP) is unable to recommend bed sharing under any circumstances due to the increased risk of SUID, particularly accidental suffocation. Sharing a room and not a bed – keeping baby's sleep area in the same room where you sleep – facilitates feeding, comforting, and responding to baby's needs with less risk of SUID.
- Keep soft objects including crib bumpers, toys, and loose bedding out of your baby's sleep area.
- Get regular healthcare during pregnancy.
- Do not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born. Do not allow smoking around your baby.

- Breastfeed your baby.
- After breastfeeding is firmly established, give your baby a dry pacifier that is not attached to a string for naptime and nighttime.

(Continued next page.)



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)

Peer Support

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

Parent Support Groups

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

Fatherhood Group
psnri.org/fatherhood

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

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 groups 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

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

- Do not let your baby get too hot during sleep.
- Follow healthcare professionals' guidance on your baby's vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of Sudden Unexpected Infant Death (SUID).
- Do not use home heart or breathing monitors to reduce the risk of SUID.
- Give your baby plenty of "tummy time" when he or she is awake and someone is watching. Tummy time helps your baby's head, neck, and shoulder muscles get stronger and helps prevent flat spots on the head.



ALWAYS place your baby on his or her back to sleep to reduce the risk of SUID.

- Spread the word. Tell grandparents, babysitters, child care providers, and other caregivers to always place your baby on his or her back to sleep.
- Consider calling **401-222-5960** to request a free, confidential visit from Family Visiting to ask questions and get help setting up a safe sleep environment.

For the most up to date guidance on safe sleep practices, visit
health.ri.gov/safesleep



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

Parent Support Network of RI 467-6855

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. Statewide program.

Fatherhood Initiative

psnri.org/fatherhood
Meets every Wednesday of the month at 5:30-7:00pm in person at PSN located at 535 Centerville Rd, 2nd floor, in Warwick. Where fathers support fathers.

RI New Mom's Connection

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



RIPIN 270-0101

ripin.org (See ad page 51.)
300 Jefferson Blvd., Suite 300, Warwick. RIPIN helps Rhode Islanders navigate health care, special education, and healthy aging. Our team of peer professionals have personal experience caring for a loved one with special needs—allowing us to connect with our clients and provide the personal support they need to thrive.

Shalom Baby 421-4111 x141

jewishallianceri.org
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.

Women & Infants

womenandinfants.org

•**Parenting Newsletter:** Free weekly e-newsletter for new and expectant parents.

Babysitting Classes

The American Red Cross Babysitter's Training Course 1-800-RED-CROSS

redcross.org
For children 11-15 years old.

Brown Community Health Institute 444-8088

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

Teaches 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.

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 questions.

NEW PARENTS

(Continued W&I)

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.

Breastfeeding Support Group: Thursday's from 11am - 12:30pm (call for more info). Outpatient Lactation visits (schedule with the Warm Line). Open on holidays as well.

CHILD CARE RESOURCES:



CHILD, Inc.
HEAD START
EARLY HEAD START
STATE PRE-K

- ✓ Family Services
- ✓ Health & Mental Health Support
- ✓ Extended day child care

NOW ENROLLING

☎ 401.732-5200
🌐 www.childincri.org

SERVING KENT COUNTY FOR OVER 50 YEARS!

BrightStars 855-398-7605

brightstars.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.

C.H.I.L.D., Inc. 732-5200

160 Draper Avenue, Warwick
childincri.org

Founded in 1977, C.H.I.L.D., Inc. is a nonprofit Early Education Center dedicated to supporting low to moderate income families in Kent County, RI. We offer free* comprehensive child development and family support services, including Head Start and Early Head Start programs, which provide high-quality prenatal care and early education to boost school readiness and family well-being. We also offer the Rhode Island State Pre-K program and are a provider for the Rhode Island Child Care Assistance Program.

**must meet eligibility guidelines
(See ad this page.)*

Child Support Services

ocss.ri.gov

77 Dorrance St., Prov.

Establishes paternity, child and medical support and enforces those orders.

Dr. Day Care
Learning Center

State licensed & nationally accredited with locations across Rhode Island!

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



www.drdaycare.com

Dr. Mary Ann Shallicross Smith, Founder

HEAD START



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



SCAN ME!

Open to pregnant women &
children ages birth - 5

No cost for eligible families

Center-based & home-based
program options

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 for
specific sites
(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.



ChildCare.gov

Great resource on everything
child care!

NANNY AND AU PAIR SERVICES

AuPair Care 1-800-428-7247
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
culturalcare.com

Go AuPair
..... 888-287-2471
goaupair.com

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.



EARLY INTERVENTION

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.

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 Alliance**
.....235-6029
1 Social Street, Woonsocket
- **Easter Seals, RI** 284-1000
320 Phillips St. Unit D # 103,
North Kingstown
- **Family Service of RI** ... 519-2307
134 Thurbers Avenue, Providence
- **Groden Center** 525-2380
610 Manton Avenue, Providence
- **Looking Upwards** 293-5790
2974 East Main Rd., Portsmouth
- **Meeting Street** 533-9104
1000 Eddy Street, Providence

- **Seven Hills Rhode Island**
..... 921-1470
178 Norwood Avenue, Cranston
- **J. Arthur Trudeau Memorial
Center** 823-1731
3445 Post Road, Warwick

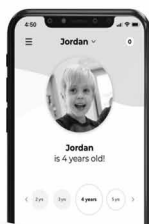
***For more information or
assistance in choosing an
Early Intervention Program,
contact RIPIN
at 401-270-0101.***

**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](http://ride.ri.gov/instructionassessment/early-childhood-education/child-outreach-screening)
or call
RI Dept. of Education at
401-222-4600.**

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.



Download on the
App Store

GET IT ON
Google Play



Track & Share
Milestones

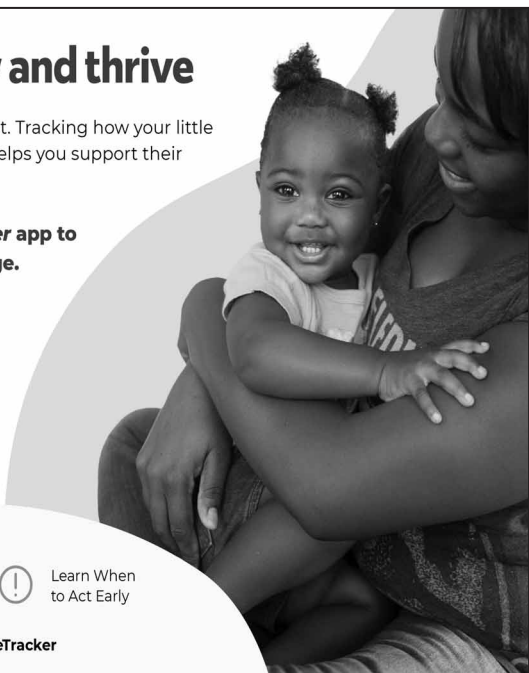


Get Tips &
Activities



Learn When
to Act Early

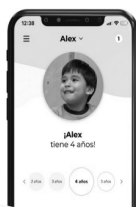
Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)



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.**



Descargar en la
App Store

¡OBTÉNLA EN
Google Play



Siga y comparta
los indicadores
del desarrollo

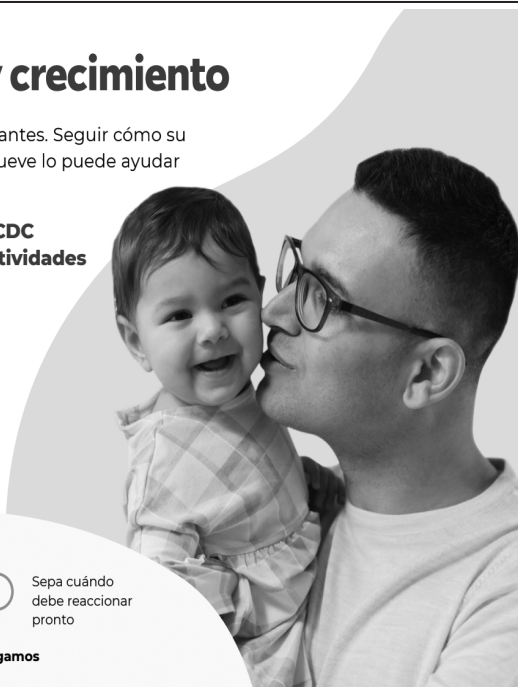


Vea consejos
y actividades



Sepa cuándo
debe reaccionar
pronto

Encuentre más información en www.cdc.gov/Sigamos





THE GRODEN NETWORK



Early Intervention Can Make A World of Difference

Groden Network Early Intervention

Free, voluntary services for infants and toddlers (birth-3) with developmental delays or disabilities, designed to support your child's growth and smooth transition into preschool:

- Home visits
- Playgroups
- Parent education
- Community support

CONTACT US:



401-525-2380 ext. 1246

ei@grodencenter.org



"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 children, from birth to age three, who are showing delays in development, 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.

No Out-of-Pocket Costs for Families of Eligible Children

There are no costs for Rhode Island families if their child meets eligibility criteria. A child may be referred by a parent, birth hospital, pediatrician, child care provider, or other concerned person who would like the child to be evaluated.

To make a referral to the EI team at Seven Hills Rhode Island, call 401.921.1470, today!

178 Norwood Avenue, Cranston • 1 Albion Road, Lincoln



CHILD GROWTH & DEVELOPMENT

(See also Guidance & Support and Education.)

Brown Center for the Study of Children at Risk

..... 274-1122 ext. 48935

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 mis-
sion of the Center is to stimulate
outstanding interdisciplinary
research, education, and clinical
services on the biological and social
factors that determine the develop-
mental outcome of at-risk children.

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

50 Asylum Rd., Warren.
Parents as Teachers is a free pro-
gram, 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 pro-
gram uses a national scientifically
valid and evidence-based early
childhood curriculum. Families are
offered: personal visits, group con-
nections, screenings (developmental,
health, vision and hearing) for early
identification of potential delays and
connections to a variety of resources.
*(See page 99 for more COZ
information).*

Head Start Programs

(See page 100.)

Looking Upwards' Early Intervention Services

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

2974 East Main Road, Portsmouth
lookingupwards.org
For families concerned about their
child's development, Looking
Upwards' Early Intervention serv-
ices 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 thera-
pists, nurses, educators and social
workers. We offer guidance and
coaching, so families can best sup-
port 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 sup-
porting people to live to their fullest
potential.

Meeting Street Early Intervention 533-9104

1000 Eddy Street, Providence
www.meetingstreet.org
Provides comprehensive, compas-
sionate and individualized support
to children (birth to age 3) experi-
encing a developmental delay. No
out-of-pocket costs to participate.

Parenting Matters ... 444-8076

brownhealth.org/centers-services/
parenting-matters
Parenting Matters is Rhode Island's
premier event on raising and work-
ing 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 develop-
ment and behavior professionals in
a casual setting.

Seven Hills Rhode Island 921-1470

1 Albion Rd., Lincoln
178 Norwood Ave., Cranston
Seven Hills Rhode Island (SHRI) is a health and human services agency supporting RI residents with disabilities and other life challenges. **Children's Services** offers Early Intervention for infants to children, aged three, and continues with home- and community-based programs and respite birth through age 21. **Adult Services** include adult day health, residential services, conflict-free case management, Employment First, and ensures individual choice and community integration.
(See ad pages 33 and 43.)

Temas Familiares 444-8076

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

Throughline Learning 484-0054

highlanderinstitute.org
Throughline Learning (formerly 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 101.)



KIDS GETTING OLDER - ADOLESCENTS

(See *Support for Children*, page 41.)

Alateen 781-0044

riafg.org
Support for teens who have friends or family with problems with drugs or alcohol. (Also see *Addictions section*, page 58.)

Boys & Girls Clubs of RI

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

● **Cumberland/Lincoln** 333-4850
www.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.bgcni.org/locations/woonsocket-clubhouse/

Boys Town

www.boystown.org/new-england

● **National Hotline** .. 800-448-3000

Free resource and counseling service that assists children and parents 24/7, year round.

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

(Continued on page 37.)



FEDERAL HILL HOUSE

You Belong Here

Care. Connection. Community. We've Got You Covered.

For more than 138 years, Federal Hill House has been a hub where community members seek support, share their talents, and build positive relationships. Whether your child is in their first years or you're in your golden years, you'll find opportunities and resources that make life easier and families stronger.

Infants, Preschoolers, and Youth

- Childcare from 6 weeks to 12 years
- Vacation & summer camps
- Providence Talks playgroups
- Work experience for teens & young adults

Families

- Access to healthy food & help with essentials
- Tax preparation assistance
- Family support team

Older Adults

- Vibrant senior center
- Exercise classes
- Volunteer opportunities
- Community lunches



SCAN ME

 federalhillhouse.org | ☎ 401-421-4722
9 Courtland Street, Providence

 [federalhillhouse](https://www.facebook.com/federalhillhouse) |  [federalhillhouse](https://www.instagram.com/federalhillhouse)

• **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
childandfamilyri.org
31 John Clarke Road, Middletown



FAMILY SERVICES:

ADOPTION

Adoption Options 415-8204
North Main Street, Providence.
jcsri.org/our-services/
adoption-options/

Adoption R.I. 865-6000
adoptionRI.org
290 West Exchange St., Suite 100,
Providence. (See ad this page.)

Alliance for Children 240-2159
allforchildrenadoption.org
10 Dorrance St., Providence

Children's Friend 276-4300
cfsri.org
153 Summer St., Providence
For more information please contact
Valentina Laprade at 401.276.4352 or
vlaprade@cfsri.org.

Children Need Families, Families Need Support



Are you a family 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



FOSTER CARE:

AGENCIES:

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

Child & Family Treatment Foster Care 781-3669
Youth ages 0-21
1268 Eddy Street, Providence
childandfamilyri.org

Children's Friend 276-4300

cfsri.org
153 Summer St., Providence
(See ad next page.)

Communities for People 273-7103

communities-for-people.org
(See ad next page.)

Community Care Alliance 235-7000

245 Main St., Woonsocket
communitycareri.org

Department of Children Youth and Families 528-3700

Boys and girls, infant-18.
dcyf.ri.gov



Communities for People



Want to change a life?



Become a CFP Foster Parent,
Volunteer, or Mentor a youth
in the foster care system.

Scan or Visit www.c4p.org to learn how.

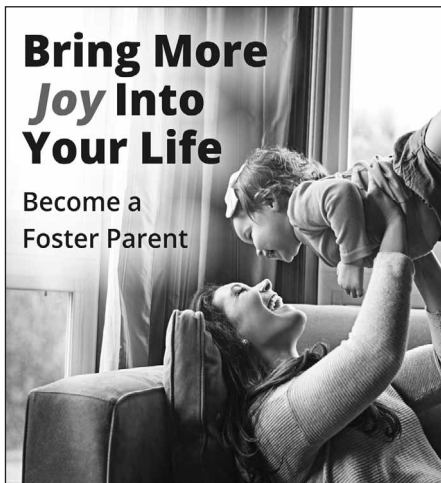
Join us on



@CFPkids

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

Devereux Therapeutic Foster Care of Rhode Island

..... **734-9680**

devereux.org

2346 Post Rd., Suite 103, Warwick
(See ad below.)

Family Service of RI

..... **331-1350**

familyserviceri.org

All ages.

Foster Forward

Helpline **438-3900**

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 Amy-Lynn Boulay at
401-274-6310 x 1259 or via email at
aboulay@grodencenter.org.
(See ad next page.)

North American Family Institute

..... **615-1231**

nafiri.org

Boys and girls, ages 11-17.

Devereux
ADVANCED BEHAVIORAL HEALTH

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 | 401-449-0599

www.devereuxri.org



THE GRODEN NETWORK
Your Autism Experts



Foster Care Creates Brighter Futures

Treatment Foster Care

Safe, nurturing homes for children and youth with developmental or behavioral needs. Foster families receive training, 24/7 support, and professional guidance.

Open your heart—become a foster parent.

CONTACT US: ☎ 401-274-6310 x1239

What is The Greatest 8™

www.TheGreatest8.org / greatest8ri@gmail.com

The Greatest 8™ is a free digital parent resource designed to help parents teach their children 8 core skills associated with lifelong mental wellness. Developed by a team of researchers at the University of Rhode Island, The Greatest 8™ resources include a website, podcasts, blogs, and a text messaging service. Parents can sign up to receive weekly texts with tips and activities to help them build the 8 core skills in their child during everyday interactions.

A collaborative project of the Washington County Coalition for Children, The Greatest 8™ text messaging service is available in both English and Spanish and the website can be translated into over 100 languages.



BEREAVEMENT

Compassionate Friends

tcfprovidence.com

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

Friends Way 921-0980

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 ad below.)

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

..... 274-1122, x44049

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

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

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

(See ad page 68.)



A community bereavement center for children and teens



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



A Trusted Source

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



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.

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

Haven. Healing. Hope.
FRIENDS WAY

www.friendsway.org

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

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

riafig.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.

Big Brothers Big Sisters of Rhode Island 921-2434

bigsbri.org
188 Valley St., Providence
Mentoring program enrolling youth aged 7-14 with positive adult volunteer Mentors. Mentors are 19+ and fully vetted. (See ad this page.)



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

**Community
care
Alliance**

empowering people
to build better lives

401-235-7000



**Big Opportunities
for Youth!**

FRIENDSHIP - ADVENTURE - SUPPORT



NOW ENROLLING

**Girls ages 7-14 in a FREE
mentoring program!**

Your child will
enjoy fun activities
and discover new
adventures with a
caring Mentor!

SCAN HERE for
more info!



**CHADD (Children and
Adults with Attention-
Deficit/Hyperactivity
Disorder** 369-0045

chadd.net/chapter/810
Support and information for the
ADHD community. Contact:
rhode-island@chadd.org

**Community Care Alliance
(CCA)** 235-7000

800 Clinton St., Woonsocket
communitycareri.org

●**Children's Behavioral Health
Services - 235-7410**

800 Clinton Street, Woonsocket
communitycareri.org
Intensive Home and Community
Based, as well as Office Based
Treatment for emotional and behav-
ioral concerns. Intensive clinical
services and family support. Child
Psychiatry also available if needed.

(Continued)

FAMILY SERVICES

(Continued CCA: Children's Behavioral Health Services)

Walk-In Hours: Monday - Friday
8:30 -10:30 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- 401-762-7565**
(See ad previous page and back cover.)

**EBCAP Head Start & Early
Head Start Home Based
Program** 367-2001
ebcap.org



SERVICES THAT GRANT WISHES TO CHILDREN

Children's Wishes ... 921-1300

2346 Post Rd., Suite 102, Warwick
childrens-wishes.org
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
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

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

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

(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 page 29 and more information on page 101.)*

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
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**

wish.org/massri
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.



**"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, aged 21 & under, improve communication, and 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, aged 21 & under, who have special needs.

■ **Respite** provides time apart for families and their children, aged 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 Road, Lincoln, RI 02865

401.921.1470, 178 Norwood Avenue, Cranston, RI 02905

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**



Kids Peace New England 1-800-257-3223

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.

Looking Upwards' Children's Services 293-5790, ext. 300

2974 East Main Road, Portsmouth
lookingupwards.org
Supporting children with diverse needs to develop to their fullest potential is the focus of Looking Upwards' children's program. Services are available for children from birth to young adults.

*(Continued Children's Services
on page 50.)*

Community Action Programs

President Lyndon B. Johnson's landmark Economic Opportunity Act established Community Action Programs nationwide to provide assistance and resources targeting the elimination of poverty through self-sufficiency activities designed to improve the conditions under which people live, learn, and work.

Core funding for the community action agencies (CAA) included Community Services Block Grants (CSBG) but over time, CSBG funds have decreased and most CAAs increased diverse funding through additional program revenue and grants. Most CAAs, even as they have expanded their reach and grown over the last sixty years, have remained true to their anti-poverty mission and serve low-income consumers. CAAs still operate core services such as heating and utility assistance, weatherization, food pantries and Head Start, but many have increased service delivery and access by developing health centers, community mental health clinics, and job training programs.

Unique to CAAs is their governance structure, a tripartite board of directors. Tripartite boards ensure that consumers have voice into agency planning and operations and as such, consist of one third low-income residents/users of services, one third public officials, and one third private sector leaders. There are currently 1,000 Community Action Agencies nationwide supporting every community. For more information about your local RI community action agency and how to access services, please visit the RI Community Action Association (RICAA) website at ricommunityaction.org. (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	tricityyri.org	401-351-2750	North Providence, Johnston, North Smithfield, Burrillville, Gloucester
Tri-Town Community Action – Southern Region	tricityyri.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

YOUR CHILD NEEDS YOU. YOU NEED THE GREATEST 8.



 TEXT GREATEST8 TO 401 297 3020



Get a FREE text message each week to help your child (ages 0-8 years) master **The Greatest 8™** skills for a lifetime of mental wellness. The Greatest 8™ delivers **TIPS AND ACTIVITIES** you can use to nurture your child's healthy emotions and behaviors. Available in English & Spanish. The 8 skills are:



Communication



Coping and Resilience



Understanding Feelings



Problem Solving



Self-perceived Competence



Conflict Resolution



Balancing Emotions



Diversity Awareness and Respect

To learn more, go to
www.TheGreatest8.org



AUTISM

What is autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 31 children and 1 in 45 adults in the United States today.

We know that there is not one type of autism, but many.

Autism looks different for everyone, and each person with autism has a distinct set of strengths and challenges. Some autistic people can speak, while others are nonverbal or minimally verbal and communicate in other ways. Some have intellectual disabilities, while some do not. Some require significant support in their daily lives, while others need less support and, in some cases, live entirely independently.

On average, autism is diagnosed around age 5 in the U.S., with signs appearing by age 2 or 3.



Important Considerations:

- Individualized Support:**
 Because autism is a spectrum, support needs vary. It's essential to provide individualized support based on the specific needs of each person.
- Focus on Strengths:**
 While focusing on areas of challenge, it's also important to acknowledge and nurture the strengths and talents of individuals with ASD.
- Promoting Understanding and Acceptance:**
 Creating a more inclusive society requires understanding, acceptance, and support for individuals with ASD.

Fostering Connections Embracing Neurodiversity Creating Community

The autistic person is at the center of everything we do. We provide support through education, individualized programming, and advocacy.

- ✓ Autism-Informed Professional Development
- ✓ Peer-To-Peer Parent Education and Coaching
- ✓ Social Groups & Summer Camp Across the Lifespan
- ✓ Advocacy & Outreach



THE
AUTISM
PROJECT



BROWN Health
UNIVERSITY

(Continued Autism)

Anybody can be autistic, regardless of sex, age, race or ethnicity.

However, research from the CDC says that boys get diagnosed with autism four times more often than girls. According to the DSM-5-TR, the diagnostic manual for ASD, autism may look different in girls and boys. Girls may have more subtle presentation of symptoms, fewer social and communication challenges, and fewer repetitive behaviors. Their symptoms may go unrecognized by doctors, often leading to underdiagnosis or misdiagnosis. Getting a diagnosis is also harder for autistic adults, who often learn to “mask”, or hide, their autism symptoms.



