



*Rhode Island's Family-to-Family
Health Information Center*

Making Connections...

A guide to finding

Support Groups

in Rhode Island



September 2019

Welcome!

The Making Connections Support Group Guide is a tool for all to use when looking to connect with other families and individuals who are going through similar experiences.

This guide is intended to help parents, individuals, and professionals navigate support services available to them. In the following pages you will find brief descriptions of support groups that families most commonly need to access. Contact information and live links to websites are included to help you get started in connecting to the many agencies and organizations in Rhode Island that stand prepared to offer support to families, individuals, and their caregivers through all stages of life.

Please Note: Family Voices updates the guide yearly, but relies on the partnership of families and professionals to ensure that this information meets our communities needs. If you have any feedback or suggestions, please contact us.

Family Voices / Family-to-Family Health Information Center
Rhode Island Parent Information Network
300 Jefferson Boulevard, Suite 300
Warwick, RI 02888

familyvoices@ripin.org

www.ripin.org

(401) 270-0101



This resource guide was created by the Rhode Island Parent Information Network in partnership with the Rhode Island Department of Health. The Health and Resources Administration (HRSA), Maternal Child Health Bureau (MCHB) provides funds for Family Voices Family to Family Health Information Centers.



RI's online resource for parents, medical practitioners, state agencies, and care coordinators!

Looking for:

More information about a chronic condition or diagnoses?

A tool to help families find support?

A local resource to assist families?

It's all here on the ***RI Medical Home Portal!***

Please visit ri.medicalhomeportal.org and

create your profile today!





SPECIAL HEALTH CARE NEEDS

Peer Parent Support Group

What is the purpose of a Peer Support Group?

Rhode Island Parent Information Network (RIPIN) hosts peer support groups to offer families an easy way to connect with others that have similar experiences. Our facilitators use their experiences to guide families towards appropriate resources and to build self-advocacy skills through peer to peer support.

Groups are held at:

RIPIN

300 Jefferson Blvd, Suite 300
Warwick, RI 02888

Refreshments will be provided.

Peer-to-Peer Connections

When: First Thursday of every month

Time: 6:30 pm - 8:30 pm

Facilitators:

Sandra Rivera
401.270.0101 x117

Tara Townsend-Hayes
401.270.0101 x139

Peer-to-Peer Connections Group provides parents and caregivers with information, resources, and support to help families care for their loved ones with different abilities. Facilitators have expertise in navigation of systems, the medically fragile, physical disabilities, and all transitions.

Upcoming meetings:

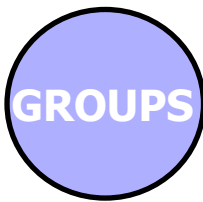
November 7, 2019 - What are you thankful for?

December 5, 2019 - Tell us about your snowflakes

January 2, 2020 - 20 Questions to start off 2020

February 6, 2020 - Taking care of you

For more information email familyvoices@ripin.org



GROUPS BASED ON GENDER/AGE



Groups for Dads

Rhode Island Fatherhood Initiative

Day: First & Third Wednesday of each month

Time: 5:30 – 7:30 pm

Location: Parent Support Network, 535 Centerville Road, Warwick, RI

For more Information: Call Rob Reynolds at (401) 889-3112 x1010

Teen Groups

[Self-Discovery & Connection Through the Expressive Arts Group](#)

For Adolescent Girls ages 15-17. This group will focus on the use of expressive arts to facilitate self-discovery, increase self-esteem, and encourage positive peer connections.

Day: Wednesdays

Time: 6:00 – 7:00 pm

Location: 659 Sandy Lane, Warwick, RI

For more Information: Call (401) 441-8449 or connect@holisticheartri.com

New Moms/Breastfeeding

[RI Baby Café - Olneyville](#)

Day: Thursdays

Time: 10:00 am – 12:00 pm

Location: Scalabrini Dukceovich Center, 300 Laurel Hill Avenue, Providence, RI

For more Information: Call (401) 632-4770 or email ribreastfeedinginfo@gmail.com

[Breast Feeding Support Group](#)

Day: Every Thursday

Time: 12:30 – 2:30 pm

Location: Noreen Stonor Drexel Birthing Center, Newport Hospital

For more Information: Call (401) 845-1110



[Chocolate Milk Café](#)

Afro-centric peer to peer breastfeeding support group. Chocolate Milk Cafe fosters health equity in establishing a sacred space for African Americans to breastfeeding while receiving evidence based breastfeeding education and support.