Autism is a lifelong condition, and an autistic person's needs, strengths and challenges may change over time.

As they transition through life stages, they may need different types of support and accommodations. Early intervention and therapies can make a big difference in a person's skills and outcomes later in life.

*Information provided by Autism Speaks
autismspeaks.org*



**Help
your
child
(and you).**

Behavioral health care for all ages, regardless of insurance status. Locations statewide.

BehavioralHealthClinics.RI.gov



10 Sensory-Friendly Autumn Activities for Kids with Autism

Autumn is here! This incredible season brings a shift in the world that's hard to ignore. The air turns crisp, leaves transform into a palette of red, orange, and gold, and routines settle into the rhythm of school days and shorter evenings. While many children revel in the seasonal fun that comes with fall, children with autism may experience these changes differently. Sensory sensitivities, difficulty with transitions, and unfamiliar social expectations can make fall traditions challenging.

Here are 10 sensory-friendly autumn activities designed especially for kids with autism.



Nature Walks: Exploring the Outdoors at a Comfortable Pace

One of the simplest yet most effective sensory-friendly activities is a nature walk through a quiet park or trail. The rich visuals of falling leaves, the crunch underfoot, and the cool breeze offer a multi-sensory experience that can be calming and grounding. For children who may be sensitive to noise or unexpected stimulation, choosing less crowded times (like weekday mornings) can make the experience more manageable. Allowing the child to collect natural items such as pinecones or acorns also creates opportunities for tactile exploration and imaginative play.

Leaf Rubbing: A Gentle and Creative Indoor Activity

Leaf rubbing is a gentle, creative indoor activity that invites kids to explore texture and pattern in a low-stimulation environment. All that's needed are leaves, paper, and crayons. Children place the leaf under the paper and gently rub over it with the side of a crayon to reveal the design. This can be a soothing and focused art project that helps build fine motor skills while also reinforcing nature vocabulary and observation skills.

Sensory Bins with Autumn Themes

Sensory bins with autumn themes are another engaging option. These can be filled with dried corn, uncooked rice dyed in fall colors, cinnamon sticks, mini pumpkins, felt leaves, or acorns.

THE GRODEN NETWORK
Risk-Averse Experts

Autism Services Can Help Families Thrive

Groden Network Autism Services:
 • Individualized support and coaching
 • Therapeutic interventions for children and families
 • Supportive community building and advocacy
 • **Specialties:**
 • Academic support
 • Emotional support
 • Sensory integration
 • Communication strategies

Let us help you achieve your goals.

CONTACT US: 800-888-8888 | info@grodennetwork.com

Children can scoop, sort, and explore the items at their own pace. The tactile feedback from these materials can be very regulating for sensory seekers, and for kids who are sensory avoidant, the activity can be tailored with gloves or tools to help them feel comfortable.

Adding scent in subtle ways (like a drop of apple or pumpkin spice essential oil) can gently introduce olfactory input, but should always be tested cautiously based on a child's specific sensitivities.

Baking: A Multisensory Learning Experience

Baking is a wonderful multisensory experience! Making a simple fall recipe (like pumpkin muffins or apple crisp) can become a rich learning opportunity. Measuring, stirring, and pouring all support executive function and fine motor development, while the smells and tastes of fall offer natural sensory exploration. For children with food aversions or sensitivities, baking can be used purely as a process activity with no pressure to eat the final product.

Creating a visual recipe chart can help children with autism follow along step by step, which will reduce anxiety and increase independence.

Pumpkin Decorating: A Sensory-Friendly Alternative

Pumpkin decorating is another favorite fall tradition that can easily be adapted for sensory preferences. Instead of traditional pumpkin carving, which involves slippery textures and the potential discomfort of handling pumpkin guts, consider painting, using stickers, or attaching craft materials like googly eyes and pipe cleaners. These alternatives can be much more enjoyable for children who are sensitive to messy or strong-smelling activities. Providing tools like paint brushes or foam dabbers can also offer more control over the sensory experience.



Reading Autumn-Themed Books to Build Seasonal Awareness

Reading autumn-themed books is an excellent way to build seasonal awareness while supporting language development. Books with predictable text, engaging visuals, or sensory elements (like touch-and-feel books) can be particularly effective for kids with autism. After reading, children can draw their favorite part of the story or act out scenes with toys. This helps with comprehension and imaginative play.

Creating a Fall-Themed Calm-Down Corner

Creating a fall-themed calm-down corner is a valuable strategy during a stimulating season. This space can include soft blankets, fall-scented diffusers (if appropriate), noise-canceling headphones, fidget toys, and calming visuals like pictures of autumn landscapes. This designated area gives the child a safe retreat when they feel overwhelmed. Including autumn-themed visuals (like falling leaves) reinforces seasonal concepts while providing comfort.

Fall Obstacle Courses That Combine Movement and Sensory Regulation

For children who enjoy structured tasks and movement, a fall obstacle course can be a fun way to combine physical play with sensory regulation. Whether it's indoors or outdoors, the course can include activities like stepping over pumpkins, crawling under leaf garlands, or jumping onto pictures of autumn objects. Each section of the course can be adapted for the child's sensory preferences and physical ability. Clear visual instructions or cue cards can also make it more accessible!

*(Continued Sensory-Friendly
Activities.)*

*(Continued Children's Services
from page 43.)*

Arts and Crafts Using Natural Materials

Arts and crafts using natural materials are another gentle yet engaging way to connect with the season. Children can make collages using leaves, twigs, or seeds, or decorate paper trees with fingerprint leaves in fall colors. These kinds of projects offer opportunities for creativity, texture exploration, and color identification, all within a relaxed and familiar setting. For kids who may resist messy activities, providing tools like brushes or gloves can help reduce sensory discomfort.

Attending Sensory-Friendly Fall Events

Finally, attending sensory-friendly fall events (if available in your community) can be a safe way for children with autism to enjoy the social aspects of the season. Some farms, libraries, and community centers offer autism-friendly times for pumpkin patches, hayrides, or trick-or-treat events. These are typically quieter, shorter, and less visually intense, with staff trained in autism awareness. Preparing your child with a social story ahead of time can help them know what to expect/reduce anxiety.

To Wrap It All Up

Autumn has so much to offer children. For kids with autism, the key is thoughtful adaptation. By choosing sensory-friendly activities that match a child's interests and comfort level, families can create positive, inclusive experiences that support learning, communication, and joy. Whether it's exploring falling leaves, baking pumpkin treats, or cuddling up with a seasonal story, the goal is to help children feel connected to the world around them in a way that is meaningful and manageable. With a little creativity and planning, fall can truly be a season of connection, growth, and sensory delight for every child.●

*-Matt Rokowsky, CEO
at Above and Beyond Therapy*

Run Away Services

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

1800runaway.org

Crisis line for runaways or parents of runaways.

SibLink

..... **444-8945**

A program that provides support for siblings of children with chronic illnesses or disabilities.

Women & Infants Hospital

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

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

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

Youth Pride RI **421-5626**

youthprideri.org

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



PeaceLove Studios ... **475-9778**

peacelove.org

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

FOR FAMILIES

AIDS Project RI 831-5522
aidsprojectri.org
55 Hope St., Prov. This community-based organization helps local individuals and families cope with AIDS. By appointment.

Blackstone Valley Prevention Coalition 859-2500
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.

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

childandfamilyri.org
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.)



PEER SUPPORT ACROSS

- ✓ Health Care
- ✓ Special Education
- ✓ Healthy Aging



Peer professionals helping Rhode Islanders of all abilities, ages, and backgrounds get the support they need to thrive. Contact us today!

ripin.org info@ripin.org 401.270.0101

PERSONAL SUPPORT BUILT ON PERSONAL EXPERIENCE

Children's Friend 276-4300
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 58.)

Project Family: 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.



Child & Family
Caring for our Rhode Island Community since 1950

Family Care Community Partnership

FCCP is a free program supporting East Bay families* who may be struggling with a variety of needs.

Scan the QR code or call 401-541-2765 to learn more about the program and see if we can help you.

*Families with children under 18






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.

Clinical Services for Youth (CSY) 246-1195

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

c4p.org 273-7103

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

comcap.org

Comprehensive Community Action Inc (CCAP), a private nonprofit 501 (c) (3) social service agency, was established in 1965 as part of the 'War on Poverty'. Our mission is 'to empower all people and communities challenged by poverty as well as social and cultural barriers, through advocacy, education, and access to high quality health and human services.'

CCAP provides a diverse array of services including federally qualified integrated health centers (primary care, oral health, behavioral health and substance use treatment), WIC; maternal-child home visiting; Head Start, pre-kindergarten, child-care; workforce development to youth/adults; residential services for young parents; child welfare and substance abuse prevention; case management; social services - low income heating / weatherization, food bank, furniture exchange, financial literacy and emergency assistance to low income individuals.

CCAP served over 44,000 individuals last year. While some services are available to all RI residents, select target areas include Cranston, Coventry, Foster, Scituate and Warwick. For more information on any of our services, please call the main number at (401) 467-9610.

(See page 44 for other Community Action Programs.)

Crossroads RI 521-2255

crossroadsri.org

160 Broad St., Providence. Provides housing and services to individuals and families homeless in R.I.

Department of Human Services (DHS) 1-855-MY-RIDHS

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 to wrap around families including; Family Care Community Partnership, foster care, residential youth care, early intervention, first connections, children's mobile crisis services, school-based programs, homeless diversion, family strengthening programs, victims services, mental health and behavioral health care, and more.

FSRI leads 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. *(See ad this page.)*



FSRI
Family Service
OF RHODE ISLAND

healthy families • strong communities

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

401-331-1350 • Providence, RI

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

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 Network 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. *(See ads pages 33, 39, and 48.)*

International House of R.I. 421-7181

ihouserri.org
8 Stimson Ave., Prov. Helps temporary international residents of R.I.

Jewish Collaborative Services (JCS) 331-1244

1165 North Main Street, Providence
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. *(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.

Meals on Wheels 351-6700

70 Bath St., Prov.
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
cnic.navy.mil/newport/index.htm
Parenting classes and various family workshops available to all Rhode Island military families including National Guard and Reserve.

The Parent Support Network of RI 467-6855

535 Centerville Rd., Ste 202, Warwick
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. *(See ad page 25.)*

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

Helpline 307-1802

pflagprovidence.org
Support group for parents, families and friends of gays and lesbians, to share support and understanding about homosexuality. Virtual meetings 7:00-8:30pm 1st Monday of the month.

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

brownhealth.org/events
For parents and families of children with emotional, behavioral, psychiatric, or developmental challenges. Meets monthly, 2nd Thursday, 6:30-8:30pm 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.

●**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.

The Providence Center
..... 276-4020

530 North Main St., Providence
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
comcap.org/services/food-housing/
#donation-exchange
225 Dupont Drive, Prov.
Provides new and gently used furniture at substantially reduced costs.

R.I. Community Food Bank
..... 942-6325

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
vets.ri.gov
560 Jefferson Boulevard, Suite 206, Warwick. The Rhode Island Office of Veterans Affairs serves the Ocean State's 61,078 Veterans and their families. We execute our mission through (1) the RI Veterans Home, (2) the RI Veterans Memorial Cemetery, and (3) the RI Veterans Resource Center. The new RI Veterans Home is a state-of-the-art facility that allows our resident-veterans an opportunity to live independently while providing them with access to the skilled nursing care they need. The RI Veterans Memorial Cemetery provides a dignified resting place for our Veterans and their eligible spouses or dependents. It also has several monuments and memorials dedicated to the various war eras, military branches, and

veterans groups. The RI Veterans Resource Centers serves as the coordination center for RIServes, a network of service providers serving the veteran community. It serves as a "no wrong door" entry point for veterans, service members and their families to access the services and benefits they've earned.

RIPIN 270-0101
ripin.org

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

rmhprovidence.org
45 Gay St., Providence
Provides a place for families to call home while their sick child receives treatment in a hospital, enabling them to stay close at no cost. Families are never turned away due to their inability to pay. The House provides all the comforts of home, plus the 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.





**Tri-County
Community Action Agency**

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



To learn more, visit
tricity.org
or call:
(401)
351-2750

**Samaritans of Rhode Island
Crisis Hotline/Listening Line**
..... 272-4044
..... 1-800-365-4044

(See ad page 68.)

samaritansri.org

Established in 1977, trained volunteers are here to listen. Free and confidential.

(Continued Samaritans)

The Samaritans Safe Place – Rhode Island's oldest and continuously operating grief support group exclusively for adults who have lost a loved one to suicide. The program is free. Meets every Tuesday evening (except holidays and snow days) from 6:30 pm. to 8:00 pm. at the First Unitarian Church Community Center, 1 Benevolent Street, Providence RI.

STEP Groups 874-5956
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 group.



**Join the IMPACT
SQUAD**
— where every
connection counts
and every day
changes the game."

West Bay RI

#FINDYOURPURPOSE
#LIVE YOUR PASSION

www.westbayri.org

HIRING
401-738-9300



f i n

Tides Family Services

(See our ad.) 822-1360

tidesfs.org

Our community-based programs service youth, aged 6-21, 24 hours a day, 7 days a week, and 365 days a year. Our programs include strength-based counseling, structured recreation, cognitive behavioral therapy, after-school programming, and two small, licensed schools.

J. Arthur Trudeau Memorial Center

..... 739-2700

3445 Post Road, Warwick

trudeaucenter.org

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

Tri-County Community Action

..... 351-2750

tricontyuri.org (See ad prev. page.)

West Bay Community Action (WBCAP)

..... 732-4660

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.

West Bay, RI 738-9300

158 Knight St., Warwick

westbayri.org

Our mission is to provide innovative, person-centered supports to



TIDES FAMILY SERVICES

WE NEVER GIVE UP ON A KID... NEVER!



Serving over 1,700 youth & families in Rhode Island



Strengthening youth and families through high quality educational and community-based services



Support for youth ages 6-21 who are facing a mental health challenge causing stress that affects the ability to function in daily life.

Mobile Response & Stabilization

Services Available 24/7

401-615-9374



401-822-1360



Tidesfs.org



@Tidesfamilyservices

people with intellectual and developmental disabilities in ways that promote community inclusion, personal power, self-expression, and life fulfillment.

Our organization is built upon teamwork, respect and integrity. We support the creative energy of our employees and encourage the development and sharing of innovative ideas. We offer a wide array of supports to people with intellectual and developmental disabilities including: Customized and Self Employment, Day Supports, Residential Services, Supported Living, Shared Living (SLA) and School Transition to Work Services for Youth throughout Rhode Island. (See ad previous page.)



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
- 8 locations across Rhode Island
- Mobile Medical Unit delivering services to underserved populations
- Access to care within 24 hours – 7 days a week
- New, fully integrated health care facility!



**Call 401-490-0716 for a
confidential conversation.**

www.codacinc.org

ADDICTION

Addiction Resources:

**Anchor Recovery
Community Center**
..... 889-5770 or 721-5100
anchorrecovery.org

Butler Hospital
..... 1-844-401-0111

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
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



(Continued Addiction Resources)

CODAC

Cranston 461-5056
Providence 942-1450
Newport 846-4150
South County 789-0934
East Bay 434-4999
Pawtucket 808-6693
Health Lane-Thrive
 384-7300

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

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 previous page.)*

Community Care Alliance (CCA) 235-7000

800 Clinton Street, Woonsocket

(See ad page 41.)

***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 - 10:30am 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 401-488-4426
***FCCP** - Free Family preservation program *(see ad back cover)* Transitional and Integrated Health Services 401-235-7121
 For more information visit communitycareri.org

Partnership to End Addiction
 1-855-DRUGFREE

drugfree.org

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

The Providence Center
 276-4020
providencecenter.org

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

Overdose in RI

Every city and town in Rhode Island has lost a community member to drug overdose, with drugs taking nearly 300 lives every day in the US.¹ Many of these deaths have happened in private settings like a home.²

Overdoses are caused by prescription medications and illicit drugs. Illicit fentanyl, a strong opioid, is often mixed into drugs like heroin, cocaine, crack cocaine, and methamphetamine and made into pills that are made to resemble other prescription opioids. Drugs mixed with fentanyl are extremely dangerous, and many people may be unaware that their drugs contain it.

Signs of an Overdose

If someone you know uses substances, it's important to know the signs of an overdose and how to respond. Recognizing the signs of opioid overdose can save a life.

Here are some things to look for:

- **Breathing slowly**
 - Very slow, shallow breaths, gurgling sounds, or stopped breathing.
- **Can't be woken up**
 - May not be responsive when trying to wake them up.
- **Changes to skin tone**
 - Skin tone can turn grayish or ashen to bluish-purple.

Responding to an Overdose

It may be hard to tell whether a person is experiencing an overdose. If you aren't sure, treat it like an overdose—you could save a life.

What is polysubstance use?

- *Polysubstance use includes when two or more drugs are taken together or within a short time period, either intentionally or unintentionally. The dangers of polysubstance use also apply to prescription drugs.*
- *People who take prescription medicines like benzodiazepines (anti-anxiety drugs like Ativan® or Xanax®) in combination with prescription opioids, are at a greater risk of accidental overdose.*
- *Consuming alcohol and sedating medicines at the same time slows down breathing, and if taken together with opioids, increases the chances of an accidental overdose.*
- *Always let your doctor or healthcare professional know what drugs you are taking to prevent any adverse reactions with newly prescribed medications. Never take pills that did not come from a pharmacy and weren't prescribed to you.*

1. Call 9-1-1
2. Administer the overdose reversal medication naloxone.
Naloxone is a safe and easy-to-use medicine that can stop an opioid overdose -- like an overdose caused by fentanyl or heroin -- and restore a person's breathing.
3. If the person is breathing again but is still sedated, they don't need more naloxone. If the person is not breathing, start CPR as directed by 9-1-1
4. Lay the person on their side supported by a bent knee to prevent choking.
5. Stay with the person until emergency assistance arrives.

The Rhode Island Good Samaritan Law

provides certain legal protections when you call 9-1-1 for someone who is overdosing, whether you have drugs on you or not.

Free Naloxone Training



Anyone can carry naloxone, give it to someone experiencing an overdose, and potentially save a life. In Rhode Island, you can get naloxone from a local pharmacy, a community-based organization, or over the counter from a retailer. When you buy naloxone at a pharmacy, the pharmacist can show you how to use it. Visit PreventOverdoseRI.org/Get-Naloxone to learn more and request free naloxone.

PREVENT OVERDOSE RI 

Need Safe Rx & Cannabis Storage?

It's in the bag!

Get yours **FREE** at riprevention.org/campaigns



“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

facebook.com/SocialHostRI

Connect with Treatment and Recovery Supports

Visit PreventOverdoseRI.org for local resources for recovery support, treatment, and more. You can also connect with these free, confidential, 24/7 behavioral health services:

- **988 Lifeline:** Call or text 988 or chat with 988 at 988lifeline.org to connect with a trained crisis counselor. Hablamos español
- **BH Link Walk-In Triage Center:** Call or text 988 or chat at 988lifeline.org/chat to reach the BH Link Walk-In Triage Center, or visit the community-based facility at 975 Waterman Ave., East Providence, Rhode Island. Hablamos español
- **The Buprenorphine Hotline:** Call 401-606-5456, to access telehealth services and learn more about medications for opioid use disorder. Hablamos español

¹ Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database, released in 2023.

² Rhode Island Department of Health, State Unintentional Drug Overdose Reporting System; 2024

FOR SENIORS

AARP of RI

..... **1-888-OUR-AARP**
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., Ste 306, Prov.
alz.org
(See ad page 64.)

**Catholic Social Services of
Rhode Island, Diocese of
Providence** **278-2505**
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 paid, quit tobacco use, and provide support to caregivers.

**Jewish Collaborative Services
(JCS)** **331-1244**

1165 North Main Street, Providence
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**

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 66).

Providence Village RI

..... **228-8683**

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

**RI Office of Healthy Aging
(Previously RI Department of
Division of Elderly Affairs)**

..... **462-3000**

oha.ri.gov
25 Howard Ave, Bldg 57, Cranston
At OHA, we believe the best way to promote healthy aging and support people is to meet them where they are. OHA's Aging and Disability



Resource Network (ADRN) serves as the 'no wrong door' for older and disabled adults, as well as family caregivers, coordinating the delivery of our services and facilitating people's access to information and assistance. The ADRN, comprised of 22 partners, is divided into six geographic regions to ensure elders, adults with disabilities, and their caregivers are connected to help in their 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!"

Caring for your family from our home to yours.

SAINT ELIZABETH COMMUNITY

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

Compassionate care in a beautiful setting
East Greenwich: 884-9099
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, ensuring they receive the right care in the right place at the right time.

stelizabethcommunity.org

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



When Elders Need Help, the Haven is There



Elder Abuse comes in many forms, from physical injury to the more frequent financial harm usually caused by someone known to the victim.

Often elders may not know where to turn or how to get help when they're in trouble. Or they may be afraid of the consequences of reporting their caregiver, the person they rely on for assistance.

Fortunately, in Rhode Island, there is a resource to support and protect this vulnerable population, the Saint Elizabeth Haven for Elder Justice.

The program's activities are diverse and usually occur behind the scenes to protect the individuals involved. During the past year, for example, the Haven and its partners played a critical role in assisting the Warwick Police Department in apprehending suspects in a "grandchild in distress" scam, preventing the victimization of an elder couple.

"... or they may be afraid of the consequences of reporting their caregiver, the person they rely on for assistance."

The Haven's primary focus is to connect elder victims with the resources they need to resolve their crisis. When necessary, the program will provide them with temporary shelter at a local eldercare facility so they have a safe place to stay.

In the meantime, an Elder Justice Advocate develops a safety plan and identifies support for both their immediate and long-term needs. The Advocate also connects the elder with legal assistance and, ultimately, helps plan their safe transition back into the community.

In 2023, the Haven provided services to 56 new clients, with 20 of those given access to shelter.

The Haven for Elder Justice is a program of Saint Elizabeth Community and part of the Rhode Island Coalition for Elder Justice (RICEJ) a collaboration of more than thirty community-based organizations committed to protecting and serving our elder neighbors.

Partners include members of the majority of the state's relevant state elder protection programs, law enforcement agencies, elder case management agencies, domestic violence centers, housing, LGBT

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

services, nursing professionals, legal officers, community policing and others.

Moving forward, the RICEJ will institutionalize its efforts with a particular emphasis on traditionally underserved populations including individuals with disabilities, individuals who are deaf or hard of hearing, persons with limited English proficiency and members of the LGBT community. ●

For more information, please visit stelizabethcommunity.org/haven or rielderjustice.org.

RI law requires those who suspect a Rhode Island resident is a victim of any form of elder abuse to report to the RI Office of Healthy Aging (OHA) Adult Protective Services Unit online at oha.ri.gov or by calling OHA at 401- 462-0555. Reports can be made 24 hours a day, 365 days a year. All calls are confidential.



The Rhode Island Office of Veterans Services

..... 921-2119

vets.ri.gov
riserves.org
 560 Jefferson Boulevard, Suite 206,
 Warwick. (More info. on page 78.)

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

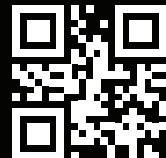


OCEAN STATE CENTER FOR INDEPENDENT LIVING

Whether you're living with a disability or looking to age in place, we provide personalized services and resources to help you live life on your terms.

Home Modifications	Assistive Technology
Equipment Loan	Deaf Services
Peer Support	Nursing Home Transition
Youth Services	and more!

Live independently, live fully.



☎ 401-738-1013 📠 401-244-7792

866-857-1161 (toll-free) ✉ info@oscil.org 💻 oscil.org

Road Scholar 800-454-5768

roadscholar.org

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

Senior/Adult Centers in RI

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" on page 62 and ad below.)

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 line helps caregivers find the resources they need 24/7. Dial 2-1-1 and let our call specialists help you.



UNITED WAY
Rhode Island

2.1.1

Get Connected. Get Help.™



* **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.



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 trained volunteers are standing by to answer your tech questions and to help you 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.



HELP DEALING WITH VIOLENCE

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

Child & Family 849-2300

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.

**FEELING
LOST?**

We Don't Judge. We Listen.

**PLEASE
SHARE**

**THE
Samaritans
OF RHODE ISLAND**
Suicide Prevention Resource Center

401.272.4044 samaritansri.org

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

comcap.org

Numerous programs and services including VOCA and counseling.

Day One 421-4100

dayoneri.org

100 Medway St., Providence

For more than 52 years, Day One offers hope and healing to victims, survivors, and their families through compassionate and trauma-informed direct services 24/7. The agency's mission is to reduce the prevalence of sexual and interpersonal violence and to support and advocate for those affected by it. Working across the lifespan, Day One also provides clinical treatment, a national best-practice response to children impacted by sexual abuse and child exploitation, as well as community and prevention services throughout RI. As the designated State Sexual Assault Coalition and the RI Children's Network (State Chapter of Children's Advocacy Centers), Day One works in collaboration with community partners to advance public policy, legislative and systemic changes to improve RI's response to cases of sexual and interpersonal violence.

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

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
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 member agencies on this page.)

Samaritans of Rhode Island
Crisis Hotline/Listening Line
..... 272-4044
..... 1-800-365-4044

samaritansri.org
Established in 1977, trained volunteers are here to listen. Free and confidential. The Samaritans Safe Place – Rhode Island's oldest and continuously operating grief support group exclusively for adults who have lost a loved one to suicide. The program is free. Meets every Tuesday evening (except holidays and snow days)



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

RI Student Assistance Services 732-8680

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.

from 6:30 pm. to 8:00 pm. at the First Unitarian Church Community Center, 1 Benevolent Street, Providence. *(See ad previous page.)*

Sisters Overcoming Abusive Relationships (SOAR)
..... 467-9940

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



Teaching Kids About Consent and Body Boundaries

Talking to your kids about consent can be uncomfortable or overwhelming, but it doesn't have to be!

Kids who understand the importance of consent:

- Feel empowered to make decisions about their bodies
- Feel comfortable talking to trusted adults about these topics and asking questions when they have them
- Know the importance of setting and respecting boundaries

Here are some tips to help you start these conversations with the kiddos in your life!

Build vocabulary and body awareness

Teach them that their body is theirs and that they get to choose what happens to it.

- Set specific boundaries like, "We do not let people see our private parts or touch them."

Use anatomically correct language like vulva, penis, and vagina.

- Having this language helps kids explain if something is wrong, if they have a question, or if they have been harmed in any way.

Discuss what is appropriate behavior in different spaces (private space, shared space, at home, at school, etc.)

Encourage them to ask permission before touching others, even in play, using phrases like, "Can I hug you?" and "Want to hold hands?"



Teach them that it's okay to say no and okay to leave situations that make them uncomfortable

Teach them how to say no respectfully and to walk away and find you (or a trusted adult) if their requests are not listened to.

Role play and provide examples

A great way to make these concepts more tangible for kids is to role play different scenarios or read books together!

We recommend:

1. *Can I Give You a Squish?* by Emily Neilson (2-4)
2. *Don't Touch My Hair!* by Sharee Miller (2-6)
3. *Hug?* by Charlene Chua (3-7)
4. *My Body! What I Say Goes!* by Jayneen Sanders (3-6)
5. *Hattie Hates Hugs* by Sarah Hovorka (3-7)
6. *Don't Hug Doug* by Carrie Finison (3-6)
7. *Rissy No Kissies* by Katet Hawes (4-7)
8. *onsent for Kids* by Rachel Brian (5-9)
9. *Sex is a Funny Word* by Cory Silverberg (8-10)
10. *Screen Time: Stay Grounded, Set Boundaries, and Stay Safe Online* by Rachel Brian (6-10)

(Continued Consent)

Model consent and respecting boundaries

Examples: Asking your child for privacy when you're using the restroom, asking for space when you need space, and asking them not to pull on parts of your body that hurt.

Respect their consent

If your child doesn't want to give their grandma a hug then respect that choice. If you're tickling them and they ask you to stop—listen. Ask your child before touching them, “Can I give you a kiss?”

Keep lines of communication open and encourage questions

Consent education is not a one time conversation, it should be a concept you discuss consistently throughout childhood.

A great resource for older kids is the *Right to Know* app! (*Look to the left!*) This app was designed to be a convenient and private way for adolescents and young adults in our state to access medically accurate, honest, and stigma-free sexual and reproductive health information and resources.

*Looking for further guidance?
Contact Sojourner House at
401-861-6191 or visit
www.sojournerri.org.*

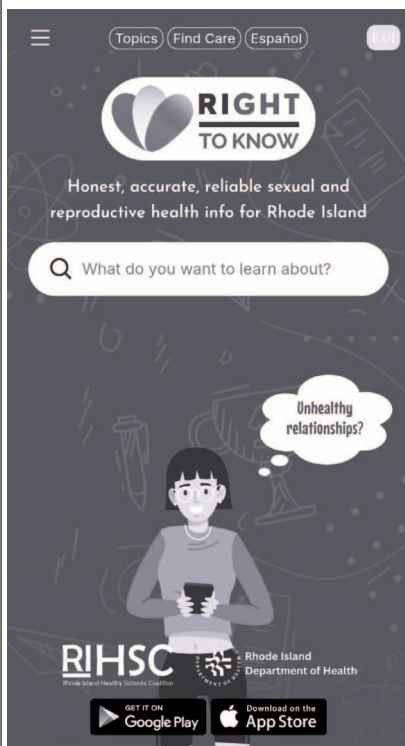
National Suicide Prevention Lifeline

... Speed Dial 988

This lifeline will connect you to local services.



Sexual and reproductive health information that Rhode Island's teens, young adults, parents, and educators can trust.



righttoknowapp.com



Suicide Prevention

Suicide Prevention Training and Resources are available for anyone statewide. Specialized trainings and resources are available for specific populations such as teachers, parents, and veterans, service members, and their families.

For more information on training and resources, please visit **PreventSuicideRI.org** or contact Kelsea Tucker at **Kelsea.tucker@health.ri.gov**



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 enter your information to subscribe



For more information, contact **RIDOH.SuicidePrevention@health.ri.gov**

Sojourner House 861-6191
 24/7 Helpline 765-3232

Drop-InCenter:
 1570 Westminster St., Providence
 sojournerri.org.
 Sojourner House is a comprehensive victim services agency dedicated to supporting and empowering survivors of domestic, sexual violence, and human trafficking. Sojourner House clients have access to emergency shelter, transitional and permanent supportive housing, clinical therapy, basic necessities, intensive case management, immigration advocacy, support groups, sexual health advocacy, and more.

In addition to the support the group provides to their adult clients, they have a variety of services specifically for youth who have witnessed or experienced abuse. Reaching beyond the reactive, Sojourner House is also focused on violence prevention education and facilitates workshops in both school and professional settings across Rhode Island. Open Monday to Friday 9-5pm. Sojourner House offers services in both English and Spanish. (*See ad page 74.*)

Victims of Crime Helpline
24 Hours 1-800-494-8100
 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
ricadv.org.
 Click "*We're here to help*"
 on the right side of the screen.

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

RI Coalition Against Domestic Violence

..... 467-9940
Hotline 1-800-494-8100
 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

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

●Domestic Violence Resource Center of South County 782-3990

dvrsc.org
 Charlestown, Exeter, Hopkinton, Narragansett, New Shoreham/Block Island, North Kingstown, Richmond, South Kingstown, and Westerly

●Elizabeth Buffum Chace Center 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

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

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

crossroadsri.org

**Affiliate member agency*



Sojourner House

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

☎ 401.861.6191

✉ info@sojournerri.org

🌐 www.sojournerri.org

📍 1570 Westminister St., Providence, RI 02909

*Advocating for healthy relationships
and supporting survivors of abuse*

Violence and Injury Prevention 222-5960

health.ri.gov/violence

Resource of violence and injury prevention programs.

Need to talk about the stress of being a caregiver?

Call a friend at The Samaritans.

**The Samaritans of Rhode Island
Hotline/Listening Line:**

401-272-4044

or toll free **1-800-365-4044**

All calls are free and confidential.

Learn more at
www.samaritansri.org

MORE RESOURCES & SUPPORT

(ADHD) CHADD
..... 369-0045

chadd.net/810

Meets first Wednesday of the month, 7-9pm. Email rhode-island@chadd.org for a zoom link to the meeting. CHADD promotes and provides education and support for ADHD in adults and children.

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

**Arthritis Foundation, New England
Region, Inc. 800-283-7800**

2348 Post Road, Suite 104, Warwick

arthritis.org/rhode-island/

Your local Arthritis Foundation chapter offers information, programs and services to assist you.

Asperger/Autism Network

..... 617-393-3824

aane.org

Support group for parents of adults or older children with Asperger's.

All meetings via Zoom. Pre-registration required.



New England Missing Children

4101 Post Rd., N. Kingstown ★ 401-365-3438

www.newenglandmissingchildren.org

Our team of highly skilled private investigators, agents, and others from Rhode Island to Maine, volunteer our time and share our resources to **help locate missing children, teens, and adults** in the New England area.

WE WELCOME VOLUNTEERS and your donations go a long way in helping us with our mission. Please support us so we may help bring missing family members home. **VISIT OUR WEBSITE FOR MORE INFO AND FUNDRAISING EVENTS.**

★ We are a registered non-profit 501(c)(3) ★

**(Asthma) Community Education
and CVS/pharmacy Draw a Breath
Programs 444-8340**

The CVS Pharmacy Draw A Breath Program at Hasbro Children's Hospital is designed to help children with asthma improve the management of their condition. Visit brownhealth.org/centers-services/community-asthma-programs/asthma-camp

**(Autism) Community Autism
Resources 508-379-0371**
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

**Blindness) DHS Services for
Children Who Are Blind or
Visually Impaired 462-7908**
40 Fountain Street, Providence
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
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
nfbri.org

Brain Injury Assoc. of RI .. 228-3319
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**

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 8:30-5:00. diabetes.org.

Decoding Dyslexia
DDRI.org
Decoding.RI@gmail.com
Grassroots parents support movement
driven by RI families concerned about
limitations and educational interventions
surrounding dyslexia and comorbid dis-
abilities. Free support, guidance and
empowerment.

**Down Syndrome Society of RI
..... 463-5751**
100 Washington St., Unit #325,
West Warwick
dssri.org

**Epilepsy Foundation of
Massachusetts and Rhode Island
..... 617-506-6041**
epilepsynewengland.org
Offering Help For Today, HOPE for
Tomorrow. Ask about our family serv-
ices for those living with epilepsy.

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

Political Advocacy – You Can Make a Difference

Have you ever considered how you can bring about change? Or have you talked with your family about any issues that you wish could be addressed?

Anyone can become involved if they have a civic need.

You can be an advocate for change, at both the state and federal level, to address legislative concerns.

Start by finding out who your state and federal representatives and senators are in your district. It's as easy as going to the Rhode Island **Secretary of State website (sos.ri.gov)** and typing in your address.

Each and every voice counts, especially yours. Here are some simple steps you can take:

- Reach out to your local state or federal legislator and ask to meet with them.
- Let them know you have an idea for legislation.
- Explain that you would like to create a piece of legislation and gain support to have a bill passed that will help many people in a particular way.

I have been a legislator for the past seven years, RI State Representative District 56 (Lincoln and Pawtucket). Like other state representatives, I am available to help my constituents. Recently, I assisted in passing a law that helped many families and small businesses. It all started with a hairdresser who called me and shared her story and how she wanted to support children and adults with special needs.

I asked her to explain her idea, and she said that she realized that when some children and adults with special needs visit a hair salon for a haircut or styling, the noise, the number of people, and the environment can be overwhelming for them.

Upon researching Rhode Island law, she discovered that it was against the current statute to enter someone's home and perform salon services. She did more research and also looked into how other states handle situations. Next, she submitted a bill through me that would allow stylists to enter the homes of people with special needs' to provide hair salon services.

She saw the need and had a desire to make a change. She reached out to her representative and senator for assistance. Taking the time to advocate through social media, television, recruiting like-minded supporters, testifying at the State House, and meeting with her State Representative all made a difference.

The hair salon bill passed the first year it was introduced.

A RI small business owner recognized a need and took action to address an important issue.

Yes, you can do it too! Team up with your local Representative and Senator and make it happen. ●



Representative Mary Ann Shallcross Smith District 46 (Lincoln and Pawtucket). Mary Ann Shallcross Smith, Ed.D. is a Rhode Island State Representative in District 46 (Lincoln & Pawtucket) and the Founder of Dr. Day Care Learning Center, Kids Klub, Therapeutic Child Care Services, and Child Care Consultants & Facilities Management. Mary Ann frequently goes by the nickname "Dr. Day Care" and you can contact her any time - connect with her on social media by visiting <https://linktr.ee/maryannshallcrosssmith>

Federation for Children With Special Needs, Inc. 617-236-7210
 800-331-0688

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

Gloria Gemma Breast Cancer Resource Foundation 861-4376
 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
 lls.org First Connection - match recently
 diagnosed patients with those out of
 treatment. Patient aid, self evaluation,
 transportation, medication, educational
 programs and support groups.

March of Dimes Foundation
 454-1911

Helpline .. 1-888-663-4637 (888-MOD-IMES)
 220 West Exchange St., Providence
 MarchofDimes.org

Mental Health Association of RI
 726-2285

mhari.org
 Our mission is to promote and nourish
 mental health through advocacy, educa-
 tion, and policy development.

(Mental Health) NAMI-CAN of Rhode Island 331-3060

namirhodeisland.org
 Support groups/programs for families of
 children & adolescents with mental ill-
 nesses/neurobiological disorders.

National Organization for Rare Disorders (NORD) 800-999-6673
 rarediseases.org

Disability Rights Rhode Island
 831-3150

33 Broad St., Suite 601, Providence
 drri.org

Rhode Island Housing 457-1234
 rihousing.com

RIHousing provides loans, grants, educa-
 tion 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 afford-
 able housing. (See ad below.)

Rhode Island School for the Deaf
 222-3525

One Corliss Park, Providence
 rideaf.ri.gov

Sargent Rehabilitation Center
 886-6600

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, lan-
 guage/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.

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

FAMILY SERVICES

Spina Bifida Association

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

United Cerebral Palsy 728-1800

200 Main St., Pawtucket. ucpr.org

GENERAL RESOURCES



Bradley Hospital 24-Hour Crisis Support 1-855KIDLINK

Care New England

carenewengland.org
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 855-MYRIDHS 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
womenandinfants.org.

Brown Community Health Institute 444-8009 The Brown Community Health Institute coordinates many skill-building health programs, classes,

and events. Call 444-8009 or visit
BrownHealth.org/centers-services/Brown-community-health-institute for more details. Sign up for our bimonthly newsletter to get updates: tinyurl.com/lch-newsletter.

The Rhode Island Department of Health 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 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 66).

The Rhode Island Office of Veterans Services 921-2119 vets.ri.gov or 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.

HEALTH CARE



CHILDHOOD IMMUNIZATIONS

Why do my children need to be immunized?

Immunizations, also known as vaccinations or "baby shots", can protect your children from many serious diseases that can cause brain damage, heart problems, breathing problems, lung damage, liver damage, severe skin scarring, arthritis, paralysis, blindness, and even death.

Vaccinations save lives by protecting children, families, people who are pregnant, young babies, older adults, and all of us from contagious diseases.

Which immunizations do my children need?

All children should be immunized against:

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

Immunizations

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

Asthenis Public Health Hub

206 Cranston Street
Providence, RI 02907

Call for clinic hours
401-473-3958



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



Are immunizations safe?

Immunizations are safe and effective. Vaccines get tested and monitored closely to ensure their safety before and after approval. Following vaccination, children may experience a low-grade fever, fussiness, or soreness where the shot is given. Serious side effects are rare. Talk to your child's doctor or healthcare provider about any questions or concerns you may have, and to know what to expect.

When should my children get their immunizations?

Your children will get their first immunization at birth. They need more at ages 2, 4, 6, 12, 15, and 18 months. By age 2, they should be caught up with their baby shots. Children need additional shots at age 4-6 (kindergarten), age 11-12

(grade 7), and age 16 (grade 12). At every visit with your child's doctor or healthcare provider, ask if your child is up to date and when their next immunizations will be.

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

Immunizations are given when a child has a health checkup or physical, or when you bring your child to a doctor, healthcare provider, or clinic to catch up on immunizations. Children can be immunized even if they have a cold or other mild illness. It is important to keep all appointments. If you miss an appointment, schedule a new one right away.

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

HEALTH.RI.GOV/VACCINES



(Immunizations Continued)

Do I have to pay for immunizations?

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



Where can I get more information?

The Rhode Island Department of Health (RIDOH) provides information about immunization programs and services.

Visit health.ri.gov/vaccines or call the RIDOH Information Line at 401-222-5960 / RI Relay 711.

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

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



Learn more:

health.ri.gov/vaccines

ACCESS MORE RESOURCES AND INFORMATION ABOUT VACCINES ...

These websites provide well-researched and updated information on immunizations ...

- American Academy of Pediatrics: www.aap.org
- The Immunization Action Coalition: www.immunize.org
- Rhode Island Department of Health: www.health.ri.gov/vaccines
- Vaccine Education Center, Children's Hospital of Philadelphia: www.chop.edu/vaccine

Protect yourself from COVID-19, Flu, and RSV

It's common to get sick from **respiratory viruses** such as **COVID-19, flu, and respiratory syncytial virus (RSV)**, especially in the fall and winter. Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States.

Core prevention strategies

Use **core prevention strategies** to protect yourself and others from respiratory virus illnesses.



- Stay up to date with your flu and COVID-19 **vaccines**. Learn about RSV immunizations for certain populations.



- Practice good **hygiene** by covering your coughs and sneezes, washing or sanitizing your hands often, and cleaning frequently touched surfaces.



- Take steps for **cleaner air** to increase ventilation and circulation.

- When you may have a respiratory virus:



- **Use precautions to prevent spread.** Stay home and away from others until your symptoms are getting better for 24 hours and you're fever free without fever-reducing meds for 24 hours. Then take added precautions for next 5 days.



- **Seek health care right away for testing and/or treatment if you have risk factors for severe illness.** Treatment for flu or COVID-19 may help lower your risk of severe illness.

Protect yourself from COVID-19, Flu, and RSV

It's common to get sick from **respiratory viruses** such as **COVID-19, flu, and respiratory syncytial virus (RSV)**, especially in the fall and winter. Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States.

Core prevention strategies

Use **core prevention strategies** to protect yourself and others from respiratory virus illnesses.



- Stay up to date with your flu and COVID-19 **vaccines**. Learn about RSV immunizations for certain populations.



- Practice good **hygiene** by covering your coughs and sneezes, washing or sanitizing your hands often, and cleaning frequently touched surfaces.



- Take steps for **cleaner air** to increase ventilation and circulation.
- When you may have a respiratory virus:



- **Use precautions to prevent spread.** Stay home and away from others until your symptoms are getting better for 24 hours and you're fever free without fever-reducing meds for 24 hours. Then take added precautions for next 5 days.



- **Seek health care right away for testing and/or treatment if you have risk factors for severe illness.** Treatment for flu or COVID-19 may help lower your risk of severe illness.



Some of the reasons to quit smoking are very small.

Amanda, age 30, Wisconsin

A TIP FROM A
**FORMER
SMOKER™**

Developed by the Centers for Disease Control and Prevention

You can quit. Call
1-800-QUIT-NOW
 or text START to 300500

STATE OF RHODE ISLAND DEPARTMENT OF HEALTH

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

www.QuitNowRI.com

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

cdc.gov/tobacco/campaign/tips/quit-smoking/quitline/

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.

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.●



Want help on how to get help to quit smoking?

Call the quitline: **1-800-QUIT-NOW**
or visit **How to Quit Smoking**
at **cdc.gov/quit**

MINTY COOLING SMOOTH REFRESHING

Menthol tobacco and nicotine products are

addictive by design

MINTY COOLING SMOOTH REFRESHING
PANCREATIC CANCER GUM DISEASE
MINTY COOLING SMOOTH REFRESHING
NICOTINE DEPENDENCE

QuitNowRI.com

SUPPORTED BY THE RHODE ISLAND DEPARTMENT OF HEALTH

HOSPITALS



► **Butler Hospital** 1-844-401-0111

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

brownhealth.org/locations/
bradley-hospital
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
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
brownhealth.org/locations/
hasbro-childrens
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** 737-7010

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

► The Miriam Hospital

..... 793-2500

brownhealth.org/locations/miriam-hospital

164 Summit Avenue, Providence
The Miriam Hospital is a private, not-for-profit hospital. It is a major teaching affiliate of the Warren Alpert Medical School of Brown University and is committed to being at the forefront of medical research. Our patients benefit from the latest in medical treatments provided by leading physicians.

► Newport Hospital

..... 846-6400

brownhealth.org/locations/newport-hospital

Newport Hospital is the only acute care hospital serving the people of Newport County. Its wide array of health services include an emergency department, an award-winning birthing center, advanced surgical services, a renowned rehabilitation division, four affiliated primary care practices seeing patients of all ages and a full choice of specialty outpatient practices.

► Our Lady of Fatima Hospital

..... 456-3000

chartercare.org/locations/fatima/

► Rhode Island Hospital

..... 444-4000

brownhealth.org/locations/rhode-island-hospital

► Roger Williams Medical Center

..... 456-2000

rwmc.org

► South County Hospital

..... 782-8000

southcountyhealth.org
100 Kenyon Avenue, Wakefield
www.southcountyhealth.org
South County Health is a leader in

RI REACH 270-0101

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.

medical quality, service and innovation, providing care to patients across Rhode Island in acute and outpatient settings including at Medical and Wellness Centers in Westerly, East Greenwich, and Warwick, as well as Primary Care and Specialty provider offices in Narragansett, Newport, and Wakefield. South County Health is comprised of three healthcare entities: South County Hospital, South County Home Health and South County Medical Group.