Day: First Thursday of each month

Time: 4:30 – 6:30 pm

Location: Mount Hope Neighborhood Association, 199 Camp Street, Providence, RI

For more Information: Call (401) 307-1882 or email jorn3i@gmail.com

[La Leche League International](#)

Day: Last Friday of each month

Time: 12:30 – 2:00 pm

Location: Providence Public Library, Rochambeau Branch, 708 Hope Street, Providence, RI

For more Information: Call (401) 826-2669

Day: Second Saturday of the month

Time: 1:30 – 3:00 pm

Location: Bellini Maternity, 12786 Bald Hill Road, Warwick, RI

For more Information: Call (401) 826-2669

[New Mothers Groups](#)

An informal way to meet with other new mothers to share the new experiences of parenting. Groups meet weekly in the following locations:

Day: Wednesdays

Time: 10:00 am – 12:00 pm

Location: Health Education Department, 300 Richmond Street, Suite 102, Providence

For more Information: Call (401) 276-7800

Day: Wednesdays

Time: 10:30 am – 12:00 pm

Location: Kent County Hospital Women’s Care Unit

For more Information: Call (401) 737-7010 ext. 3332

Day: Tuesdays

Time: 10:00 am – 12:00 pm

Location: South County Hospital Potter Conference Center

For more Information: Call (401) 788-1226

Day: Fridays

Time: 2:00 – 4:00 pm

Location: South County Hospital Medical and Wellness Center, 268 Post Road (Route 1), Westerly

For more Information: Call (401) 788-1226



SPECIFIC NEEDS GROUPS

Attention Deficit/Hyperactivity Disorder (ADD/ADHD)

[CHADD of RI's Families of Children & Adolescents with Attention Deficit Disorder Support Group](#)

Day: 1st Wednesday of each month (October – June) visit at www.chadd.net/810 for schedule

Time: 7:00 – 9:00 pm

Location: Bradley Hospital, 1011 Veterans Memorial Parkway, East Providence, RI – Pine Room

For more Information: Email rhode-island@chadd.net or Call Roberta at (401) 369-0045

RI ADDult Support Group

Day: 3rd Thursday of each month except August and December

Time: 7:00 – 9:00 pm

Location: Bradley Hospital, 1011 Veterans Memorial Parkway, East Providence, RI – Pine Room

For more Information: Call (401) 782-4286 or email info@riaddults.org

Autism Spectrum Disorders

Family Connections Parent/Caregiver Support Group (Central RI)

Day: 1st Wednesday of Each Month

Time: 6:00 – 7:00 pm

Location: The Autism Project, 1516 Atwood Ave, Johnston, RI

For more Information: Call (401) 785-2666 for Susan Baylis, ext. 76796 or Alicia Ead, ext. 76782

Family Connections Parent/Caregiver Support Group (South County)

Day: 2nd Wednesday of Each Month

Time: 6:00 – 7:00 pm

Location: Narragansett Community Center, 53 Mumford Road, Narragansett, RI

For more Information: Call (401) 785-2666 for Susan Baylis, ext. 76796 or Alicia Ead, ext. 76782

Family Connections Parent/Caregiver Support Group (East Bay)

Day: 4th Wednesday of Each Month

Time: 6:00 – 7:00 pm

Location: The Autism Project East Bay Support Center located at 16 Cutler Street, Warren RI

For more Information: Call (401) 785-2666 for Susan Baylis, ext. 76796 or Alicia Ead, ext. 76782

Grand Connections Support Group

For Grandparents of Children with Autism Spectrum Disorders

Day: Second Monday of Each Month

Time: 9:30 – 11:00 am

Location: The Autism Project, 1516 Atwood Ave, Johnston, RI

For more Information: Call (401) 785-2666 for Susan Baylis, ext. 76796 or Alicia Ead, ext. 76782



[Social Support Group for Adults with Asperger's Syndrome](#)

Day: 2nd Monday of each month, no meetings during the summer

Time: 6:30 – 8:00 pm

Location: Bradley Hospital, 1011 Veterans Memorial Parkway, East Providence, RI – Pine Room

For more Information: Call Roseanne at CADD, Bradley Hospital (401) 432-1189

[Asperger/Autism Network, Rhode Island Chapter, Parent Support Group](#)

Day: 2nd Monday of each month, no meetings during the summer

Time: 6:30 – 8:00 pm

Location: Bradley Hospital, 1011 Veterans Memorial Parkway, East Providence -Staff Dining Room

Please Note: Please call for more information and to verify the meeting date and time.

Pre-registration required. For more information visit www.aane.org.

For more Information: Contact Toby Leibowitz at Tobyane@gmail.com or (401) 490-0574 (please leave a message and Toby will call you back).

Alzheimer's Disease & Related Disorders

Alzheimer's Association of RI

Alzheimer's Association of RI promote groups are that facilitated by persons trained by the Alzheimer's Association and are held throughout the state in community-based settings. The primary purpose of these groups is to provide education/knowledge about the disease and caregiver skills. The combination of education and emotional support should enable caregivers to feel better at the end of the meeting. Groups remind caregivers they are not alone, give them a chance to say what they are feeling in a supportive environment, learn new strategies and resources in the community and foster support networks.

[Click here to download a listing of support groups offered throughout Rhode Island.](#)

Please Note: Be sure to contact the group leader before attending a group.

Alzheimer's Caregiver Support - Connect with Others Online

The Alzheimer's Association message boards and chat rooms provide a virtual online community for persons with Alzheimer's, caregivers and care providers. Our message boards have thousands of registered members from around the United States and thousands more who refer to the stories and information that is available 24 hours a day.

[Join the Alzheimer's Association Online Community](#)

Amputees

[Amputee Support Group](#)

Day: Last Wednesday of each month

Time: 4:15 – 6:00 pm

Location: Kent Hospital Outpatient Rehabilitation

Services, 1351 South County Trail #200, East Greenwich, RI 02818

For more Information: Contact (978) 365-2580





Cancer/Oncology

Pediatric Oncology: STILL Here

Young Adult Oncology Survivor Group (ages 18+)

Day: Once a month on Tuesday night

Time: 6:00 – 7:30 pm

For more Information: Contact Stephanie J. Freeman, LICSW, EdM, OSW-C, Clinical Social Work Pediatric Hematology/Oncology, Hasbro Children's Hospital, (401) 444-3247

Bereavement group for oncology families

(co-lead with Erin Scott from The Izzy Foundation)

Date: Second Tuesday of each month

Time: 6:30 pm – 8:00 pm

For More Information: Call Laura Moynihan, LICSW, (401) 444-5076 or Fernando Barbosa, FBarbosa@Lifespan.org

Cancer Support Group Westerly

Day: 1st Thursday of each month

Time: 4:00 – 5:30 pm

Location: 11 Wells Street, Westerly

For more Information: Call (401) 274-1122 ext. 47106

Caregivers Support Group

For anyone caring for a patient with cancer or other serious illness.

Day: 2nd Monday of each month

Time: 6:00 – 7:30 pm

Location: Women & Infants Hospital, 668 Eddy Street, Providence – 2nd floor Conference Room

For more Information: Call (401) 274-1122 ext. 47111

CLIMB Program

For kids ages 8 to 12 who have a loved one with cancer

Day/Time: Call for dates and times

Location: Women & Infants Hospital, 668 Eddy Street, Providence – 1st floor Conference Room

For more Information: Call (401) 274-1122 ext. 47211

Expressive Therapies Support Group

Experience guided meditation & hands-on art class to help transform feelings and emotions into images that help us find meaning through symbolic representation. For patients diagnosed with cancer, this group utilizes guided meditation and art work. No artistic experience necessary.