In partnership with Ortho Rhode Island, through the Center for Advanced Orthopedic Surgery, South County Hospital is a global leader in orthopedic robotic-assisted surgeries, and is home to more robotic-assisted options than any other hospital in the state. (see ad page 96.)



**Check out the article on
Express Care vs. Emergency
Room on page 6.**

► **Thundermist Health Care**
..... 767-4100

thundermisthealth.org
Woonsocket, West Warwick,
Wakefield, and South County
Pediatrics in Narragansett
Thundermist Health Center cares for
more than 62,000 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,
behavioral health, and social servic-
es. Our care is integrated, which
means the entire care team is work-
ing together to meet your unique
healthcare 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 medical
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
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)
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
nhpri.org
910 Douglas Pike, Smithfield RI
Low or No Cost Health Insurance for Kids and Families, if you qualify. (See ad previous page.)

RIPIN Call Center 401-270-0101
Helps consumers with accessing healthcare or health insurance, resolving insurance company denials, complications with HealthSource RI and Medicaid, medical bills, and more. Call or email callcenter@ripin.org.

RIte Care Health Insurance 1-855-697-4347
dhs.ri.gov
For uninsured children, families and pregnant women. Income guidelines.

RIte Share Premium Assistance Program1-855-697-4347
dhs.ri.gov
For help paying for health insurance through your employer. Must meet income eligibility.

UnitedHealthcare Community Plan
..... 1-800-587-5187
uhccommunityplan.com/ri
75 Kilvert St., Warwick
(See ad next page.)





NUTRITION & WELLNESS

(Also see Activities section.)

Care New England Medical Group

732-3066

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 womenandinfants.org. To register by phone in English, call 401-276-7800. To register by phone in Spanish, call our Spanish educator at 1-888-44mujer.

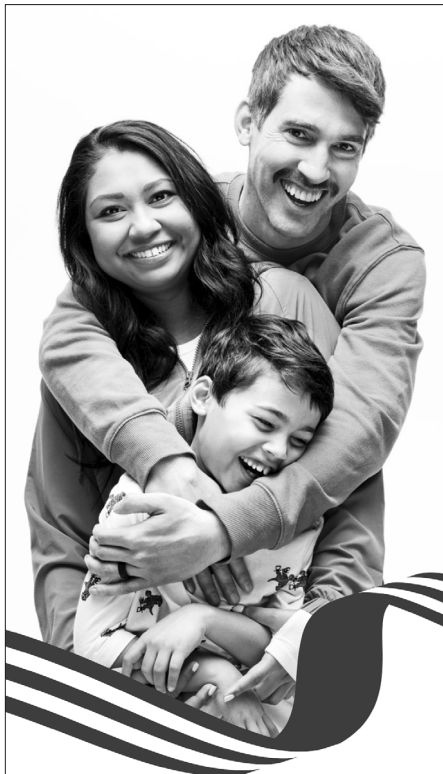
●Nutrition Services:

..... 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.

●WIC (Women, Infants and Children) Program – Women & Infants Hospital .. 274-1122, x 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: Mondays 8am to 7pm, Tues - Friday 8am to 4:30pm.



Helping people live healthier lives



United
Healthcare
Community Plan

Brown 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.

HAVE A CHILD WITH DIABETES?

Call us for a free kit on learning about living with diabetes.

401-351-0498

health.ri.gov/diabetes/

Newport Hospital 845-6400

newporthospital.org

Free monthly community lecture series on health and wellness topics; supervised exercise and walking programs; safe sitter classes & more.

Nutrition Counseling Women & Infants Hospital 274-1122, x 47314

Nutrition counseling services, including a personalized nutrition care plan, education & monitoring.

Healthy Families Start with WIC!



WIC supports pregnant and postpartum Rhode Islanders and their children

The Women, Infants and Children (WIC) 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 \$1,110 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.

Visit **www.health.ri.gov/wic** to learn more

This Institution is an Equal Opportunity Provider





PREGNANCY & WOMEN'S HEALTH

Birth Parent Counseling Program 276-4300

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

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 **web.uri.edu/endhunger/snap-outreach/**

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

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 next page.)

Kent Hospital Women's Care Center 736-BABY (2229)

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.



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
comcap.org

Also, 211 offers an excellent resource for all Rhode Islanders seeking supports; it is called the *Comprehensive Support Service Directory*.



Brown Health - Women's Medicine Collaborative

..... 793-5700
146 West River Street, Providence
brownhealth.org/centers-services/
womens-medicine-collaborative
A multi-specialty center dedicated to meeting the health care needs of women 18 years and older. We offer a full range of services including a Lifestyle Medicine Center featuring yoga, massage, mindfulness-based stress reduction and group nutrition classes.

Newport Hospital 845-1110

The Noreen Stonor Drexel Birthing Center
brownhealth.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.



Think you are pregnant?

We are your first step.



Harmony
WOMEN'S CARE

Free & Confidential

401-941-4357
www.harmonycareri.org

It's Okay Not to Be Okay:

Why We Need to Talk About Maternal Mental Health

A Q&A with Megin Dalton, MD, Center for Women's Health at South County Health

The arrival of a new baby is often portrayed as one of life's happiest milestones—but for many new mothers, the reality is more complex. While joy and excitement are certainly part of the experience, so too can be fear, sadness, anxiety, or a sense of overwhelm.



Dr. Dalton: One of the biggest myths is that postpartum depression is just about feeling sad. In reality, it can look like anxiety, irritability, difficulty bonding with the baby, anger, or even feeling emotionally numb. Another misconception is that it only happens right after birth, but these conditions can begin during pregnancy or even several months after delivery.

In fact, up to 1 in 5 women experience anxiety, depression, or other perinatal mood and anxiety disorders (PMADs) during pregnancy or after childbirth. And yet, many suffer in silence due to lingering stigma, outdated myths, and the pressure to “stay positive.”

To help shed light on maternal mental health and the importance of compassionate support, we sat down with Dr. Megin Dalton, a board-certified OB/GYN at South County Health's Center for Women's Health.

Q: *Why is maternal mental health so important to talk about?*

Dr. Dalton: Because so many women suffer in silence. There's a lot of pressure to feel happy and grateful all the time during pregnancy and postpartum, and that pressure can make it really hard to admit when you're struggling. When patients are comfortable enough to open up about their difficult experiences, this gives us a chance to say, “You are not alone. What you're feeling is valid. And help is available.”

Q: *What are some common misconceptions about maternal mental health?*

Q: *What are the early signs someone should look out for?*

Dr. Dalton: If you're feeling overwhelmed most of the day, if you're crying often, having trouble sleeping when your baby is sleeping, or just feeling “off,” those can be signs. And if you're having thoughts of hurting yourself or feeling like your baby would be better off without you—those are urgent warning signs that you need to reach out immediately, not necessarily because of inherent danger of experiencing these kind of thoughts, but because we have lots of tools to support patients through these feelings.

Q: *What kind of support can OB/GYNs provide for maternal mental health?*

Dr. Dalton: We're often the first line of support. We can screen for symptoms, provide a safe space to talk, and help connect patients with mental health professionals, support groups, or medication if needed. At the Center for Women's Health, we take a whole-person approach to care. We want you to feel seen—not just as a patient, but as a person.

(Continued next page.)

Q: *How can friends and family support a loved one who may be struggling?*

Dr. Dalton: The most important thing is to listen without judgment. Don't try to "fix" it or offer advice unless asked. Just be there, validate their feelings, and encourage them to speak to their provider. Offering help with practical tasks—like meals, errands, or holding the baby while they nap—can also make a difference.

Q: *What would you say to a mom who's afraid to ask for help?*

Dr. Dalton: I would say: you are brave for speaking up. Seeking help is an act of love for yourself and your family. The sooner you reach out, the sooner you can start to feel better.



**Prioritize Your Whole Health—
Mental, Physical, and Emotional**

If you're pregnant, planning a family, or navigating life after delivery, the Center for Women's Health at South County Health is here for you. The experienced team provides compassionate, personalized care that supports your entire journey into parenthood.●

SOUTH COUNTY
HEALTH

CENTER FOR
WOMEN'S HEALTH

We're With You
Every Step
— AND KICK —
of the Way!



South County Hospital is rated 5-Stars
for Vaginal and C-Section Delivery.

LEARN MORE



Locations in Wakefield, Warwick, Westerly and **coming soon to Newport!**

SOUTHCOUNTYHEALTH.ORG/BABY

401-789-0661

**Planned Parenthood
of Southern New England**

..... 421-9620

ppsnе.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.

**Choices Women's Pregnancy
Center**

..... 596-2880

choicesrhodeisland.com

101 Franklin St., Westerly

We provide free pregnancy testing, objective information on your options, and pregnancy care and resources for women and men in our community.

**South County Health Center
for Women's Health**

..... 782-8000

Southern Rhode Island's Most Trusted Health Partner providing premier, top-quality Obstetric and Gynecologic care, supporting women through every stage of life. Delivering comprehensive collaborative prenatal care and offering a wide range gynecologic services at multiple locations throughout Southern Rhode Island. The first Baby Friendly Hospital in the State, focusing on a family centered experience with a single private room throughout your stay. Giving specialized care for your baby from Neonatal Nurse Practitioners and Certified Lactation Specialists.

Call 401.782.8000 to schedule a tour!
(See ad previous page.)

**Visiting Nurse of Newport &
Bristol Counties**

..... 682-2100

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.

***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).

**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

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.

Health Information Line .. 1-401-222-5960/RI Relay 711

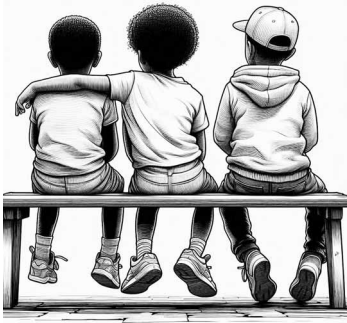
Answers to breastfeeding questions and referrals to local resources, including the Rhode Island WIC Program. English and Spanish. Visit: health.ri.gov/breastfeeding for breastfeeding information and resources for Rhode Island mothers.

La Leche League Helpline 1-800-La-Leche lli.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.



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: ride.ri.gov. Also, visit the pages on Charter Schools. **Charter Schools are Public Schools.**

Report Card RI

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)

ride.ri.gov/students-families/ri-public-schools/full-service-schools
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 ad page 101.)



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.childincnri.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 Johnston, 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.whsca.org

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

Have More Questions?

Learn more at acf.gov/ohs





East Bay Community
Action Program

HEAD START & EARLY HEAD START HOME BASED PROGRAM



Scan me



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

Services provided through
home visits

Program options for
children ages birth- 5 &
pregnant women

Families experiencing
homelessness, in foster care and
receiving public assistance
(TANF/SSI/SNAP benefits) are
automatically eligible

Group opportunities available
twice a month

Dual language learners
are welcome

"Growing Great Kids"
curriculum provided

Caregiver & child support

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 following page.

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: richarterschools.com

~CHARTER SCHOOLS~

For more information on these and other Charter Schools in RI,
call 401-222-8399 or visit enrollri.org/charter

●**Beacon Charter High School
for the Arts** 671-6261

beaconart.org
320 Main St., Woonsocket

●**Blackstone Academy Charter
School** 726-1750

blackstoneacademy.org
334 Pleasant St., Pawtucket

●**Blackstone Valley Prep
Mayoral Academy**

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

compassschool.org
537 Old North Rd., Kingston

●**The Greene School**

..... 397-8600

tgsri.org
94 John Potter Rd. Unit 3
West Greenwich.

●**Highlander Charter School**

..... 277-2600

highlandercharter.org
42 Lexington Ave., Providence

●**Hope Academy** 533-9192

hopeacademyri.org
1000 Eddy St., Prov.

●**International Charter School**

..... 721-0824

internationalcharterschool.org
334 Pleasant St., Pawtucket

●**Kingston Hill Academy**

..... 783-8282

kingstonhill.org
850 Stony Fort Rd., Saunderstown

●**The Learning Community**

..... 722-9998

thelearningcommunity.com
21 Lincoln Ave, Central Falls

●**New England**

**Laborers/Cranston Public
Schools Construction Career
Academy** 270-8692

nelscharterschool.net
4 Sharpe Drive, Cranston

●**Paul Cuffee School**

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

rinimc.org
150 Washington St., Providence

●**The Segue Institute for**

Learning 721-0964

segueifl.org
325 Cowden St., Central Falls

●**Times2 Academy** 272-5094

times2.org
50 Fillmore St., Providence

●**Trinity Academy for the**

Performing Arts 432-7881

tapaprovidence.org
275 Westminster St., Prov



SCHOLARSHIP OPPORTUNITY



INDEPENDENT
MIDDLE SCHOOL



FOUNDED IN 1984



Community
Preparatory
School



GRADES 4-8



LOCATED IN
PROVIDENCE'S
SOUTH SIDE

BECOME A COMMUNITY SCHOLAR!

Community Preparatory School's Community Scholars are high-achieving students who receive deeply reduced tuition and a college scholarship through Community Prep.

QUALIFICATIONS:



Qualify for free or reduced-price lunch



Score in the 90th percentile on the STAR test



Meet or exceed expectations on the RICAS exam
(*Rhode Island Comprehensive Assessment System*)

BENEFITS:



Tuition cost is just \$500 per year



Receive a \$1,000 college scholarship to support future education

INQUIRE TODAY!



Scan the QR code to request more information on Community Scholars, or learn more about Community Prep at www.communityprep.org.

COME TOGETHER.
GO FAR.

135 PRAIRIE AVENUE • PROVIDENCE, RI 02905 • (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.

Providence & North

Community Preparatory School 521-9696
135 Prairie Ave., Providence
communityprep.org
Serving students in grades 4-8.



Preschool through Grade 8
Contact us at Admissions@fasri.org
75 John Street Providence, RI 02906 401.274.3325 www.FASRI.org

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).

YOUR ACADEMIC JOURNEY STARTS HERE
lasalle-academy.org

Explore academics, arts, athletics, faith, service, and community at
LA SALLE ACADEMY and DE LA SALLE MIDDLE SCHOOL



The French-American School of RI 274-3325

75 John Street, Providence.

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 previous 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.

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.

LINCOLN SCHOOL

PROVIDENCE

CO-ED FOR 6 WEEKS - PREK

GIRLS K-12

Girls' education leads to lifelong self-confidence.



Learn more at discover.lincolnschool.org

EDUCATION

(Continued Groden)

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



CATHOLIC SCHOOLS

For more info. on RI's 58 Catholic elementary & secondary schools
call 401-278-4550
cso@dioceseofprovidence.org or
visit us at catholicschools.org

Be proud

Be loved

Be yourself



Jewish Community Day School of RI:

Be Here

JCDSRI: Empowering our children today
to design tomorrow's world.

- Living and loving our 5 values: kindness, community, responsibility, respect and justice.
- Find others like yourself here: diversity of Jewish practice, socio-economic background, family make-up and more.
- Financial Aid available: over 50% of our families receive substantial financial aid.

Welcoming students ages 3 through grade 5

Contact Shayna Fel, Director of Admissions and Community Engagement, to schedule your visit today at sfel@jcdsri.com or 401.751.2470.



VACCINATE BEFORE YOU GRADUATE



Are you up to date with vaccines?

What is the Vaccinate Before You Graduate program?

VBYG is a Rhode Island Department of Health school-based immunization catch-up program. In Rhode Island, middle and high schools may elect to host clinics for their students.

- Clinics are held during school days for convenience
- No out-of-pocket costs
- 14 vaccines available (some required for school entry)

Catch up on
vaccines at no
out-of-pocket
cost!



The Wellness Company:
twc.thewellcomp.com/vbyg
401-461-0662



The Jewish Community Day School of Rhode Island (JCDS)

..... 751-2470

85 Taft Ave., Providence
PreSchool-5th Grade.

jcdsri.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.

(See ad previous page.)

La Salle Academy and De La Salle Middle School

..... 351-7750

612 Academy Ave., Providence
La Salle Academy is a Catholic, coeducational, college preparatory school, sponsored by the Brothers of the Christian Schools (De La Salle Christian Brothers) offering a comprehensive curriculum. Founded in 1871 and located in the heart of Providence, Rhode Island, La Salle Academy serves students in grades 9 through 12. With a campus spanning 29 acres, students will enjoy state of the art science labs and classrooms, rigorous academics at a variety of learning levels, a competitive athletics program and vibrant arts community. Also located on the La Salle Academy campus, De La Salle Middle School serves students in grades 6 through 9. La Salle Academy has as its mission the education of young men and women of diverse backgrounds, with a special concern for the working class and the poor, in the tradition of St. John Baptist de La Salle's ideals of faith, service, and community. Learn more at lasalle-academy.org. (See ad below.)



**YOUR
ACADEMIC
JOURNEY
STARTS HERE**

Explore academics, arts, athletics, faith, service, and community at
LA SALLE ACADEMY and DE LA SALLE MIDDLE SCHOOL






ST. ANDREW'S SCHOOL
RHODE ISLAND

Small school with big possibilities for
day and boarding students grades 6-PG

Tailored Teaching | Learning Support Program
Inclusive community of uncommon kindness

standrews-ri.org

Lincoln School 331-9696

301 Butler Ave., Providence
lincolnschool.org

Lincoln School is an independent college preparatory school for girls in Grades K - 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 page 105).

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



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

Moses Brown Shool**..... 831-7350**

250 Lloyd Avenue, Prov. N-12

mosesbrown.org

Moses Brown School nurtures students to become thoughtful, engaged citizens equipped with the skills, character, and confidence to lead in a changing world. Learn more about its distinctive academic, advising, athletics, and arts programs and its diverse and welcoming community by visiting mosesbrown.org or its 33-acre Providence campus.

Attend the fall Open House on October 18, 2025.

Providence Hebrew Day School**..... 331-5327**

450 Elmgrove Ave., Providence

Pre-K-12, 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.

Wheeler School 421-8100

216 Hope St., Providence, N-12

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*(See PCD listing.)***Ocean State Montessori School****..... 434-6913**

100 Grove Avenue, E. Providence

Preschool - Grade 6

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 Providence Country Day School**..... 438-5170**

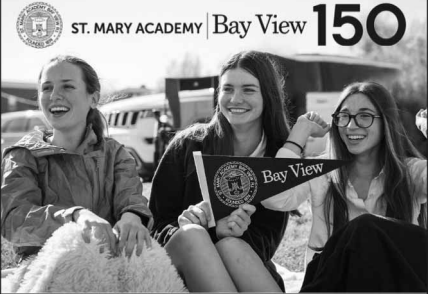
660 Waterman Ave, E. Providence

Coeducational school, PreK-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 previous page.)





 **ST. MARY ACADEMY | Bay View 150**

**Extraordinary
Happens
HERE**



All Girls. Independent. Catholic. College Preparatory.
Preschool to Grade 12.

Learn more at bayviewacademy.org

Open House
Sunday, October 19, 2025
12:00 p.m.

Academic Excellence in the spirit of Mercy since 1874.



Saint Philomena School
OF THE SACRED HEART
A CATHOLIC INDEPENDENT SCHOOL

ONE COMMUNITY TOGETHER WITH
courage & confidence



Start the journey today!

.....

ACCEPTING INQUIRIES FOR THE
2026-2027 SCHOOL YEAR

324 CORY'S LANE, PORTSMOUTH, RHODE ISLAND
401.683.0268 | saintphilomena.org



**Discover a school
as *unique* as your child**

K-8 Special Education School

the Wolf School
Empower today. Change tomorrow.

Learn more at thewolfschool.org

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. With tailored teaching and our renowned Learning Support Program, our students receive an individualized and nurturing education within small, supportive classes. St. Andrew's open access curriculum is globally focused and project based, encouraging students to be curious, take risks, and pursue their passions. Our teachers build on students' unique strengths, shore up individual challenges, and arrive at specific strategies that work for each student. Open Houses are October 4 and January 14. (See ad page 108.)

St. George Boarding School 847-7565

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

St. Mary Academy - Bay View 434-0113

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. 19.** (See ad previous page.)*

St. Michael's Country Day School 849-5970

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



St. Philomena School 683-0268

324 Cory's Lane, Portsmouth
 Preschool - grade 8
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. (See ad previous page.)

The Wolf School 432-9940

215 Ferris Ave., E. Prov., K-8
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 previous page and article next page.)

West Bay & South County

Meadowbrook Waldorf School 491-9570

300 Kingstown Road, Richmond
 Early childhood to grade 8
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
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.

Let's Get Social

Supporting Your Child's Social Skills

Jay Still, MS, CCC-SLP, Wolf School

Social interactions play a vital role in a child's development, both at school and at home. They help children build communication skills, develop empathy, and strengthen their sense of belonging. At school, opportunities for meaningful peer engagement can enhance social confidence and support academic learning. As educators, it's critical for us to provide these types of meaningful interactions for our students so they have the opportunity to make social gains. One recent example is when one of our classrooms partnered with another classroom to start a community garden. This collaboration allowed students from both classes to work together on a shared goal while also exposing them to peers they may not typically interact with during the school day. As a result, students not only gained hands-on experience in gardening but also expanded their social circles by spending time with a new group of students.

As a speech-language pathologist at The Wolf School, I understand that many of our students may struggle with social skills. This is a common area of growth for Complex Learners. Along with my team members, I support students' social interactions in several ways to offer them opportunities for growth, learning, and development. During our SEL (Social Emotional Learning) block, I utilize the Everyday Speech curriculum to explicitly teach social-emotional skills, including perspective-



taking, conversation strategies, and self-regulation. I also provide support during classroom activities such as PE, whole-group, and small-group instruction to help students navigate peer interactions in real time.

Additionally, I assist students in understanding and processing social situations, whether it's resolving a misunderstanding or navigating a new experience by breaking down the components of the interaction and providing strategies for future success.

While social interactions are an important part of the school day, they also take place outside of school hours. That's why as a parent of a Complex Learner, it's just as important for you to get involved and encourage social interactions. By providing consistent support, modeling positive interactions, and creating opportunities for meaningful peer engagement, caregivers and educators can empower children to build the confidence to navigate social relationships. Following are a few ways you can help!



Encourage Social Interactions For Complex Learners

● Join after-school sports or other recreational programs

Participating in school-based programs helps students meet others with shared interests and encourages teamwork and communication. Similar to the community garden example shared above, joining an after-school sport or recreational program also provides a common goal to all the children involved which can help make the socializing aspect a little bit easier.

● Community Service

Volunteering in the community gives students a chance to interact with people of different ages and backgrounds while building empathy and learning responsibility for their community. Whether it's volunteering at an animal shelter or collecting donations for a food or clothing drive, there are plenty of ways to get involved. Ask your child what they would be interested in helping with – they'll likely be more eager to participate in something they had a say in choosing.

● Attend School Events

Events like family fun day, school dances, and sporting events provide relaxed settings where students can connect socially outside of the classroom. Along with spending time with their own classmates, this also gives them a chance to see students from other classes and staff that they might not otherwise spend time with. By increasing their familiarity

with different community members, this can also make transitioning year to year to a new classroom a little bit easier for them.

● Practice Social Skills at Home

At Wolf, we focus on social skills and building these skills throughout the day but like so much of what we do, it's critical that these skills and lessons are also being taught at home. Role-playing conversations, taking turns in games, or simply having family meals with open dialogue strengthen communication habits.

● Plan Playdates

Spending time together outside of school helps deepen friendships and makes school interactions more comfortable and natural. If your child hasn't had a lot of experience with playdates, don't be afraid to provide some structure instead of leaving it to be exclusively open play. Start with a shorter time frame and a planned activity, like going bowling together for an hour. Then you can continue to build on it until your child is comfortable.

● Social Skills Group

In addition to all the examples provided above, sometimes Complex Learners continue to need more focused lessons around social skills. If you think your child could benefit from attending a social skills or social thinking group, check out some local resources in your area!●

The Wolf School
thewolfsschool.org
 401-432-9940

EDUCATION

Quest Montessori 783-3222

1150 Boston Neck Rd., Narragansett
questschool.org

*RI's only Accredited Montessori school
for children 18 months - 8th grade.*

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

Rocky Hill Country Day School 884-9070

530 Ives Rd., E. Greenwich, N- 12
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 learn-
ing 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 coed-
ucational, independent Christian school
for students in Pre-school through
Grade 8. West Bay provides a safe, stim-
ulating environment where children
enjoy coming to school.*

"We teach the way students learn."



Rhode Island Tutorial & Educational Services
1:1 Tutoring • Grades K-12
www.ritutorial.org • (401) 723-4459

GETTING EXTRA HELP LEARNING RESOURCES:

Academic Advantage 921-5860

1847 Post Road, Warwick
academicadvantageRI.com

A Great Place to Learn 508-678-9004

greatplacetolearn.com
566 Wilbur Ave., Coles Landing,
Swansea, MA

Kumon Math and Reading Center of Barrington 323-7875

24 Bosworth St., Barrington
kumon.com/barrington
Virtual classes available preK-HS.

Home Schooling

*Before you say, "NO WAY!", find out
more. Your local school department is
also available for more info.*

ENRICHri

enrichri.org
Box 1151, Coventry
info@enrichri.org

ENRICHri is a secular homeschool-
ing 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)

rihomeschool.com
RIGHT offers support, group activi-
ties, legal defense and special state-
wide events such as Promotion cere-
mony, field trips, parties, curriculum
fairs, competitions, exhibitions, and
more. Chapters throughout RI.

Home Educators Resource Directory homeeedirectory.com

HOMESCHOOLING

When deciding to home-school their children, parents have many questions to grapple with.

Will my child get enough socialization?

Will I be able to successfully teach my child everything they need to know?

Will my child find their passion or career goals while homeschooling?

Will we thrive as a family?

Yes to all of the above, because you now have the power to make it all happen for your learner and your family!

The beauty of homeschooling here in Rhode Island is that there is no "one size fits all" way of going about it. Whether it be deciding on a curriculum, finding a co-op or figuring out a schedule that works for you, you have the ability to choose.

For example, if your child has a hard time with traditional math lessons but is a board game fan or a computer whiz, you are able to help nurture that learning style by offering a variety of tools to find what works. Forming a weekly math game club to encourage new skills in a group setting



is an option, or utilizing one of the vast number of online programs if that method works better for your learner.

If you're hoping to make friends and build relationships with fellow homeschoolers, research the existing co-ops in the area or think about starting your own!

Here in Rhode Island, we have a robust homeschool community built from the ground up by parent and guardian volunteers. Attending meetups, field trips and classes are all great ways to grow your village - and if you have a vision you'd like to make happen, joining a local organization like **enrichRI** is a great way to get the ball rolling! ●

ENRICHri is an all volunteer 501(c)(3) nonprofit that offers many events, field trips, and support services throughout the year. ENRICHri has over 300 families from RI and surrounding communities in CT and MA and can be reached at info@enrichri.org and enrichri.org.



Inspiring SUCCESS
IN SCHOOL AND BEYOND

MOVE AHEAD OF THE CLASS WITH SYLVAN
Whether your child needs an advanced challenge to stay engaged, has a big entrance exam for private school or college, or has bigger academic goals, Sylvan will make the difference. Our personal learning approach will propel your child to the head of the class.

Call Today for a \$49 Insight Assessment!
Offer valid at participating locations only.
Expires 12/31/25.

Sylvan of Coventry 401-823-0011 Sylvan of Cumberland 401-334-9309

SYLVANLEARNING.COM

scores. We specialize in serving students with a variety of learning profiles, including dyslexia, ADHD, and other learning differences. Whether students require intensive literacy or math intervention or aim to improve their SAT scores, RITES has educational specialists to help them succeed and reach their goals.
(See ad page 114.)

Howard R. Swearer Center for Public Service 863-2338
swearer.brown.edu
Families can call and be placed on an electronic newsletter that goes to interested Brown Univ. students.

Sylvan Learning Center
sylvanlearning.com
At Sylvan, we have solutions to fit your child's academic needs that are tailored to your schedule and budget.
Coventry 823-0011
Cumberland 334-9309
(See ad this page.)

Tutor Doctor 888-718-8832
tutordocor.com

*** Contact subject specific departments at local schools for student tutors.**

Inspiring Minds Tech Center 274-3240
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
mathnasium.com/portsmouth
Portsmouth 859-1306

RI Tutorial and Educational Services (RITES) 723-4459
ritutorial.org
334 East Ave., Pawtucket
RITES offers in-person, 1-1 tutoring for K-12 (and adults) at locations throughout Rhode Island and southeastern Massachusetts. Areas of expertise include Orton-Gillingham, Reading, Writing, Math, Science, Spanish, Study/Organizational skills, and SAT Prep to improve test



HIGHER EDUCATION

RESOURCES:

College Planning Center of Rhode Island

..... 800-758-7562

risla.com/college-planning-center
1000 Chapel View Blvd, Suite 132,
Cranston. Provides assistance with
college selection, essay writing, com-
pletion of financial aid applications,
interpretation of financial aid, award
letters, and financing options. All serv-
ices free.

Rhode Island Educational Opportunity Center (EOC)

..... 455-6028

ccri.edu/eoc/

We can help you decide on a career or
educational program, find the right
school, help you fill out admissions
and financial aid applications.
Services are free of charge. Provides
one on one assistance via phone or vir-
tual appointments daily from 8AM to
8PM. Bilingual counseling is available
in Spanish.

Rhode Island Office of the Postsecondary Commissioner

riopc.edu 736-1100

560 Jefferson Boulevard, Warwick
Helping to enrich the intellectual,
economic, social, and cultural life of
Rhode Islanders through an excellent
accessible and affordable system of
higher education.



U.S. Department of Education

Discover the Right College Fit!
collegescorecard.ed.gov

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



RI COLLEGES & UNIVERSITIES

● Brown University

Admissions 863-2378

brown.edu/

Brown University Pre- College Programs 863-7900

precollege@brown.edu

precollege.brown.edu/

Through Brown's Pre-College pro-
grams, high school students can
experience what makes a Brown
University education unique—
courses that reflect the rigor and
flexibility of Brown's Open
Curriculum, a student-centered
approach to teaching and 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

bryant.edu

● College UnBound

..... 414-7536

collegeunbound.org

College Unbound (CU) focuses on
adult learners who have faced sig-
nificant barriers to attending college.
CU coordinates courses, field stud-
ies, 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 inno-
vative, personalized, interest/pro-
ject-based curriculum model.

● **Community College of Rhode Island (CCRI)**
ccri.edu 825-1000

● **IYRS School of Technology & Trades**
..... 848-5777

iyrs.edu
449 Thames Street, Newport

● **Johnson & Wales University** JWU-1000
..... 800-DIAL-JWU
8 Abbott Park Place, Providence
jwu.edu

● **New England Institute of Technology**
..... 739-5000

One New England Tech Blvd.,
E. Greenwich. neit.edu

● **Providence College**
..... 865-1000
1 Cunningham Sq., Providence
providence.edu

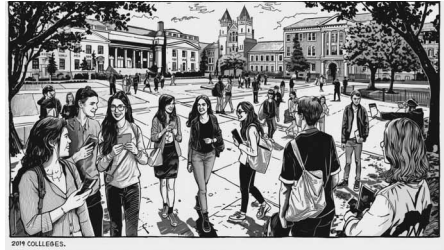
● **Rhode Island College**
..... 456-8000
20 Washington Place., Providence
ric.edu

● **Rhode Island School of Design (RISD)** 454-6100
2 College St., Providence
risd.edu

● **Roger Williams University** 253-1040
1 Old Ferry Rd., Bristol.rwu.edu

● **Salve Regina University**
..... 847-6650
100 Ochre Point Ave., Newport
salve.edu (See ad this page.)

● **University of Rhode Island (URI)** 874-1000
uri.edu





100 Ochre Point Avenue
Newport, RI 02840

salve.edu



ECOLOGY & CONSERVATION

RI ENVIRONMENTAL EDUCATION GROUPS

4-H (See *Cool Activities for Kids*, page 161.)



Audubon Society of RI
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

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 400-2230

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.

The Nature Conservancy Business Line 331-7110

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 Association www.rieea.org

RIEEA is a collaborative network of individuals and organizations committed to environmental education.

We work to support and promote high-quality environmental education throughout the state through our online resource guide, professional development events, scholarships, networking opportunities, and much more.

Save The Bay 272-3540

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 operate boat-based lighthouse and seal tours, nature cruises, and the family-friendly Hamilton Family Aquarium in Newport, which has more than 140 local species of marine life on display. We also host Summer BayCamps for children in kindergarten through high school.

*"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."*

REFUGES & HIKING

(Visit 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. Programs year-round.

Neutaconkanut Hill 649-4366

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.

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

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 for upcoming events.

East Bay

Audubon Nature Center & Aquarium 949-5454

1401 Hope Street (Rt. 114), Bristol. asri.org The Audubon Nature 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.



(Continued on page 123.)



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:

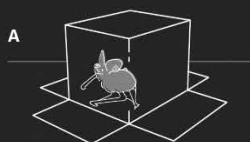
STEP ONE

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.

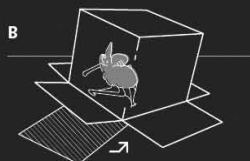


STEP TWO

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

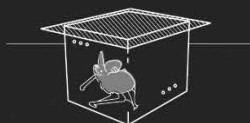


B Slip the cover or a piece of cardboard under the container to trap the bat.



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: <https://health.ri.gov/bats>
- Licensed Nuisance Wildlife Control Specialists:
<https://www.uri.edu/rhodeislandwoods/local-businesses/wildlife-control-specialists/>

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

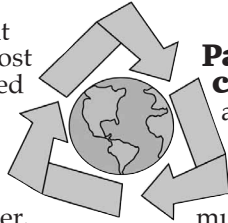
These are two very different questions! Theoretically, almost everything can be transformed into something else. So, can any given product be recycled somewhere in the world now or somehow in the future? Probably. However, there are some other questions we must ask before we determine if something should 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.riirc.org

(Continued Audubon)

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

cliffwalk.com

3.5 mile 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

asri.org

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

Narragansett Bay National Estuarine Research Reserve

..... 683-7365

nbner.org

On Prudence Island, a conservancy with natural open space and trails.



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

Norman Bird Sanctuary

..... 846-2577

583 Third Beach Rd., Middletown
normanbirdsantuary.org

This 325-acre wildlife refuge and environmental education center offers over 7 miles of hiking trails through diverse habitats. Before heading out on the trails, visit the Welcome Center and gift shop, the 19th Century Barn Museum featuring natural history displays, and Good Gardens, a collection of gardens featuring herbs, heirloom vegetables, plants, flowers, and an outdoor classroom space. NBS offers educational programs, camps and annual events for all ages.

Recreation Department

..... 955-7188

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.

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

OUTDOOR FUN

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, year-round.

Davis Memorial Wildlife Refuge (Audubon) .. 949-5454

Davisville Rd, N. Kingstown
96 -acre wildlife refuge along the Hunt River, canoe access.

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.

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. More →



Resources:

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



It is home to river otters as well as many types of freshwater fish and aquatic invertebrates. The land is comprised of a 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

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

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.

*RHODE ISLAND FAMILIES IN NATURE 569-8758

Free resources to help your family explore Rhode Island's natural places and reconnect with nature.

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 (health.ri.gov/bats) 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 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/rabies.

OUTDOOR FUN

Wilcox Park (Westerly Library)

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

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

CAMPING

A complete list of campgrounds is available through the RI Commerce Corporation 278-9100

STATE CAMPING

Department of Parks and Recreation 667-6200
riparks.com

Reservations:

reserveamerica.com

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.

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 Glocester

45 primitive tent/trailer sites in wooded area overlooking Bowdish Reservoir. Swim/hike.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER™

YMCA OF PAWTUCKET

FAMILY YMCA

401.727.7900

MACCOLL YMCA

401.725.0773

WESTWOOD YMCA

401.397.7779

WOONSOCKET YMCA

401.769.0791

YMCAPAWTUCKET.ORG

SUMMER CAMPS

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



Locations in
SEEKONK, SOMERSET, & WARWICK

www.TeamworksCenters.com

State Campgrounds can be
reserved online at
RESERVEAMERICA.COM

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

**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
..... 423-7264

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
ymcapawtucket.org
Coventry - Trailer sites, cabin
rentals, boat rentals.



SCOUTING AND OUTDOOR FAMILY ADVENTURES

Adventure Base Camp 868-1226

ExperienceBaseCamp.org
(Call for information on Adventure Base Camp events 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. (See ad below.)

Narragansett Council: Boy Scouts of America 351-8700

Providing year-round adventure for the entire family!
Join today at BeAScout.org and visit us at ncbsa.org

Contact: support546@scouting.org
or call (401) 351-8700.



Girl Scouts of South Eastern New England

..... 331-4500 or 800-331-0149

GSSNE.org

500 Greenwich Ave., Warwick



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 including Adventure Base Camp in Cranston your family will experience the outdoors like never before.

Learn more at
www.NCBSA.org

Experience the Adventure of
Scouting with your family this year!

Year round programs available for boys
and girls from Kindergarten through age
20 in every community in Rhode Island.



**Scouting
America**

Narragansett Council

Join today at www.BeAScout.org

Scouting America:

Building Tomorrow's Leaders, One Scout at a Time

In a rapidly changing world, the values we instill in our children today are more important than ever. Scouting America offers an inclusive, family-friendly environment where all youth, both boys and girls, can develop essential life skills, build character, and learn to lead with integrity. Our programs are designed to ensure that every child can thrive and grow within a supportive community.



One of the unique aspects of Scouting America is its emphasis on family involvement.

The family-friendly approach encourages parents and siblings to join in activities, strengthening bonds and creating shared experiences. Families are at the heart of the Scouting experience.

Scouting America offers a structured progression of programs tailored to the developmental stages of youth:

- **Cub Scouts (Grades K-5):**
Introduces young children to Scouting through fun activities, teamwork, and basic outdoor skills.

- **Scouts BSA (Grades 6-12):**
Focuses on leadership development, community service, and personal responsibility. Scouts work towards merit badges and ranks like the Eagle Scout Award.
- **Venturing, Sea Scouts, and Exploring (Ages 14-20):**
Offers high-adventure experiences, leadership opportunities, and exploration of specific interests or careers.

At the heart of Scouting America are the core values embodied in the Scout Oath and Scout Law. These core values such as trustworthiness, loyalty, kindness,

helpfulness, bravery, and respect guide everything we do, helping young people develop into responsible, caring, and capable adults.

Scouting America is 'more than just an after-school activity; it's a pathway to building confident, capable, and caring individuals. By joining Scouting, your child will be part of a community that values character, leadership, and service, providing them with the tools they need to succeed in life.

We invite all families to discover the benefits of Scouting America and to join us in shaping the future, one Scout at a time.

Start your family's Scouting adventure today at www.BeAScout.org or get in touch contact with a Scouting representative in your community by emailing support546@scouting.org ●

RHODE ISLAND LIGHTHOUSES



▲ 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 466-2474 for information about Block Island Lighthouses.
www.blockislandinfo.com
The Southeast Light was built in 1875. It boasts a stunning 67" octagonal tower and a red brick Victorian style keeper's house. Nature programs are offered at nearby Mohegan Bluffs.

▲ Castle Hill Lighthouse

Located near the Coast Guard Station on Castle Hill Road in Newport, Castle Hill Lighthouse was built in 1890.

▲ Dutch Island Light

Narragansett Bay light station. This light is inactive and was built in 1826.

▲ Old Lime Rock Lighthouse

Newport Harbor.

▲ Plum Beach Light

Built in 1897 in Jamestown, this spark plug style lighthouse is inactive. It can be seen from the Jamestown Bridge.

▲ Point Judith Lighthouse 789-0444

1470 Ocean Rd,
Narragansett

The original lighthouse was built in 1806. The current building was erected in 1816. Visitors are welcome to tour the grounds; however, the lighthouse and Coast Guard Station are restricted. From US 1 drive south on Rt.108 to the Coast Guard Station at Pt. Judith. Open daily sunrise to sunset.

▲ Rose Island Lighthouse Newport 847-4242

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. Tickets are \$12 for adults and \$8 for children under 12. 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

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

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 762-9287

Bernon Street, Woonsocket. Open daily dawn to dusk. Only blocks from the center of Woonsocket, yet it boasts quiet walking trails, a scenic overlook and canoe launches.

Roger Williams Park

..... 785-3510

rwpcnservancy.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

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.



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

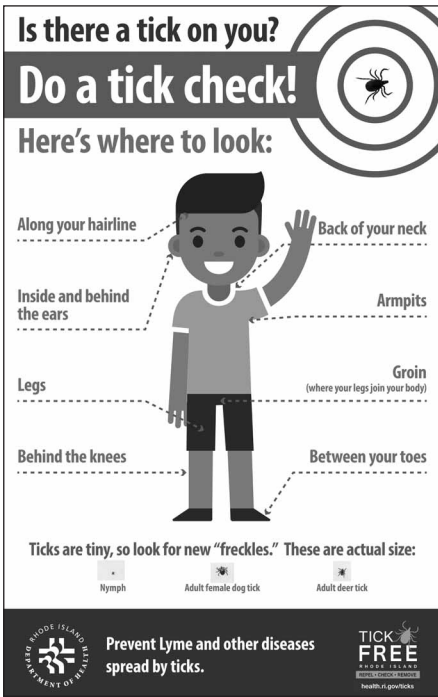
(Visit <http://bit.ly/tickposter> to see where to check for ticks)

- 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

health.ri.gov/ticks or the University of Rhode Island Tick Encounter Resource Center at tickencounter.org.

From Illness This Summer



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-menthane-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/mosquito/

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 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.



East Bay

Beavertail State Park (in season) 847-2400

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

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.

Burlingame State Park 322-8910

Route 1, Charlestown. A 2,100-acre set in woods, swamps and rocky ridges. Fishing, swimming, camping, concerts, snowmobile, trails.

Buttonwoods Park
Asylum Rd., Warwick City Park
126 acres, beach, biking and nature trails, shelters, outdoor in-line skating rink, softball field.

Fishermen's Memorial State Park789-8374

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

charlestownri.gov/ninigretpark
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. Have you seen the new giant trolls?

Old Mountain Field..789-9301

southkingstownri.com
Kingstown Rd., S. Kingstown. Over 60 acres with baseball/ softball fields, basketball courts, nature trails, picnic area, playground, restrooms, tennis courts, in-line skating, skate park.

Tuckertown Park 789-9301

southkingstownri.com
Tuckertown, Rd., S. Kingstown.
This handicapped accessible park (65 acres) has it all -- baseball fields, soccer fields, basketball courts, tennis courts, nature trails, picnic area, playground, restrooms, tennis courts.

White Mill Park 568-9470

Route 100, Pascoag. Open year round. The mill was finished in 1834. The original structure burned to the ground and rebuilt in 1895.

Fine example of the 19th century water-powered mills, which formed the backbone of the New England economy over a century ago.

Wilcox Park 596-2877 x334

71 1/2 High Street, Westerly
Open year round, dawn - 9 p.m. The park features dozens of specimen trees, shrubs and flower beds, along with a pond, fountain and monuments. Breathtaking in May - July and the perfect spot for a stroll.

And Nearby ...

Covel Estates Park

Off Milford Rd. in Swansea, MA
Tennis courts, ball fields, and playground.



PLAYGROUNDS

Providence & North

Branch River Park and Playground

Glendale. Playground for all ages, soft-ball fields, 2 tennis courts, 2 basketball courts, soccer fields, practice fields.

Cabral Memorial Park

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

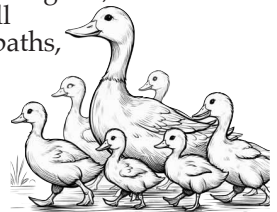
..... 789-9331
Matunuck Beach Rd., S. Kingstown.
Picnic area, playground, restrooms, swimming, volleyball, walking paths, handicap accessible.

W. Kingstown Park

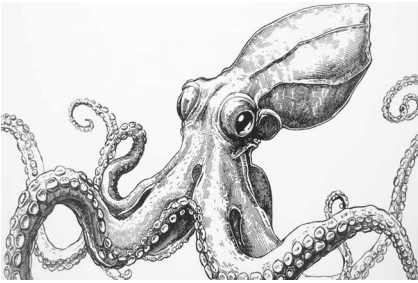
..... 789-9331
Rt. 138, W. Kingstown
12 acres with basketball, picnic area, playground, restrooms, softball, tennis, volleyball, walking paths.

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
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/
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
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. (See ad this page.)

NEW ENGLAND'S MOST HANDS ON AQUARIUM



MARINE BIOLOGY CENTER

Open to the public
daily 12:00 - 5:00



www.biomescenter.com

6640 Post Road, North Kingstown, RI • Phone: (401) 885-4690

Mystic Aquarium

..... 860-572-5955

Exit 90 off I-95, Mystic, CT
mysticaquarium.org
Open daily except Christmas and
Thanksgiving Days.

Save The Bay's Hamilton Aquarium

..... 324-6020

23 America's Cup Ave Newport
savebay.org/family-fun/aquarium/
This one-of-a-kind 7500 square foot
destination allows guests to come
face-to-face with the creatures and
species that live beneath Bay waters,
while also helping visitors build personal
connections to the issues that
challenge the health of this beautiful
natural resource. Save The Bay's
Hamilton Family Aquarium supports
the organization's educational
goals, alongside school and public
programming, with the idea that the
more you learn about the Bay, the
more you care about the Bay!

Open 9 am to 4 pm daily, closed
holidays (Easter Sunday;
Thanksgiving Thursday
and Friday; Christmas Day;
and New Year's Day).
Contact us for school and
group programming.