Day: 1st Wednesday of each month

Time: 10:00 am – 12:00 pm

Location: Women & Infants Hospital, Providence – 2nd floor Breast Health Center

For more Information: Call (401) 274-1122 ext. 47104

[GYN Cancer Support Group](#)

Day: 1st & 3rd Wednesday of each month

Time: 5:00 – 6:30 pm

Location: Women & Infants Hospital, Providence – 2nd floor Breast Health Center

For more Information: Call (401) 274-1122 ext. 47202

[Hereditary Breast & Ovarian Cancer Discussion Group](#)

Day: 3rd Tuesday or Thursday – Bimonthly

Time: 5:30 – 7:00 pm

Location: Women & Infants Hospital, 668 Eddy Street, Providence – 3rd floor waiting area

For more Information: Call (401) 274-1122 ext. 47211

[Lymphedema Support Group](#)

Day: 1st Thursday of each month

Time: 1:00 – 2:00 pm

Location: Women & Infants Hospital, 668 Eddy Street, Providence – 1st floor multi-purpose room

For more Information: Call (401) 274-1122 ext. 47284

[Metastatic Breast Cancer Support Group](#)

Day: 3rd Thursday of each month

Time: 10:30 am – 12:00 pm

Location: Women & Infants Hospital, 668 Eddy Street, Providence – 3rd floor

For more Information: Call (401) 274-1122 ext. 47284

[Young Women's Support Group](#)

For patients with all types of cancer under the age of 40.

Day: 2nd Tuesday of each month

Time: 5:30 – 7:00 pm

Location: Women & Infants Hospital, 668 Eddy Street, Providence – 2nd floor

For more Information: Call (401) 274-1122 ext. 47211



GI Issues

[Chrone's Disease & Colitis Support Group for Women](#)

Day: 1st Wednesday of each month

Time: 6:00 – 7:00 pm

Location: 100 Dudley St., Providence – lower level classroom

For more Information: Call (401) 453-7953

[GI: IBD Support group](#)

For children diagnosed with Inflammatory Bowel Disease (IBD)/ Crohn's and UC.

Dates: Third Thursday or last Wednesday of the month

Time: 6:00 pm - 7:30 pm.

Details: The information about this group is on the Crohn's and Colitis Foundation Website

For more Information: Contact Sarah Ferszt, LICSW (401) 444-2971 sferszt@lifespan.org or Karen Swartz at kswartz@lifespan.org

Heart Related Conditions

[Congenital Heart Defect Parent Networking Group](#)

For parents and guardians of children with congenital heart disease.

Supported by the American Heart Association.

Day/Time: Quarterly

For more Information: Contact Ashely DeSimone at ashley.desimone@heart.org, (401) 228-2326 or Fernando Barbosa, at FBarbosa@Lifespan.org



Shared Medical Appointments for Healthcare Transition

Patients ages 12-24 and their parents. Must be followed by a Hasbro cardiologist.

Preparation for transition to an adult healthcare model, cardiology NP and social work-led

Day/Time: Meets quarterly

For more Information: Contact the Pediatric Heart Center, (401) 444-4612 or Fernando Barbosa, FBarbosa@Lifespan.org

Mental Health

[National Association on Mental Illness RI](#)

NAMI Family Support Groups are peer-led groups for family members, caregivers and loved ones of individuals living with mental illness.

Please Note: You don't need to register to attend.