ZOOS

Buttonwood Park Zoo

..... 508-991-6178/4556

425 Hawthorn St., New Bedford, MA
bpzoo.org Open daily 9-4,
only 3-minutes from I-195.

Capron Park Zoo

..... 774-203-1840

201 County St., Attleboro, MA
capronparkzoo.com
See animals from North America,
Africa and Asia, as well as a tropical
rain forest exhibit and more. New
hours are 9 am to 4 pm year round
at 3:30. Closed Thanksgiving,
Christmas and New Year's Day.

Roger Williams Park Zoo

..... 785-3510

1000 Elmwood Ave., Providence
rwpzoo.org
Discover WILD Family Fun for
Everyone! Roger Williams Park Zoo
is home to over 160 rare and fasci-
nating species from around the
world including a Komodo dragon,
as well as zebras, penguins, red
pandas, African elephants, Masai
giraffes, snow leopards, gibbons,
anteaters, flamingoes, sloths, and
more!!

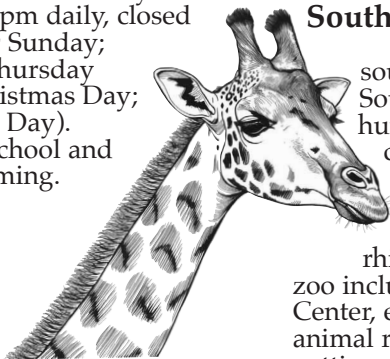
The Zoo is open daily April 1st –
Columbus Day from 9:00 am to 4:00
pm; and our winter hours are
Thursday – Monday, Columbus day
– March 31 from 10:00 am to 4:00
pm. The Zoo is closed Thanksgiving
Day, Christmas Eve and Christmas
Day.

Southwick's Zoo

..... 800-258-9182

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
<https://casey.farm>

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

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

1 Colt Drive., Bristol
coggeshallfarm.org
 Open select dates and times throughout the year. Coggeshall Farm Museum brings to life the history of middle-class farm families in the late 18th century. Set on 48 acres of coastal farmland in Bristol, Rhode Island, Coggeshall Farm Museum recreates the daily

experience of tenant farmers on a salt marsh farm through live interpretation, historic structures, heirloom plants, and heritage-breed animals. Throughout the year there are special events, festivals, and more! Summer camps and field trips too! (See ad below.)

Dame Farm and Orchard 949-3657

damefarmandorchards.com
 91B Brown Ave., Johnston. A multigenerational family farm business offering fruits and vegetables grown on our farm. Tractor drawn wagon rides but must make an appointment no walk ins. Farm open typically after July 4th until Columbus Day weekend. Also, pick your own strawberries, apples and pumpkins in season.

Festival Farm 742-5575

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-noon, no dogs.

Prescott Farm 847-8344

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.



Coggeshall Farm

AN OLD STURBRIDGE MUSEUM

Bristol, RI | CoggeshallFarm.org

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 Thursday and Saturday 1-4 pm all other by appointment.

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, flowers, 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

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

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

Barden Family Orchard

..... 934-1413

bardenfamilyorchard.com
56 Elmdale Rd., N. Scituate
Pick your own apples, peaches, raspberries, blueberries, blackberries and pumpkins. Call for hours.

Confreda Farms 827-5000

confredafarms.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.



Pick-Your-Own
SEASONAL FRUITS & FLOWERS

• **Farm Market & Café** •
Fresh Produce & Baked Goods
Coffee, Espresso & Ice-Cream
Soups, Salads & Sandwiches

Fresh, Fun & Tasty!

Open Daily: 8am to 6pm
May through December

915 MITCHELL'S LANE, MIDDLETOWN, RI

401.847.3912

www.SweetBerryFarmRI.com

Farm Fresh RI

farmfreshri.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 365-6165

rifoodcouncil.org/rhode-island-stories/clean-ocean-accesss-healthy-soils-healthy-seas-rhode-island/
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
confredas.com

"Haunted" corn maze and hayride (evenings late Sept - Oct). "Scare-Free" weekend days.

Escobar Farm 683-1444

255 Middle Road, Portsmouth
escobarfarm.com

Over 8 acres of corn and 2 miles of paths. Corn cobs to help if you get lost. \$10 adults, \$8 children (4-10). Pumpkin patch and hayrides and special events. Open Saturday, Sept 6 - Sunday Nov. 2, Fridays, Saturdays, and Sundays (and Monday holidays) 10am - 6pm. Last admission one hour before closing. Open mid-week with reservations for groups.

Frerichs Farm 245-8245

43 Kinnicutt Ave., Warren
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 annu- als April through Christmas. Free!

Salisbury Farm 942-9741

salisburyfarm.com

Plainfield Pike and Peck Road, Johnston. 4-acre 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**

thefarmersdaughterri.com
716 Mooresfield Rd., Wakefield
Full nursery and garden center.
Raspberries, pumpkins.

Harmony Farms 934-0741

harmonyfarmsri.com
359 Saw Mill Rd, Harmony
Call or visit website for opening and
closing date. Open Thursdays 8 am
to 7pm and Fridays to Monday 8 am
to 5pm closed Tuesday and
Wednesday.

**Jaswell's Farm
..... 231-9043**

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

**Macomber's Blueberry Farm
..... 397-5079**

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 appoint-
ment.

**Phantom Farm
..... 333-2240**

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 and pumpkin pickin'.

Salisbury Farm 942-9741

salisburyfarm.com
Corner Plainfield Pike & Peck Hill
Rd., Johnston. Strawberries, rasp-
berries, and veggies, and pumpkins
and giant corn maze in the fall.

Schartner Farms 294-2044

schartnerfarms.com
One Arnold Place, Exeter.
Strawberry, blueberry and Pumpkin
picking, Christmas trees, schools.

**Smith's Berry Farm
..... 295-7669**

smithsberrypi.com
320 Shermantown Rd.,
Saundertown. Blueberries

**Sweet Berry Farm
..... 847-3912**

sweetberryfarmri.com
915 Mitchells Lane, Middletown
Pick your own straw-berries, rasp-
berries, blueberries, blackberries,
peaches, apples, peaches, pumpkins
and Christmas Trees.
(See ad page 141.)

**Wicked Tulip Farm
..... 297-3700**

wickedtulips.com
90 Brown Avenue, Johnston
They typically open Early April and
close Mid or Late May. Tickets must
be purchased online.



HAY RIDES

Chepachet Farms 568-9996

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

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, closed Tues and Wednesday.



THERAPEUTIC RIDING FARMS

**Greenlock Therapeutic
Riding Center ... 508-252-5814**

greenlock.org

50 Summer St., Rehoboth, MA

**Horse Play Therapeutic
Riding Center 294-3565**

horseplayrescue.org

143 Gilbert Stuart Rd.,
Saunderstown

**Yellow Horse Therapeutic
Riding 749-6122**

40 Collins Rd., Ashaway
yellow-horse-equine.com

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

Greenville. Lessons, boarding, pony
rides and parties.

Sunset Stables 722-3033

sunsetstables-ri.com

1 Twin River Rd., Lincoln. Trail
rides, lessons and pony rides. Open
year-round, daily 9-5.

Whispering Winds Farm

..... 639-8112

facebook.com/

WhisperingWindsFarmsRI

1465 Putnam Pike, Chepachet

East Bay

**Newport Equestrian
Academy 837-4188**

NewportEquestrian.com

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

Ponies to Go 683-9437

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
steppingstoneranch.com

Halloween Fun!



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

*13th World

4097 Diamond Hill Rd, Cumberland
13thworld.com
23 Years of Fear! 13TH World returns in 2024 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
factoryofterror.com
33 Pearl St., Fall River, MA.
Ages 12+

Ghost Tours of Newport

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
Jack-O-Lantern Spectacular runs from September 26 - November 2. This fall, Jack-O-Lantern Spectacular: Trivia – 2nd Edition returns with a brand-new batch of brain busters carved into the glow of thousands of pumpkins. It's chapter two of the ultimate fall challenge. From pop culture to historical legends, each twist in the trail brings questions that spark curiosity and fun for all ages. Don't miss New England's "must-see" family-friendly event of the Halloween season at Roger Williams Park Zoo. Information at rwpzoo.org/jols. The Zoo's annual Holiday Lights Spectacular will return in November 2025.

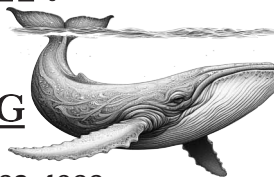
*Scary Acres

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?



OUTDOOR FUN IN AND ON THE BAY!

WHALE WATCHING



Frances Fleet
..... 783-4988

francesfleet.com
Port of Galilee in Narragansett.
Whale watching, deep sea fishing.

SWIMMING

The Providence Recreation Department maintains six public pools. Call 680-7300 for hours and information. All of the pools listed also have easily accessible playgrounds and water parks (except Zuccolo).

- **Almagno Pool** - 675 Plainfield St.
- **Selim-Rogers Pool** - 60 Camden
- **McGrane Pool** - 404 Dexter St.
- **Davey Lopes Pool and Recreation Complex**-248 Dudley St.
(questionable reopening at press time)
- **Zuccolo Pool** - 18 Gesler Street

Also, check out the YMCA's, Aquatics at the Dwares JCC, Pods Swimming, Envious Swimming, Boys & Girls Clubs for swimming lessons.

WATER EXCURSIONS & TOURS

Providence & North

Blackstone Valley Explorer
..... 724-2200

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?

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
gondolari.com

Enjoy a gondola excursion along the Woonasquatucket and Providence Rivers and view the revitalization of the city, river walks and waterfront parks. 3 goldolas; up to 6 passengers each. Family packages available.

Save The Bay Lighthouse Tour 272-3540

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 619-1300

gansettcruises.com

Narrated Newport harbor tour, daily in summer.

Herreshoff Marine Museum 253-5000

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

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

newportexperience.com

Goat Island, Newport, near Marina. View beautiful Narragansett Bay on a 101-ft topsail schooner. Mondays and Wednesdays, July-October.

Schooner Madeleine 847-0000

sail-newport.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

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

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)

communityboating.com

Kayaking now available!

(See listing and ad under *Sailing*).

Lincoln Woods Kayak 829-1769

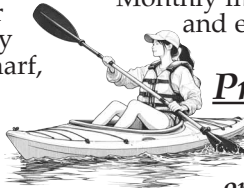
providencekayak.com

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

providencekayak.com

Paddle throughout the picturesque bridges, cobblestone walkways and green riverbanks of the Providence and Woonasquatucket Rivers, Riverwal and 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

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

West Bay & South County

The Kayak Centre
..... 295-4400

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

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

Narrow River Kayaks
..... 829-7534

narrowriverkayaks.com
94 Middlebridge Rd., Narragansett.
Sales, rentals, tours, and instruction.

Paddle Surf RI 741-5661
paddlesurfri.com
Westerly.

Paddleboard RI 388-0880
paddleboardri.com
We come to you!

Quaker Lane Bait & Tackle
..... 294-9642

quakerlanetackle.com
4019 Quaker Ln., North Kingstown.

CANOE THE BLACKSTONE RIVER.

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

Visit
blackstoneheritagecorridor.org
for beginner and intermediate tours.

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

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

REI Outdoor Retailer
..... 275-5250

rei.com/cranston
22 Chapel View Blvd., Cranston.
Kayak, paddleboard rentals.
Outdoor adventure classes.

Westwood YMCA
..... 397-7779

ymcapawtucket.org
2093 Harkney Hill Rd., Coventry
Canoes/kayaks.



SURF/DIVE GEAR RENTALS/LESSONS

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

Elemental Surf Shop
..... 846-2280

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

Narragansett Surf and Skate
..... 789-7890

narragansettsurfandskate.com
74 Narragansett Ave., Narragansett
Paddleboard lessons too.

Ferries

Block Island High Speed Ferry

..... 1-866-783-7996

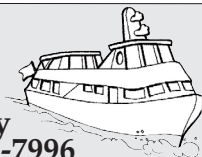
Interstate Navigation Company, Pt. Judith and Newport.
blockislandferry.com
Get to Block Island FAST on the hi-speed Block Island Ferry! From Point Judith, RI, you're there in only 30 minutes. During the summer, you can also take a hi-speed ferry from Newport AND Fall River. The Newport ferry leaves 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.
prudenceferry.com

Jamestown & Newport Ferry

..... 423-9900

..... 423-5820

jamestownnewportferry.com
www.conanicutmarina.com
One East Ferry Wharf, Jamestown.
Stops include Rose Island (light-house), Jamestown, Fort Adams/Museum of Yachting, Bowen's Wharf & Perrotti Park (Newport).

Martha's Vineyard Fast Ferry

..... 295-4040

vineyardfastferry.com
90 minute trip from Quonset Pt.
Also Sunset Cruises.

Steamship Authority

..... 508-548-5011

steamshipauthority.com
Leaves from Woods Hole for Martha's Vineyard and from Hyannis to Nantucket. Call for schedule.

PARASAILING

Block Island Parasailing

..... 864-2474

biparasail.com

Island Style Parasailing

..... 601-0330

9 Bowen's Landing, Newport
islandstyleparasail.com

ROWING

Narragansett Boat Club

..... 272-1838

rownbc.org
2 River Drive, Providence



OUTDOOR FUN

SAILING LESSONS

Community Boating Center

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. (See ad below.)

Edgewood Yacht Club

..... 781-9626

edgewoodyachtclub.com
Shaw Ave., Cranston.
Full-service marina and yacht club.



Herreshoff Marine Museum

..... 253-5000

herreshoff.org
Come for a lesson in an iconic, Bristol-built Herreshoff 12 ½. Private instruction, summer camps.

Hobie Fleet 448

..... 647-3203

fleet448.org

For beginners to experienced sailors. Classes, events, regattas.

Newport Sailing School and Tours

..... 848-2266

newportsailing.com
Goat Island, Dock A, Newport.

Newport Yacht Club

..... 846-9410

newportyachtclub.org
Long Wharf, Newport. Adult & jr sailing program June - mid-Aug.

Learn To Sail!



EcoAdventure 1-Week Camps

Learn-To-Sail 2-Week Camps

Adult Lessons

401-454-7245



COMMUNITY BOATING CENTER
INDIA POINT PARK, PROVIDENCE



CommunityBoating.com

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
sailnewport.org
Sailboat rentals, storage, racing, regattas, special events. Two-week, full-day youth summer sailing.

Tall Ships America 846-1775
221 3rd Street, Newport
tallshipsamerica.org
Information on nearly 250-member sail training programs on sailboats from 30 - 200+ feet!

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.



SKYDIVING

Boston Skydive Center 508-759-3483
bostonskydivecenter.com
North Central Airport, Smithfield

Skydive Newport 845-0393
skydivenewport.com
211 Airport Access Rd., Middletown

SAIL TO PREVAIL
Rhode Island's Official Disabled Sailing Center

401-849-8898
www.sailtoprevail.org

Children and Teens, age 7-15



MORE SPORTS

AIRSOFT

Extreme Airsoft 789-1987
extremeairsoftri.com
1425 Kingstown Rd., S. Kingstown

BASEBALL/SOFTBALL

Apponaug Girl's Softball
agsoftball.com
For girls ages 5 through high school.

Newport Gulls Baseball 845-6832
newportgulls.com

Pawtucket Slaterettes 465-7312
slaterettes.com
Girls/women's baseball league.

Rhode Island Baseball Institute 732-9575
ribibaseball.com
2011 Post Rd., Warwick

Upper Deck Baseball Academy 334-1539
upperdeckba.com
1 John Dean Memorial Blvd.,
Cumberland

OUTDOOR FUN

BASKETBALL

One-on-One Basketball 639-0814

1on1basketball.com

Basketball Camps across the state of Rhode Island for boys and girls ages 5-15 years old. (See ad below.)

BIKE TRAILS Special Places

(Visit 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. RIPTA.com

[dot.state.ri.gov/
travel/bikeri](http://dot.state.ri.gov/travel/bikeri)

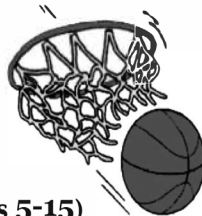
to download maps of all of the RI's bike and off roadtrails.

- **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.



ONE ON ONE
BASKETBALL INC.

Camp Director Frank Luca



***SUMMER HOOP CAMPS** (ages 5-15)

LOCATIONS THROUGHOUT RI INCLUDING: Burrillville ● Cumberland
E. Greenwich ● E. Providence & Providence ● Scituate ● S. Kingstown

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

❄ **WINTER LEAGUE**
FOR AGES 5-13 ❄
STARTS IN DEC.

***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

● **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. wrwc.org/events.php

● **South County Bike Path** 789-9301

7 miles of paths
dot.ri.gov/travel/bikeri/
southcounty.php

● **Tiverton, Sakonnet/Little Compton.** 25-30 miles of paths.

● **Wilson Park Bikeway** 294-3331

1.5 mile loop circling Wilson Park in Wickford.

BMX!



● **Bobs Skate Park Track** 580 Manton Ave., Providence

● **Diamond Hill Pump Track** Diamond Hill Park, Cumberland New asphalt pump track UCI certified


THE EDGE

30,000 SQ. FT.
INDOOR SKATEPARK

- CLINICS & LESSONS
- PRIVATE RENTALS
- PRO SHOP
- OPEN ALL YEAR

391 W. WATER ST.
TAUNTON, MA 02780
508-823-4410

BOARDS-BLADES-BMX-SCOOTERS

THEEDGEINDOORSKATEPARK.COM

● **The Edge Indoor Skate Park** 508-823-4410

391 West Water St., Taunton, MA
theedgeindoorskatepark.com
Boards, Blades, BMX, and Scooters are all welcome at New England's largest indoor skate park—30,000 sq. ft. of ramps, rails, and fun! We offer clinics, lessons, rentals, a full pro shop, and events year-round. Ages 5+ and all skill levels welcome. Check our website for the latest hours and come ride with us! (See ad this page.)

● **Neutaconkanut Park**

On the Providence/Johnston line

● **Old Mountain Field**

831 Kingstown Rd., S. Kingstown

● **Pawtucket Park at Jenks Middle School**

The newest park in R.I. and one of the nicest. Very clean and well kept with a little more on the street side of things.

● **Roger Williams Bike Park** In Roger Williams Park and includes a pump track and a dirt jump.

● **Woony Adventure Park** 861-9046 100 Heath St., Providence Features a concrete pump track in the Olneyville neighborhood of Pvd.



**The ONLY
USA BMX
Sanctioned track
in Rhode Island!**

**ALL AGES WELCOME!
CHILDREN and ADULTS**

Clinics • Events • Family Fun!

(401) 702-2269

woodlandbmtrack@gmail.com

**880 Victory Hwy.
West Greenwich, RI**

woodlandBMX.com 

• **Woodland BMX**
..... 702-2BMX (2269)
880 Victory Hwy., W. Greenwich
(See ad this page.)

• **RWP Pump Track**
1 Thurston St., Providence

BIKE & SKATE RENTALS

(See bike safety article on page 20.)

**Block Island Bike (and Car)
Rental** 465-3372

Ocean Ave., Block Island. Bike
rentals in season, year-round car
rentals.

NBX Bikes 782-4444

nbxbikes.com

922 Boston Neck Road, Narragansett

FENCING



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

rifac.com

14 Almeida Ave., E. Providence

(See ad below.)



**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

GOLF (Visit rigolf.com and Mini Golf in Entertainment.)

Button Hole 421-1664

One Button Hole Drive, Providence
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.
ri-hockey.org

RI Hockey Academy 942-2289

rihockeyacademy.com

RI Sting Girls Hockey
stinghockeyri.com

LACROSSE

**Rhode Island Youth Lacrosse
League**
rhodeislandlacrosseleague.com/

Our Pro Teams

National Hockey League - Prov. Bruins 273-5000

providencebruins.com
The top development affiliate of the
National League Boston Bruins.

New England Patriots Patriots.com

WooSox
WooSox.com



PAINTBALL

BattleGroundz 305-3600
battlegroundz.net
100 Higginson Ave., Lincoln

Providence Indoor Paintball 467-2815

providencepaintball.com
199 Thurston St, Providence



RACING

(BIG AND LITTLE CARS,
GO- KARTS!)

Johnny Lightning Race Club (Diecast metal cars) 248-1625 jlrc.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 8am until 2pm. All ages are
welcome!

R1 Indoor Karting 721-5554

R1IndoorKarting.com
100 Higginson Ave., Lincoln
Racers get an adrenaline rush while
lapping our custom-designed
asphalt track in cutting-edge go
karts powered by green technology.
With 3 speed levels we welcome
beginners, amateurs and experts.
The track is 1/3 mile long and go
karts reach speeds up to 45 mph.
(See ad next page.)

Seekonk Speedway
(The real deal!) 508-336-9959
seekonkspeedway.com
1710 Fall River Ave., Seekonk, MA
Only local NASCAR facility. May
through Oct. Lots of special events.

OUTDOOR FUN

ROCK CLIMBING

Central Rock Gym

..... 889-5452

centralrockgym.com
275 W. Natick Rd., Warwick

Rock Spot Climbing

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
Unitedskates.com/rumford/

Got Pickleball?

Visit pickleheads.com
to find courts near you!

SKATE PARKS

(See BMX page and 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

AN UNFORGETTABLE EXPERIENCE

GO-KARTS | DARTS | MISSION BOX | TIME MISSION | AXE THROWING

R1

Scan to book ahead or visit
R1kart.com/BookNow



R1 INDOOR KARTING

ENTERTAINMENT CENTER



100 Higginson Ave., Lincoln, RI 02865
401.721.5554 • www.r1indoorkarting.com

- **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
aysonational.org/

Teamworks
170 Jefferson Blvd., Warwick
..... 463-5565
1314 Fall River Ave., Seekonk, MA
..... 508-336-6565
teamworkswarwick.com
Adult and youth indoor leagues in soccer, football, volleyball, inline hockey, dek hockey & lacrosse. Parties, private rentals & school vacation camps (see ads pages 127, 164, 181 and coupon page 189).

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.

PROVIDENCE TENNIS.



Rhode Island's #1
Development Program
and High Performance
Junior Academy

"Our Mission is to develop players to reach their highest potential".

YEAR-ROUND PROGRAMS • SUMMER CAMPS

Tiny Tots (age 4) through High School
Tournaments/Adult Leagues

Indoor & Outdoor Courts (Tennis & Pickleball)

• Locations throughout RI •



401-935-4336

www.providencetennis.com
nestor@providencetennis.com

TENNIS

Prov. Tennis 935-4336
providencetennis.com
(See ad this page.)



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.



LEARN TO SKATE

AT BOSS ICE ARENA



REGISTER NOW!

Perfect for Beginners (Ages 4 & Up!)

No experience needed – just bring your enthusiasm and a smile!

Fun-Filled Lessons

Our expert instructors use games and engaging activities to make learning FUN!

Choose Your Skating Adventure!