For more Information: Call (401) 331-3060 or email info@namirhodeisland.org

[NAMI Family Support Group – Barrington](#)

Day: First Thursday of the month

Time: 6:00 – 7:30 pm

Location: Barrington Congregational Church UCC, 461 County Rd., Barrington, RI

[NAMI Family Support Group – Block Island](#)

Day: First Saturday of the month

Time: 10:00 – 11:00 am

Location: Island Free Library, 9 Dodge St., New Shoreham, RI

[NAMI Family Support Group – Middletown](#)

Day: Second Tuesday of the month

Time: 6:00 – 7:30 pm

Location: Middletown Public Library, 700 West Main Road, Middletown, RI

[NAMI Family Support Group – Providence](#)

Day: Third Tuesday of the month

Time: 6:00 – 7:30 pm

Location: NAMI Rhode Island, 154 Waterman St., Suite 5B (basement), Providence, RI

[NAMI Family Support Group – Warwick](#)

Day: Second Tuesday of the month

Time: 6:30 – 8:00 pm

Location: Kent Center, 2756 Post Road, Warwick, RI

[NAMI Family Support Group – Woonsocket](#)

Day: Last Wednesday of the month

Time: 5:30 – 7:00 pm

Location: Wellness and Recovery Center (side entrance), Community Care Alliance, 55 John Cummings Way, Woonsocket, RI

[Anxiety and Depression Group](#)

This peer-run meeting aids in relating to others and making meaningful discoveries in dealing with anxiety and depression.

Day: The first and third Thursday of each month

Time: 7:00 - 9:00 pm

Location: 345 Blackstone Boulevard, Ray Conference Center, Room 2, Providence

For more information email: dylanb007@cox.net.

[Cognitive Behavior Therapy \(CBT\) Skills Group](#)

A support group for individuals who have completed the Partial Hospital Program at Butler.

Day: Every Wednesday evening

Time: 5:00 - 6:30 pm

Location: Goddard Building, Room 188, 345 Blackstone Boulevard, Providence

For more information call: (401) 455-6200

[OCD & Related Disorders](#)

Butler Hospital presents a series of preeminent speakers in the field of OCD and related disorder.

Day: First Wednesday of the month

Time: Lecture 6:00 - 7:00 pm - Support Group 7:00 - 8:00 pm

Location: 345 Blackstone Boulevard, Ray Conference Center, Room 1 (Parking Lot B, follow Path 4), Providence, RI

For more information contact: email info@ocdri.org or call (401) 484-0871

[MDDA-DBSA \(Depression and Bipolar Support Alliance\) Self-help Group](#)

A support group for men and women with bipolar disorder.

Location: 345 Blackstone Boulevard, Ray Conference Center, Room 2, Providence, RI

For more information call: (401) 309-7575

Day: Tuesdays

Saturday

Time: 7:00 - 9:00 pm

10:00 am – 12:00 pm

[SS \(Suicide Survivors\) Hope Group](#)

SS Hope is a peer led support group for people who have lost someone to suicide. It is open to anyone who has experienced a loss due to suicide.

Day: Alternating Wednesdays

Time: 6:00 - 7:30 pm

Location: Ray Conference Center, Room 2, 345 Blackstone Boulevard, Providence

For more information: Call (401) 523-7051 or (401) 451-6789





Bradley Hospital's outpatient services offers comprehensive mental health evaluation and treatment for children, adolescents, and families from southern New England. The type and extent of treatment depends on each patient's needs. Qualifications for enrollment can be found on the Lifespan website.

Our outpatient services include a range of evidence-based group therapy programs for children, teens and parents and are located on our campus at:

1011 Veterans Memorial Parkway
East Providence, RI 02914

Call **(401) 432-1119** or email bradleygroups@lifespan.org to find out if one of our group therapy programs is right for you or your child.

[iFriend: A Social Skills Group](#)

iFriend helps children in elementary school, 8 to 11 years old, build friendship skills, practice conversation, and learn to cope with challenges through structured lessons, activities and games.

[Incredible Years: Positive Parenting for Challenging Kids](#)

Incredible Years is a skill-building course for parents to learn effective ways to help children with behavior challenges to calm down, follow directions and get along with others.

[Mindful Teen](#)

Mindful Teen uses a dialectical behavior therapy approach to help teens with rapidly changing moods manage their emotions and reduce impulsive and self-destructive behaviors.

[Teen Anxiety Group \(TAG\)](#)

TAG uses cognitive behavior therapy to help teens overcome anxiety, stress and worry so that they can achieve the life they want.

[Your Life, Your Canvas](#)

Your Life, Your Canvas is an open studio art therapy group for teens who are interested in developing skills that address issues relevant to them, harnessing their creative potential in the improvement of health and overall wellbeing.

[Parent Support Group at Bradley Hospital](#)

For parents and families of children with emotional, behavioral, psychiatric or developmental disorders.

Day: Second Thursday of Each Month

Time: 6:30 – 8:00 pm

Location: Bradley Hospital – Pine Room

Please Note: Free child care is available. Pre-registration is required.

For more Information: Call (401) 432-1205

Substance Use / Alcohol

Al-Anon Family Groups

Al-Anon is a worldwide fellowship of those who feel their lives have been deeply affected by someone else's drinking. Ala-teen Meetings may also be available in your area.

For more information: Email Alanon.riafg@gmail.com or visit www.riafg.org

SMART Recovery (Self-Management and Recovery Training)

SMART Recovery is a support group for men and women recovering from, or considering recovering from, an addiction to substances, addictive behaviors, or both.

Day: Thursdays

Time: 7:00 - 8:00 pm

Location: 345 Blackstone Boulevard, Ray Conference Center, Room 3, Providence

For more information: Call 1-866-951-5357

What They Leave Behind Family & Friends Support Group

A support group for family and friends of those who have lost someone to overdose. The free program is hosted by [Project Weber/RENEW](#) in loving memory of Joseph Cintron.

Day: Tuesdays

Time: 6:00 pm

Location: 200 Allens Avenue, Second floor, Providence

For more information: Call (401) 383-4888

Opioid Overdose Grief Support

For those who have lost a loved one to an opioid addiction. Offers a warm, comfortable, confidential environment. Coffee is served.

Day: Every Thursday

Time: 7:00 - 8:00 pm

Location: 200 Metro Center Blvd., Unit #10 Warwick

For more information call: (401) 521-5759 or email dbernardo@sumhlc.org





Traumatic Brain Injury

Brain Talk Communities – an Online Support Group

Location: www.massgeneral.org

For more Information: Call (617) 726-2000 or

TDD: (617) 724-8800

Brain Injury Association of Rhode Island

BIARI support groups allow persons with brain injury and family members to meet with others in similar situations, gain invaluable emotional support and friendships, obtain information and resources, and perhaps even hear speakers discuss a variety of brain injury topics.

For more Information: Call (401) 228-3319 or (401) 461-6599 or email braininjurycenter@biari.org

Please Note: RSVP is preferred

Caregiver Support Group

Day: 1st Monday of each month

Time: 7:00 – 8:30 pm

Location: Brain Injury Resource Center, 1017 Waterman Avenue, East Providence, RI

East Providence – Survivors Group

Day: 3rd Wednesday of the month

Time: 6:00 - 7:30 pm

Location: Brain Injury Resource Center, 1017 Waterman Avenue, East Providence, RI

Please note: Sign Language interpreter services are available for the East Providence meeting - requests must be submitted two weeks in advance of the scheduled meeting.

North Kingstown – Families & Survivors

Day: 4th Thursday of the month

Time: 6:00-7:30 PM

Location: The Hive, 650 Ten Rod Road, North Kingstown

Support Group for Newport Families & Survivors

Day: 2nd Tuesday of each month

Time: 6:30 – 8:00 pm

Location: Main Floor Library at Newport Hospital
16 Powell Avenue, Newport

Northern RI - Families & Survivors

Day: 4th Tuesday of each month

Time: 2:30 – 4:00 pm

Location: Rehabilitation Hospital of Rhode Island North Smithfield - Basement Cafeteria
116 Eddie Dowling Hwy, North Smithfield, RI

For more Information: Call (401)766-0800 ext. 5312 or email babz5712@gmail.com

Violence

The Samaritans of RI Safe Place Support Group

Day: Every Tuesday, excluding holidays

Time: 6:30 – 8:00 pm

Location: First Unitarian Church Community Center, 1 Benevolent Street, Providence

For more Information: Call (401) 721-5220

Day One: Adult Women’s Survivor Support Group

This support group is specifically for adult women who have experienced childhood sexual abuse. This group will provide an opportunity to discuss different topics related to childhood trauma and how to best support the healing process.