Figure skating, hockey, or speed skating – this is where it all begins.

6- or 8-Week Sessions

Flexible session options to fit your family's schedule.

Scan the
code to
register.



BossIceArena.com

**BOSS
ICE ARENA**
THE UNIVERSITY OF RHODE ISLAND



WINTER FUN

SKIING/ BOARDING

(Note: Most ski areas offer year-round activities. Visit their websites.)

Rhode Island's Only Ski Area ...

Yawgoo Valley Ski Area
..... 294-3802

160 Yawgoo Valley Rd., Exeter, RI.
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

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

Boss Arena 874-4988
bossicearena.com. At URI.
(See ad previous page.)

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

100 Factory St., West Warwick
westwarwickri.org/
civic-center

Cranston Veterans Memorial Ice Rink
..... 316-2579

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.
warwickri.gov

Washington Trust Community Skating Center
..... 348-2644

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

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 riparks.com)

SEAL WATCHING!



Winter is also the perfect time to seal watch on Narragansett Bay. January through March is best.

**Check out seals ... LIVE!
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-SEAL(7325)**

savebay.org/seals
Save The Bay offers seal watch cruises and nature tours in Newport, Westerly, and Fall River aboard our education vessels, Dec. - April.



ACTIVITIES

FUN FOR LITTLE ONES

(Also, see "Help for New Parents" & "Cool Activities for Kids")

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

**Build-A-Bear Workshop
..... 824-5508**

buildabear.com
Providence Place

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

FUNDamentals, LLC .. 206-4030
1365 Wampanoag Trail, Riverside
Fundamentals, LLC is a premier educational play center that provides a dynamic play environment for children 6 months to 9 years to enhance the optimal growth and development of children's cognitive, social, emotional and sensory motor abilities through play based learning and small educational groups. Our highly experienced team consists of a special educator, occupational therapist, and speech & language pathologist who use their professional knowledge and neuroaffirming approach to provide a safe haven for play and learning that meets the needs of ALL young children. *(See ad next page.)*

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 24.)

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

rockababymusic.com
 Classes throughout RI.

Teamworks 463-5565
 teamworkswarwick.com

170 Jefferson Blvd., Warwick
 FUN, Sports-Based Programs For
 Children 18 Months-12 Years Old
 (see ad next page and page 127, 164,
 and 181).



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
 URI.edu/4h

Exciting programs ranging from
 sewing to woodworking to
 conservation and environment. Plus
 fundraisers, fairs, trips, workshops
 and camps.

FUNDAMENTALS

igniting young minds through play



Offering:

- Social Skill Groups
- Multi-Sensory Play
- Executive Function Skills
- Social Emotional Learning
- Open Play
- Private Birthday Parties

Lead by highly experienced staff:

- Special Educator
- Occupational Therapist
- Speech & Language Pathologist

Premier Play &
 Educational Center

www.playatfundamentals.com

1365 Wampanoag Trail
 Riverside, RI

401-206-4030



Come join
 the fun!
 Enroll now!



Taste Buds Kitchen

Cooking Events Ages 2-Adult

PARTIES, CAMPS

WORKSHOPS & CORPORATES

East Greenwich & Providence



ON
LAND

IN
WATER

OR
ONLINE

BONNIE & DONALD
DWARES
JCC Rhode
Island

POWERED BY THE JEWISH ALLIANCE



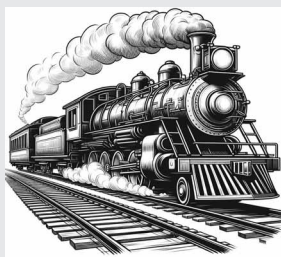
Contact us to learn more

401.421.4111

JewishAllianceRI.org

401 Elmgrove Avenue, Providence

GOT TRAINS!



●Blackstone Valley Polar

bvtcri.org / polar-express
1 Depot Square, Woonsocket.
TRIPS RUN WEEKENDS
NOV. 7 – DEC. 21!

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

trainsRI.com
thegrandbell.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

railexplorers.net
1 Alexander Rd., Portsmouth

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 & Family Scouting (See pages 128.)

Dwares JCC 421-4111

401 Elmgrove Avenue, Providence
jewishallianceri.org
Fitness center including indoor pool, preschool, infant/toddler programs, after school program, summer camp, story time, arts and crafts, cultural events...and more!
(See ad previous page.)

Healthtrax

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
homedepot.com/c/
kids-workshop
Woodworking kits handed out.

Southeast New England Chess Assoc. 359-1602

P.O. Box 40604, Providence
senecachess.org
Year-round classes and tournaments.

TasteBuds Kitchen ... 885-0535

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

ACTIVITIES

Young Marines

youngmarines.org/
unit/fallriver/page

For boys and girls ages 8 - high school - promotes a healthy, drug-free lifestyle while developing self-discipline, teamwork/leadership.

YMCA's

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

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

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.

YOUTH PROGRAMS



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



Locations in
SEEKONK, SOMERSET, & WARWICK

www.TeamworksCenters.com

ART



ART BY YOU
at Weirgirl Creations Pottery Studio 247-1397
10 Wampanoag Trail, Riverside
weirgirlcreations.com

Artists' Exchange 490-9475

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

840 Oaklawn Ave., Cranston

..... 862-9800

1525 Old Louisquiset Pike, Lincoln

..... 644-8750

bluedoorartstudio.com

CityArts!

..... 365-5136

providencycastlearts.org

891 Broad St., Prov. Free after school program for Providence area children 8 to 14. Music, theatre, drawing and painting, poetry and creative writing, ceramics, dance, etc.

ClayArt Studio 245-4895

clayartstudior.com

14 Pacquin Rd., Barrington. Classes for children, adults and both.

Clayground 884-4888

facebook.com/claygroundstudio

5600 Post Rd., East Greenwich

Create Color Art Studio

..... 363-9511

createcolorartstudio.com

Salt Pond Plaza, 91 Point Judith Rd, Unit D-3, Narragansett

Island Art Spot

..... 595-5322

islandartspot.com

575 E. Main Rd., Middletown

Jamestown Arts Center

..... 560-0979

18 Valley Street, Jamestown

jamestownartcenter.org

KidzArt

..... 921-3285

kidzart.com

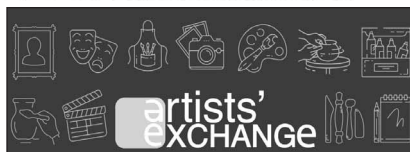
Innovative fine arts drawing program for kids of all ages.

Mudstone Studios

..... 317-5208

mudstonestudios.com

30 Cutler St., Warren. Ceramic classes to clay classes and studio space.



artists' exchange

CLASSES • CAMPS • WORKSHOPS
OPEN STUDIO • EVENTS

FINE ARTS, CERAMICS, THEATER & DIGITAL MEDIA

artists-exchange.org • 50 Rolfe Sq Cranston • 401.490.9475
a 501(c)3 non-profit community art center

Newport Art Museum

..... 848-8200

76 Bellevue Ave., Newport.

newportartmuseum.org

We are committed to championing the value of art for everyone within our Newport community and beyond. We invite you to explore, create, and connect with our changing exhibitions, Artist Talks, workshops, art classes and camps, and special events throughout the year. (See ad below.)



NEWPORT ART MUSEUM

For more than a century, **Newport Art Museum** has been a vibrant cultural hub where tradition meets innovation.

By fostering meaningful connections between artists and the community, we inspire engagement, conversation, and exploration—celebrating art as a living, evolving force.

The transformative power of art connects people and ideas across time and space. It breaks down boundaries and unites us. Art welcomes all, and so does the Newport Art Museum.

OPEN HOURS:
Wednesday - Monday: 11 AM - 4 PM
Closed Tuesdays

ADMISSION:

\$15 Adults	Free for Members,
\$10 Seniors	Military & Children
\$8 College Students	

76 Bellevue Ave. Newport RI
www.newportartmuseum.org

PeaceDale Museum

..... 783-5711

1058 Kingstown Road, Peace Dale
peacedalemuseum.org
Founded in 1892, South County's
oldest museum houses more than
15,000 archaeological and ethnologi-
cal objects from around the world.

The RISD Museum

..... 454-6500

20 North Main St., Providence
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.

RISD Continuing Education

..... 454-6200

20 Washington Pl., 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

the-sew-op.com
31 W. Main St., N. Kingstown

Tiverton Four Corners Center for Arts and Education

info@fourcornersArts.org
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 warwickcfa.org for more
information. *(See ad this page.)*

Warwick Center for the Arts



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



3259 Post Rd Warwick

www.warwickcfa.org

SPECIAL EVENTS

Amica Mutual Pavillion

..... 331-0700

1 LaSalle Sq., Providence
amicamutualpavillion.com
Hosts popular events and shows
such as concerts, sports, circus,
wrestling, etc.

Providence Performing Arts Center

..... 421-2787

220 Weybosset St., Providence
ppacri.org *(See inside cover.)*

RI Convention Center

..... 458-6000

1 Sabin St., Providence
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.*)

Ballet RI 353-1129

825 Hope Street, Providence
balletri.org/school/

The School of Ballet RI offers a community where students can focus on dancing in an environment that is joyful, supportive, and full of integrity. 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. Join us as we cultivate the next generation of professional dancers and inspire a lifelong appreciation of dance for all (*see ad this page*).

Bring Your Own Improv 261-7678

Warwick Center for the Arts,
Warwick, RI

BringYourOwnImprov.com

Bring Your Own Improv is an interactive theater company offering family-friendly improv comedy performances for all ages. Shows encourage audience participation while remaining accessible to those who prefer to watch. Performances are held weekly on Fridays, 8:00pm, at the Warwick Center for the Arts. In addition to live shows, BYOI offers teen improv workshops designed to build confidence, creativity, and collaboration skills in a supportive environment.

Tickets: \$15 General Admission |

Discounts Available.

(*See ad this page.*)

WORLD CLASS DANCE EDUCATION
ROOTED IN RI

SCHOOL OF
BALLET RI

KATHLEEN BREEN COMBES, DIRECTOR

AGES 3 - ADULT

SCAN TO LEARN MORE

The Center for Dynamic Learning

..... 461-1813

1 Louisa Street, Prov.
cdlri.org

"Water Fire"
www.waterfire.org

BYOI
BRING YOUR OWN IMPROV

FAMILY FRIENDLY SHOWS
EVERY FRIDAY AT 8PM

TEEN IMPROV

WORKSHOPS AVAILABLE

SCHOOL SHOWS

COME AND PLAY

WWW.BRINGYOUROWNIMPROV.COM

The Contemporary Theater Company Workshop
(Box Office) 218-0282
 327 Main St., Wakefield
contemporarytheatercompany.com

Courthouse Center for the Arts 782-1018
courthousearts.org
 3481 Kingstown Road, West Kingston. Music and arts inclusion education for children and differently abled children. Concerts, gallery openings, event rentals and more.

Everett: Company, Stage and School 831-9479
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
gammtheatre.org
 Summer camps for grades 1-12. Acting and other theater classes for adults. A 5-play season.

Newport Children's Theatre
 P.O. Box 144, Newport
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:
 63 Cedar Ave., #10, East Greenwich
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
RIYT.org
 Cranston, South County, West Bay
 School vacation week and summer theatre programs for students 7 - 18.

SMARTS Collaborative 508-222-8484
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 trinityrep.com](http://201.Washington.St.,Providence.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 239-9713
choirschoolri.org

Julie Garnett's Musical Concerts juliegarnett.com

Mary Ann Hall's Music for Children 272-2006
musicforchildrenri.com

Music Together:

• **Barrington** 477-3865
 Danni Cauley, Director
 16 Cutler Mills, Warren
musictogethereastbay.com

● **Cranston** 316-3407

Lori's Music Together
lorismusictogether.com

● **East Side Music Together**
..... 400-2595

Karen Isenberg, Director
eastsidemusictogether.com

● **Newport County** 846-9014

musictogethernewport.com
Classes offered in Newport and
Portsmouth. Christopher "Kavi"
Carbone, Director.

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

rockababymusic.com
Classes throughout RI.

Newport County Youth Chorus

newportsings.org
FREE after school program serving
singers in grades 2-6 in Newport
County. No experience necessary to
join -- just a love for singing!

Prov. Performing Arts Center
ppacri.org 421-2787

220 Weybosset St., Providence
Families, join us at our upcoming
family-friendly shows in our
2025/2026 season! (*See inside front
cover for details!*)

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

linktr.ee/riphilmusicsschool
Located in East Providence, just off
195, the RI Phil Music School offers
music instruction for all ages and
skill levels. Experienced music edu-
cators offer private instruction on all
instruments and voice. You can join
one of the many ensembles ranging
from Youth Orchestra and Chamber
Music to Wind Ensemble, Jazz
Ensemble, or try one of the Rock
Bands, including Video Game Music
and Taylor Swift ensembles.

Younger students, ages 0-5, learn
music fundamentals with a caregiv-
er in Music Together and Rhythm
Kids classes and kids as young as 3
can learn piano, violin, or guitar in
the Suzuki lesson program. Financial
aid and payment plans are available.
and Suzuki programs for ages 4-9.

The Rhody Center for World Music and Dance 475-5955

410 Tiogue Ave., Coventry
therhodycenter.org

Robert's Musical Instruments
..... 823-5459

robertsmusicri.com
687 Quaker Lane, W. Warwick.
Lessons on most instruments,
beginner to advanced.

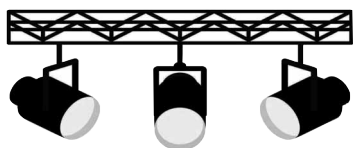
You Rock School of Music
..... 481-4297

YouRockSchoolofMusic.com
1802 Broad St., Cranston

Tunes N' Tales 749-6900

tunes-n-tales.com
Anne-Marie Forer's Tunes-n-Tales
performances delight and captivate
toddlers, pre-schoolers & kinder-
garteners with developmentally
appropriate programs that support
Core Curriculum Standards for
Language, Literacy and Music.





LIBRARIES OFFER SOMETHING FOR EVERYONE!

By Megan Weeden

If you haven't visited your local library in awhile, you may find a lot has changed. Yes, you can still find books. No, it's not always quiet. And there really is something for everyone.

Here's a list of just some of the 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 Boston Museum of Science, Mystic Seaport, Providence Children's Museum, Battleship Cove and Blithewold Mansion to name a few.

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 Libby app. Sometimes you may need to place a hold for a specific title, but many libraries also subscribe to Hoopla – another app that offers instant access to additional eBooks and audiobooks and even music.

3. Movies, Music and Shows. 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 Libby app. Sometimes you may need to place a hold for a specific title, but many libraries also subscribe to Hoopla – another app that offers instant access to additional eBooks and audiobooks and even music.

4. Local History & 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. Tech help. Librarians are pretty tech-savvy and always willing to help you learn how to use your various devices.

6. Activities for kids and adults. All libraries offer programs for kids, teens and adults year-round. These include book discussions, educational programs, storytime and performers.

7. Online Learning. Looking to learn a new skill or find a new hobby? Need to do some research from home? Visit **Askri.org** - a comprehensive online resource for Rhode Island residents. Students, jobseekers, librarians and educators, and curious people of all ages can all reach the information they need - with a librarian's help, or through carefully curated links to other online resources.

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. Library of Things. Some libraries let you borrow tools you might need to get a quick home improvement job done. Other libraries offer wireless hotspots, telescopes, ukuleles, fishing equipment, cake pans, lawn games, ghost hunting kits, laptops – 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**.



SCIENCE AND ASTRONOMY

Brown University STEM For Rising 9th and 10th Graders 863-7900

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

providenceri.gov/museum
Roger Williams Park, Providence
Museum is open year round with planetarium shows offerings, open 9:30-3:30. Museum admission (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

powsciencetoys.com
160 Old Tower Hill Rd., Wakefield
Hands-on science programs for schools, birthday parties and more.

Seagrave Memorial Observatory

theskyscrapers.org
47 Peepthead 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



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.

Governor Henry Lippitt House Museum 453-0688

199 Hope Street on the East Side of Prov. lippitthouse.org
The Lippitt House is an 1865 Renaissance Revival Mansion.

ACTIVITIES

The Museum of Natural History and Planetarium

..... 680-7221

providenceri.gov/museum/
Roger Williams Park, Elmwood
Ave., Prov. Open year-round, daily,
10-4pm.

Museum of Work and Culture

..... 769-9675

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 facto-
ries of New England. Closed Sun.
and Mon.

RISD Museum of Art

..... 454-6500

20 N. Main Street, Providence
rismuseum.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.



East Bay

Audubon Nature Center

..... 245-7500

1401 Hope Street, Bristol
(See listing under Conservation).

Herreshoff Marine Museum and America's Cup Hall of Fame 253-5000

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

AmericanIllustration.org
492 Bellevue Ave., Newport (Closed
for renovations - check website for
details.)

Naval War College Museum

..... 856-5270

usnwc.edu/nwc-museum
686 Cushing Rd., Newport
Exhibits on the history of Naval
Warfare and the Navy in
Narragansett Bay. Free. Open M-F,
10-4:00; 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.
(See *ad page 165.*)



Newport Car Museum
..... 848-2277

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

**Newport Historical Society
Museum** 841-8770

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
guided 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

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.

ACTIVITIES

RI Computer Museum

..... 741-6997

ricomputermuseum.org

1755 Bald Hill Rd., Warwick

Geek out as we explore how to use computers, and how computers work for you. Open Saturdays 10:00AM - 5:00pm, Sunday Noon - 4:00, Wednesday and Thursday 1:00 - 5:00pm. Other times by appt.

SeaBee Museum 294-7233

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 equipment. Open Wednesday, Friday, and Saturday 9:30 am to 2 pm.

South County Museum

..... 786-2442

115 Strathmore Street, Narragansett

southcountymuseum.org

South County Museum inspires curious learners of all ages to explore, engage, and experience the history of Rhode Island's village communities that formed around unique agriculture, maritime, and mill work. The eight acre campus-style museum features a print shop, schoolhouse, blacksmith forge, carpentry shop, carriage barn, walking trails, and living history farm in addition to an exhibit hall. Hands-on craft demonstrations, lectures, tours, programs, and seasonal events for all ages. Wheelchair accessible. Visit us online for special events and more.

Warwick Center for the Arts

..... 737-0010

3259 Post Rd., Warwick

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 166.)

Nearby Massachusetts & Connecticut

Battleship Cove

..... 508-678-1100

5 Water St., Box 111, Fall River, MA
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
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

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. Open 10am-4pm daily house tours (also available online).

The Maritime Museum

..... 508-678-1100 ext. 101

70 Water St., Fall River, MA

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.
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. 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.

AND MORE!

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

Providence & North

John Brown House .. 273-7507

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

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. Visit us online for dates, hours, events/programs.

Chace-Cory House ... 624-3358

Four Corners, Main Rd., Tiverton.

The Chase-Cory House, a fine example of pre-revolutionary coastal village farm architecture. Special events throughout the entire year. 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 call.

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.

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 - mid Oct., weekends from 1-4 .

Closed in bad weather.



Linden Place 253-0390

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

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

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

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." Call for tour hours.

West Bay & South County

Smith's Castle 294-3521

55 Richard Smith Drive, N.

Kingstown.

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.



NOW THAT'S ENTERTAINMENT!



CHILDREN'S ENTERTAINERS

CLOWNS

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
thiefofthoughts.com

A Bit Of Magic 484-8749
Bruce Kalver and Arlene the Magic Lady. BruceKalver.com

Ala-Kazam Comedy Magic Shows 640-6453
alakazamfamily.com
Family entertainment through our Comedy Magic Shows, Ruffles The Clown Shows and Balloon Sculpture Shows.

The Great Baldini 499-8615
baldinimagic.com

Bjorn's Balloons and Magic 742-2441
bjornballoonsandmagic.com

Tommy James Magic Shows 949-1405
TommyJamesMagic.com

Matt Roberts 508-965-3489
MattRobertsMagic.com

MORE PARTY IDEAS!

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

Ab'cadabra Lon Cerel Balloon Magic 946-3183
loncerel.com

Lon's the king of balloon animals, too. Wonderful for kids of all ages!

Airanimations Balloon Art 467-8749
brucekalver.com

Animal Affair ... 774-319-3019
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 animals (*see ad next page*).

Big Nazo Lab 831-9652
BigNazo.com
Larger-than-life-size puppets and mask characters. Creature-making workshop. Parties, festivals, more.

Jay Brunelle 451-1933
Variety family entertainment!

Bwana Iguana Reptile Adventures 943-1594
bwanaiguana.com
(See ad this page.)

The Carnival Party .. 641-8533
thecarnivalparty.com
info@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, etc.

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

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

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

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

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

PARTY RENTALS!

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

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



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

BWANA IGUANA REPTILE ADVENTURE

~BIRTHDAY PARTIES~
~SCHOOL SHOWS~
~SCOUTS OR FAIR~

EDUCATIONAL!
INFORMATIVE!
ENTERTAINING!

(401) 943-1594
BWANAIGUANA.COM



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

Mad Hatter Amusement
..... 769-5867
madhatteramusementsri.com

Jumparoo Zoo 862-2891
Westerly
jumparoozoo.com

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

Let's Party 405-0196
letspartyri.com
Find us on Facebook
(See ad next page.)

LOOKING FOR PARTY GOODIES?

(See Shopping Section.)

PARTY PLACES

ART BY YOU at Weirgirl Creations Pottery Studio

..... 247-1397

10 Wampanoag Trail, Barrington
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

biomescenter.com

6640 Post Rd., N. Kingstown

(See ad page 138.)

Cold Stone Creamery

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.

Let's Party 405-0196

LetsPartyRI.com

2736 Mendon Road, 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!

Providence Paintball

..... 467-2815

199 Thurston St., Providence

providencepaintball.com

For an exciting, affordable, and most memorable birthday!

Reel to Real Recording Studios 946-1520

reeltorealrecording.com

90 Connecticut St., Cranston

Recording session birthday parties!

Let's Party!

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

2736 Mendon Road, Cumberland, RI

Open Daily by Appointment Only

401-405-0196

**Teamworks
Warwick** 463-5565
teamworkswarwick.com
170 Jefferson Blvd., Warwick
www.teamworkssomerset.com
(See ad this page plus pages 127, 158,
and 164.)

AIRSOFT (See Paintball)

ARCADES (See Fun Centers)

BOWLING

Many of these bowling alleys have bumper lanes, automatic scoring and birthday parties. Most also have junior leagues on weekends.

TEN-PIN LANES

Alley Katz 596-7474
alleykatzri.com
116 Granite Street, Westerly

Bowlero 467-8850
bowlero.com
1450 Elmwood Ave, Cranston



CW Lanes Bowling
..... 288-3543

622 George Washington Hwy,
Lincoln

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

East Providence Lanes
..... 438-2300

eastprovidencelanes.com
80 Newport Avenue, Rumford

Kingstown Bowl 884-4450
kbowl.com
6125 Post Road, North Kingstown

Old Mountain Lanes
..... 783-5511

oldmountainlanesri.com
756 Kingstown Road, Wakefield

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

Walnut Hill Bowl 762-9300
walnuthillbowl.com
1666 Diamond Hill Road,
Woonsocket

DUCKPIN BOWLING

Dudek Bowling Lanes
..... 245-9471

dudekbowling.com
409 Child Street, Warren

Legion Bowl and Billiards
..... 781-8888

pubonparkri.com
661 Park Avenue, Cranston
Family entertainment Center!