Day: Will meet weekly for 10 weeks, date and day TBD

Time: 6:00 - 7:30 pm

For more information call: Emily Kindschy, LCSW at: (401) 421-4100 x 148

Women’s Resource Center

Our free and confidential drop-in support groups are for women dealing with current or past domestic violence and/or abuse (physical, emotional and/or sexual). Child care is provided at some groups and no registration is necessary.

Day and Time: call for specifics

Location: Newport and Bristol

For more information call: (401) 846-5263

Blackstone Valley Advocacy Center Community Support Groups

For those experiencing an abusive relationship. Our domestic violence support groups are offered weekly to the community and are held in a confidential location. Both English and Spanish support groups are available which are free and confidential.

Day & Time: please call for specifics

For more information call: (401) 723-3057 or email info@bvadvocacycenter.org

Male Survivors Support Group

Day: Thursdays

Time: 6:00 – 7:30 pm

Location: West Warwick

For more information call: (401) 921-1003

or email ragrant@cox.net





[Domestic Violence Resource Center of South County Women's Support Groups](#)

Free drop-in groups for women dealing with current or past domestic abuse.

Location: Wakefield

For more information call: (401) 782-3995

Day: Monday evenings

Time: 6:30pm – 8:00pm

Day: Tuesday mornings

Time: 9:30am – 11:00am

Please note: Child care provided only on Tuesdays

Location: Westerly

Day: Thursdays

Time: 4:00pm – 5:30pm

[Sojourner House Support Groups](#)

Sojourner House support groups help individuals live their life free from domestic and sexual abuse.

Groups now being offered include:

- Latina Support Group (Northern RI)
- Women's English-Speaking Support Group (Northern RI)
- Latina Support Group (Providence)
- Women's English-Speaking Support Group (Providence)
- Sexual Assault Survivor Support Group (Providence)
- LBT Support Group (Providence)
- Spanish-Speaking Parenting Support Group (Providence)

For more information: Call (401) 861-6191

Vision

INSIGHT Support Groups

Our network of eight support groups bring together people who are living with vision loss to help them find ways to overcome the isolation, loneliness, and frustration that they may be feeling. Monthly support groups often feature presentations from INSIGHT staff members and guest speakers.

Please note: Groups do not meet in July and August. Registration required.

For more information: Contact Rick Andrade at (401) 941-3322 or randrade@in-sight.org

Central Rhode Island Support Group

Date: First Friday of the Month

Time: 10:30AM – 11:30AM

Location: Cranston Senior Center

East Bay Support Group

Date: Third Friday of the Month

Time: 1:00PM – 2:00PM

Location: East Providence Senior Center, 610 Waterman Avenue

Northern Rhode Island Support Group

Date: Second Friday of the Month

Time: 10:30AM – 11:30AM

Location: Lincoln Senior Center, 150 Jencks Hill Road

Aquidneck Island Support Group

Date: 2nd Tuesday of the Month

Time: 10:30AM – 11:30AM

Location: MLK Community Center, 20 Dr. Marcus Wheatland Blvd, Newport

North Kingstown Support Group

Date: 4th Tuesday of the Month

Time: 10:30AM – 11:30AM

Location: Beechwood Senior Center, 10 Beach Street

North Providence Support Group

Date: Third Tuesday of the Month

Time: 10:30AM – 11:30AM

Location: Mancini Senior Center, 2 Atlantic Blvd

Westerly Support Group

Date: First Tuesday of the Month

Time: 10:30AM – 11:30AM

Location: Westerly Senior Center, 39 State Street





GRIEF & HEALING GROUPS



[General Grief Group in Spanish](#)

Day: Last Wednesday of the month

Time: 3:00 pm – 4:30 pm

Location: 1085 North Main Street, Providence

For more Information: Call the Center for Hope & Healing (401) 415-4300

[General Grief Groups](#)