Meadowbrook Lanes
..... 737-5402

bowlri.com
2530 Warwick Avenue, Warwick

Wickford Center Lanes
..... 294-9886

7565 Post Road, North Kingstown.



CAROUSELS

Adventureland 789-0030
 adventurelandri.com
 112 Pt. Judith Rd., Narragansett
 Poppys Victorian Carousel

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

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

Crescent Park Carousel 433-7518
 crescentparkcarousel.org
 700 Bullock's Pt. Ave., E. Providence

Fall River Carousel 508-678-1100
 frcarousel.com
 The Fall River Carousel is open seasonally, 11am-7pm.

Looff Carousel 435-7518
 crescentparkcarousel.org
 825 Armistice Blvd., Slater Park,
 Newport Ave., Pawtucket.
 This historic carousel was built in 1895.

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

Watch Hill Merry-Go-Round 622-4125
 merrygoroundbeach.com
 151 Bay St., Watch Hill

BATTING CAGES

(Also see *Baseball Clubs* page 151.)

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



ESCAPE ROOMS

Escape Rhode Island 326-2222
 escaperhodeisland.com
 Indoor and outdoor games!
 385 S. Main Street, 2nd Fl., Prov.
 (See ad next page.)

The Great Escape Room 484-1766
 thegreatestescaperoom.com
 75 Empire St., Prov.

Mystery SoupEscape Room 205-1873
 mysterysoupescaperooms.com
 1005 Main Street, Suite 1202,
 Pawtucket

Riddle Room 398-8177
 ririddleroom.com
 1150 Bald Hill Road, Warwick

FUN CENTERS, AND ARCADES



Adventureland 789-0030

adventurelandri.com

Pt. Judith Rd., Narr. Go-carts,
bumper boats, mini-golf, spin zone
bumper cars, carousel, Bank Shot
Basketball, Extreme Jumper, etc.

Atlantic Beach Park at Misquamicut 322-0504

atlanticbeachpark.com

32 Atlantic Ave., Westerly. Rides,
game room, batting cage, bumper
boats and Poppy's Carousel.

R1 Indoor Karting - Arcade 721-5554

R1IndoorKarting.com

100 Higginson Ave., Lincoln
(See ad page 156.)

Ryan Family Amusement Center 846-5774

ryanfamily.com

268 Thames St., Newport

Seekonk Grand Prix 508-336-8307

seekonkgrandprix.com

1098 Fall River Ave., Seekonk, MA
Kiddie/family tracks, slick track,
bumper boats, mini golf, games, etc.

Spring Lake Arcade 568-8288

springlakearcade.com

Historic Seasonal Penny Arcade,
game prices range from 1c to 1\$.
Located at Burrillville's
Spring Lake Beach. Admission.



Rhode Island's Original Escape Room

Est. 2015

Reserve A Game Today!

www.escaperhodeisland.com

Great For Family Outings
Graduations Birthday Parties
Team Building & More

Escape Rhode Island

4 Unique Indoor Games
2 Thrilling Outdoor Adventures

385 S. Main St Floor 2
Providence, RI 02903
401.326.2222

LAZER TAG

BattleGroundz 305-3600

battlegroundz.net

100 Higginson Ave., Lincoln

United Skates of America 438-9898

unitedskates.com/rumford/
75 New Rd., Rumford

Fun for kids ages 13 and under
and their families.

MINI GOLF

(Also see Fun Centers.)

Monster Mini Golf

..... 508-336-8004

monsterminigolf.com

Rt 44/140 Taunton Ave., Seekonk,
MA. Indoors and in the dark!



MOVIES

Providence & North

Avon Cinema 421-0020

avoncinema.com

260 Thayer Street, Providence

Cinemaworld of Lincoln

..... 333-8676

622 George Washington Hwy,
Lincoln

Showcase Cinema 16

..... 800-315-4000

showcasecinemas.com

Also **IMAX!** Providence Place,
Providence

East Bay

Jane Pickens Theatre

Showtimes 846-5252

Box Office 846-5474

janepickens.com

49 Touro Street, Newport

Rustic Drive-In

..... 769-7601

1195 Eddie Dowling Hwy,
Rt. 146, N. Smithfield.

Visit online:

facebook.com/RusticDriveIn

Misquamicut Drive-In

..... 322-1026

316 Atlantic Avenue, Westerly
mbadrivein.com

West Bay & South County

Showcase Cinemas ...885-1345

Show Times 800-315-4000

showcasecinemas.com

1200 Quaker Lane, Warwick

Also offering sensory-sensitive
screamings.

Nearby Massachusetts

Showcase Cinema

..... 800-315-4000

100 Commerce Way, Seekonk, MA

PAINTBALL

BattleGroundz 305-3600

battlegroundz.net

100 Higginson Ave., Lincoln

Providence Paintball

..... 467-2815

199 Thurston St., Providence

providencepaintball.com

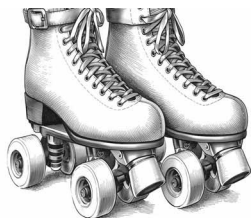
Warzone Paintball & Airsoft

..... 228-6366

warzonerhodeisland.com

320 Sherman town Rd.,

Saunders town



ROLLER RINKS

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

risportscenter.com
1186 Eddie Dowling Hwy, North
Smithfield.

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

unitedskates.com / rumford /
75 New Rd., E. Providence
Big, big skating fun for families.



TRAMPOLINE

Aero Trampoline Park
..... **762-2000**

aerotrampolineparkri.com
1500 Diamond Hill Rd., Woonsocket

Fun City **508-557-0441**
1275 Fall River Ave., Seekonk, MA
funcityseekonk.com

Get Air Swansea
..... **508-297-9142**

getairsports.com / swansea
207 Swansea Mall Dr., Swansea, Ma.

Launch **828-JUMP**
launchfamilyentertainment.
com / warwick /
920 Bald Hill Rd., Warwick

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



WATER PARKS AND SLIDES

Yawgoo Valley Water Park
..... **294-3802**

yawgoo.com
160 Yawgoo Valley Rd., Exeter

Water Wizz **508-295-3255**
Wareham, MA
(Less than an hour from Prov.)
waterwizz.com

Plan to spend the day! There's the
giant water slides (which includes 3
water slides, 3 speed slides, with
tunnels & dips to give you the thrill
ride of your life! Plus, the not-so-
Lazy-River, Wild Tube Ride, 2
enclosed tube rides, Pirates Plunge,
Giant Wave Pool, Captain Kid's
Island, 3 kiddie lands, food conces-
sions, clothing and candy stores,
lounge areas, changing rooms and
more. Open weekends from Early
June to mid-June, 10 - 5, then daily
10am to 6pm (weather permitting)
until Labor Day.

SHOPPING

SHOPPING

OUR MALLS

Most malls have special events throughout the year, especially during holidays.

Garden City Shopping Center 942-2800

GardenCityCenter.com
Route 2, Cranston. Lushly landscaped outdoor shopping center featuring trendy shops, national tenants, restaurants and events gazebo.

Providence Place 270-1012

ProvidencePlace.com
Downtown Providence
Over 150 stores! Includes Boscov's, Macy's, restaurants, a food court, a 16-screen cinema, an IMAX Theatre and more.

Warwick Mall 739-7500

warwickmall.com
400 Bald Hill Road, Warwick
80 retailers, three department stores, extensive food court. And carousel!

CLOTHING FOR KIDS

The Children's Place 243-0230

Cotton on Kids 270-1012
cottonon.com
Providence Place

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

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



Providence & North

Abercrombie 473-0024
Providence Place
abercrombie.com

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

Mod Mama 273-7800
Garden City, Cranston
modmama.com

East Bay

Bellevue Kids 846-7700
206 Bellevue Ave., Newport, and
1 Bannister's Wharf, Newport
bellevuekids.net

Piccolo 245-1839
facebook.com/piccolochildrens
boutique
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
rainbowshops.com

Teddy Bearskins
teddybearskins.com
17 Brown St., Wickford .. 295-0282
5600 Post Rd., East Greenwich
..... 398-2737
*135 Frenchtown Rd.
EG/North Kingstown 398.7885
(*Warehouse, open only Fridays)

Wildflower Kids 388-0021
shopwildflowerkids.com
40 High St., Westerly



Nearby Mass.

Carter's Babies and Kids
..... 508-336-4564
51 Commerce Way, Seekonk, MA



East Bay
Corner Consignment
..... 683-1771
980 E. Main Rd., Portsmouth

**CHILDREN'S
SHOES**



Providence & North
Kid's Footlocker 270-4154
161 Providence Place

Yorker Shoes 274-2211
yorkershoes.com
1503 Hartford Ave., Johnston

East Bay
Irving's Shoe 683-4444
3001 E. Main Rd., Portsmouth

**CONSIGNMENT
STORES, USED
CLOTHING, TOYS
AND SPORTS STUFF**

Providence & North
Clothes to Kids
..... 941-8050

clothestokidsri.org
11 Commerce Way, #3, Johnston
Our mission is to provide new and quality used clothing to low-income or in-crisis, school-age children in Providence County, Rhode Island—free of charge. We envision a community in which every school-age child has quality clothing so that he or she may attend school with the confidence and self-esteem needed to achieve academic success.

Just Ducky 253-6335
34B Gooding Ave., Bristol

Luca Boutique 289-2251
luca-ri.com
193 Water St., Warren

West Bay & South County
2nd Time Around Sports
2ndtimearoundsports.com
453 Atwood Ave., Cranston
..... 944-9380
160 Old Tower Hill Rd., Wakefield
..... 773-4700

April Showers 615-2459
2 Highland Street, West Warwick
aprilshowersri.com

Once Upon A Child
..... 828-1392
onceuponachildwarwick.com
1245 Bald Hill Rd., Warwick

Nearby Massachusetts
Children's Orchard
..... 508-336-7757
childrensorchard.com
20 Commerce Way, Seekonk, MA

MATERNITY
Feminine Fancies
..... 247-1087
femininefancies.com
290 County Rd., Barrington



CHILDREN'S ROOMS & NURSERY

Baby Depot

(Burlington Coat Factory)

60 Newport Ave., E. Providence

..... 434-4400

1386 Atwood Ave., Johnston

..... 946-9587

2000 Diamond Hill Rd., Woonsocket

..... 769-4337

Baby World 508-672-7491

babyworldfallriver.com

48 Columbia St., Fall River, MA

Furniture, accessories, clothing too.

Knock on Wood Furniture

..... 725-0360

knockonwoodfurniture.com

1661 Lonsdale Ave., Cumberland

Rooms To Grow 467-2990

roomstogrow.com

1350 Greenwich Ave., Warwick



NEED PARTY STUFF?

Let's Party

..... 405-0196

letspartyRI.com

511 Broad St., Cumberland

Discounted party supplies and more
(see ad page 180).

SPORTING GOODS

(Used/Consignment and New!)

2nd Time Around Sports

2ndtimearoundsports.com

453 Atwood Ave., Cranston

..... 944-9380

160 Old Tower Hill Rd., Wakefield

..... 773-4700

SWING SETS:

Fireplace Showcase

..... 508-969-4844

thefireplaceshowcase.com

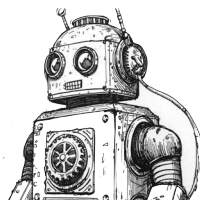
775 Fall River Ave., Seekonk, MA

Turf Master Inc. 943-8866

turfmasterusa.com

1703 Plainfield Pike,

Johnston



TOYS

Providence & North

Henry Bear's Park

..... 351-5718

736 Hope St., Providence

henrybear.com

LEGO Store 490-0757

lego.com

Providence Place

Pow!Science! 788-1024

powsciencetoys.com

Wakefield Mall, 160 Old

Tower Hill Rd., Wakefield

Providence Children's

Museum Gift Shop

..... 273-KIDS (5437)

childrenmuseum.org

100 South St., Providence

East Bay

Barrington Books and Toys

..... 245-7925

barringtonbooks.com

184 County Rd., Barrington

BE A TOY TESTER!

Be a part of the fun with
HASBRO!

Visit usfunlab.hasbro.com

**West Bay &
South County**

Apponaug Hobbies
..... 737-5506

HobbyRI.com
1364 Greenwich Ave., Warwick
Toy trains. (Thomas too!)

Bricks and Minifigs
..... 320-8390

bricksandminifigs.com/warwick-ri/
1000 Bald Hill Rd #5, Warwick
Used and new LEGOS, great birth-
day parties too!

The Toy Vault 921-5466
thetoyvault.com
Warwick Mall

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



BOOK STORES

Barnes & Noble
barnesandnoble.com
1311 West Main Rd., Middletown
..... 846-3313
371 Putnam Pike/Rt 44, Smithfield
..... 231-5828
1350 Bald Hill Road, Warwick
..... 826-8885

Providence & North

Books On the Square
..... 331-9097

booksq.com
471 Angell St., Providence

East Bay

Barrington Books 245-7925
barringtonbooks.com 184 County
Rd., Barrington

Island Books 849-2665
islandbooksri.com
575 East Main Road, Middletown

**LEARNING STORES &
TEACHER SUPPLIES**

Lakeshore Learning Store
..... 463-8800
lakeshorelearning.com
1400 Oaklawn Ave., Cranston



TEAMWORKS
We work hard at PLAY.

\$10 OFF

**Any Youth Program, Camp
or Birthday Party Package**



**Valid at Seekonk,
Somerset, & Warwick
locations ONLY**

One per person. Not valid with other
discounts or promotions. Expires 12/31/26.

www.TeamworksCenters.com

INDEX

abuse, 73

ACT EARLY, 30

activities, 160

addiction, 58

adolescents, 35

adoption, 37

ADOPTION RI, 37

ADVENTURE BASE

CAMP, 128

aging, 62

airsoft, 151

ALLIANCE JCC, 162

ALZHEIMER'S ASSOC., 64

ANIMAL EXPERIENCES, 179

apple picking, 141

aquariums, 138

arcades, 183

art classes, 164

THE ARTISTS' EXCHANGE, 165

astronomy, 171

aupair, 29

autism, 46

AUTISM PROJECT, 46



babysitting classes, 27

ballet, 166

BALLET RI, 167

balloons, 180

baseball, 151

BASECAMP, 128

basketball, 152

bats, 121

batting cages, 182

beaches, 126

BEHAVIORAL HEALTH

CLINICS, 47

bereavement, 40

BIG BROTHERS/BIG

SISTERS OF RI, 41

bike rentals, 154

bike safety, 20

biking/paths, 152

BIOMES, 138

birthday parties, 178

bleeding, 9

BMX, 153

boat charters, 148

boat safety, 22

bookstores, 189

BOSS ARENA, 158

bouncers, 179

bowling, 181

Boy Scouts, 128

breastfeeding, 98

BWANA IGUANA, 179

BYOI, 167



camping, 126

camps, 126

cancer, 94

canoeing, 147

car racing, 156

car safety, 17

car seats, 17

carousels, 182

Catholic schools, 106

chartering, 146

charter schools, 101

child birth, 98

child care, 28

CHILD & FAMILY, 51

child growth and

development, 34

CHILD, INC., 28

CHILDREN'S FRIEND, 38

children's services, 41

choking, 8

clothing, 186

clowns, 178

CODAC, 58

COGGESHALL FARM, 140

college resources, 116

colleges, 117

COMMUNITIES FOR

PEOPLE, 38, 52

CAP programs, 44

COMMUNITY BOATING,

150

COMMUNITY CARE

ALLIANCE, BACK

COVER, 41,

COMMUNITY PREP

SCHOOL, 103

composting, 142

consent, 70

conservation areas, 119

consignment

shopping, 187

corn mazes, 142

COVID RESOURCES, 82

COZ, 99

CPR, 6



dance lessons, 167

day care, 30

DEVEREUX FOSTER

CARE, 38

diabetes, 97

domestic violence, 68

DR. DAY CARE, 28

drama lessons, 167

drive-in movies, 184

drug addiction, 58

drug stores (24 hr), 6

DWARES JCC, 162



early intervention,

30

EAST BAY CAP,

29, 101

THE EDGE, 153

education, 99

emergency

preparedness, 10

entertainers, 178

environmental groups,

119

equine therapy, 144

ER, 5

ESCAPE RHODE ISLAND,

183

escape rooms, 182

Express Care, 4

extra help, 116



family services, 51
FAMILY SERVICE OF RI,
 53
 farmer's markets, 124
 farms, 140
 FCCP, back cover
FEDERAL HILL HOUSE,
 36
 fencing, 154
 ferries, 149
 fire safety, 16
 flu vaccine, 82
 food programs
 (see WIC)
 foster care, 37
FRIENDS WAY, 40
FRENCH AMERICAN
SCHOOL OF RI, 104
FUNDAMENTALS, 161



Girl Scouts, 128
 golf, 155
GREATEST 8, 39, 45
 grief, 41
GRODEN NETWORK, 33,
 39, 48



Halloween, 145
HARMONY CARE, 94
 hayrides, 144
 Head Start, 100
 health care, 79
 health insurance, 89
 hearing screenings, 26
 hiking, 120
 hockey, 155
 home safety, 11
 home schooling, 114
 horses, 144
 hospitals, 87
 housing, 77

ice safety, 160
 ice skating, 159
 immunizations, 79
 instruments, 168
 internet safety, 21



JCC, 162
JEWISH COMMUNITY
DAY SCHOOL, 106



kayaking, 147



lacrosse, 155
LA SALLE ACADEMY, 104
 lazer tag, 183
 lead certificates, 13
 lead poisoning, 12
LET'S PARTY, 180
 libraries, 170
 lighthouses, 130
LINCOLN SCHOOL, 105
 lyme disease
 prevention, 13



magicians, 178
 malls, 186
 maternal mental
 health, 95
 maternity clothing, 187
 Medicare/Medicaid,
 67
 mental health, 55
MILESTONE TRACKER,
 32
 mini golf, 184
 mom's clubs/support,
 24
 mosquitoes, 132
 movies, 184
 museums, 171
 music classes, 168



NALOXONE, 61
 nanny services, 28
 neglect, 73
NEIGHBORHOOD
HEALTH PLAN, 89
NEW ENGLAND
MISSING CHILDREN,
 74
 new parents, 26
NEWPORT ART
MUSEUM, 165
 nursery stuff, 188
 nursing, 98
 nutrition, 91



ONE-ON-ONE
BASKETBALL, 152
 opioids, 58
 orchards, 141
OSCIL, 65
 overdose, 58



paddleboarding, 147
 paintball, 184
 parasailing, 149
PARENT COACH, RI, 72
PARENT SUPPORT
NETWORK, 25
 parenting (new), 26
 parks, 131
 parties, 178
 party rentals, 180
 pharmacies (24 hr.), 6
 pick-your-own, 141
 pickleball, 156
 playgrounds, 135
 political advocacy, 76
 poison prevention, 11
 pools (public), 148
 pregnancy, 93
 private schools, 104
PROVIDENCE COUNTRY
DAY SCHOOL, 108
PPAC, INSIDE FRONT
COVER
PROVIDENCE TENNIS,
 157
 public schools, 99



QUIT SMOKING, 84



rabies, 125
racing, 155
radon, 15
rape (*see violence*)
recycling, 122
rehab (drug), 57
resale, 187
RESIDENTIAL
PROPERTIES, 3
RHODE ISLAND
FENCING ACADEMY
AND CLUB (RIFAC),
154
RHODE ISLAND
HOUSING, 77
RHODE ISLAND INDOOR
KARTING, 156
RIGHT TO KNOW APP,
71
RIPIN, 51
RITES, 114
rock climbing, 156
roller rinks, 185
rowing, 149
RSV, 82



safety, 11
SAIL TO PREVAIL, 151
sailing, 150
SAMARITANS, 68
SCHOOL OF BALLET, 167
schools (private), 106
schools (public), 102
science, 171
scouting, 128
seal watches, 160
senior services, 62
sensory friendly, 48
SEVEN HILLS RI, 33, 43
shopping, 186
skate parks, 156
skating (ice), 158

skiing/snowboarding,
159
skydive, 151
sleeping (infants), 25
smoke alarms, 16
smoking, 84
SNAP, 97
soccer, 157
SOJOURNER HOUSE, 74
SOUTH COUNTY
HEALTH, 96
spa services, 97
sports equipment, 188
ST. ANDREW'S SCHOOL,
108
ST., ELIZABETH
COMMUNITY, 65
ST. MARY BAY VIEW,
119
ST. PHILOMENA
SCHOOL, 110
SUID, 25
suicide prevention, 72
summer camps, 129
surfing lessons, 148
SUP, 150
support (kids), 37
support (families), 49
SWEET BERRY FARM, 141
swimming, 146
swing sets, 188
SYLVAN LEARNING
CENTERS, 115



TASTE BUDS KITCHEN,
161
teacher supplies, 189
TEAMWORKS, 127, 164,
181, 188
tec support for seniors,
67
tennis, 157
therapeutic riding
lessons, 146
tick bites, 132
TIDES FAMILY SERVICES,
57
toys, 188
trains, 153
trampoline parks, 185

TRI-COUNTY
COMMUNITY ACTION,
56
tutoring, 114



UNITED HEALTH CARE,
91
UNITED WAY 211, 66
universities, 117
used clothing, 187



vaccinations, 79
vaping cessation, 84
violence, 68
virtual reality, 185



WARWICK CENTER FOR
FINE ARTS (WCFS),
166
water parks, 185
water safety, 22
wellness, 91
West Bay RI, 56
whale watching, 146
winter sports, 158
WIC, 92
wishes for sick
children, 42
THE WOLF SCHOOL, 110
women's health, 95
WOODLAND BMX, 154



zoos, 139

**A
little
high
is still
too high
to drive.**

If you feel different,
you drive different.





Family Care Community Partnership

FCCP

We assist with...

Problem Solving
Stabilizing Crisis Situations
Accessing Services
Advocating for Children's Needs
Making Choices
Achieving Goals
Connecting with Family Supports
Engaging in the Community
Finding Fun Activities



What are your family's goals?

**We'll help you
achieve them!**

Contact Us...

Northern

Community Care Alliance
401-235-7252
FCCPreferral@CommunityCareRI.org

East Urban

Communities for People
1-833-FCCP-123
FCCP@c4p.org

West Urban

Family Service of RI
401-519-2280
Intake@FamilyServiceRI.org

Washington/Kent

Tri-County Community Action
866-840-6532
FCCP_Referrals@TriCountyRI.org

East Bay

Child & Family
401-541-2785
FCCPintake@ChildandFamilyRI.org