Day: Fourth Thursday of the month

Time: 1:30 pm – 3:00 pm

Location: 143 Main Street, Wakefield

For more Information: Call the Center for Hope & Healing (401) 415-4300

Day: First Wednesday of the month

Time: 1:00 pm – 2:30 pm

Location: Apple Clipper, 161 Post Road, Westerly

For more Information: Call the Center for Hope & Healing (401) 415-4300

Day: Third Friday of each month

Time: 1:30 pm – 3:00 pm

Location: Beechwood North Kingstown Senior Center, 44 Beach Street, North Kingstown

For more Information: Call the Center for Hope & Healing (401) 415-4300

Day: Last Wednesday of each month

Time: 3:30 pm – 5:00 pm

Location: Tockwotton On the Waterfront, 500 Waterfront Drive, East Providence

For more Information: Call the Center for Hope & Healing (401) 415-4300

Day: Third Wednesday of each month

Time: 3:00 pm – 4:30 pm

Location: The Villa at Saint Antoine's Residence, 400 Mendon Road, North Smithfield

For more Information: Call the Center for Hope & Healing (401) 415-4300

Day: Fourth Thursday of each month

Time: 5:00 pm – 6:30 pm

Location: Atria Lincoln Place, 612 George Washington Highway, Lincoln

For more Information: Call the Center for Hope & Healing (401) 415-4300

Day: Last Monday of each month

Time: 3:00 pm – 4:30 pm

Location: Cranston Nardolillo Funeral Home, 1278 Park Avenue, Cranston

For more Information: Call the Center for Hope & Healing (401) 415-4300

[Children's Grief Support Group](#)

Day: Last Monday of each month

Time: 4:00 – 5:00 pm

Location: 1085 North Main Street, Providence

For more Information: Call the Center for Hope & Healing (401) 415-4300

[Teen Grief Group](#)

Day: First Wednesday of each month

Time: 5:00 – 6:30 pm

Location: Boys & Girls Club of Pawtucket, 172 Exchange Street, Pawtucket

For more Information: Call the Center for Hope & Healing (401) 415-4300

[Loss of Child Group](#)

Day: Second Thursday of each month

Time: 5:00– 6:30 pm

Location: 1085 North Main Street, Providence

For more Information: Call the Center for Hope & Healing (401) 415-4300

[Loss of Parent Group](#)

Day: 3rd Monday of each month

Time: 3:00 – 4:30 pm

Location: Swan Point Cemetery, 585 Blackstone Boulevard, Providence

For more Information: Call the Center for Hope & Healing (401) 415-4300

[Loss of Sibling Group](#)

Day: Last Monday of each month

Time: 5:30– 7:00 pm

Location: Swan Point Cemetery, 585 Blackstone Boulevard, Providence

For more Information: Call the Center for Hope & Healing (401) 415-4300

[Loss of Spouse Group](#)

Day: Third Monday of each month

Time: 5:00– 6:30 pm

Location: Narragansett Nardolillo Funeral Home, 1111 Boston Neck Road, Narragansett

For more Information: Call the Center for Grief & Healing (401) 415-4300





A community bereavement center for children and teens



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

About the Program

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

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

765 West Shore Road, Warwick, RI 02889
(401) 921-0980

Mindfulness Group

Meditation and discussion for those working through their grief journey.

Day: Last Tuesday of each month

Time: 5:30 – 7:00 pm

Location: Swan Point Cemetery, 585 Blackstone Boulevard, Providence

For more Information: Call the Center for Grief & Healing (401) 415-4300

Coffee & Connections

An informal gathering of grief support.

Day: First Thursday of the month

Time: 5:30 pm – 7:00 pm

Location: Starbucks, 25 Pace Boulevard, Warwick

For more Information: Call the Center for Hope & Healing (401) 415-4300

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

Day: 1st & 3rd Wednesday of each month

Time: 7:00 pm

Location: Ronald McDonald House, 45 Gay St., Providence

For more Information: Call (401) 274-1122 ext. 44049

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

This support group is for women who are pregnant following a loss and would like to share their fears and concerns with other women.

Day: 2nd Wednesday of each month

Time: 7:00 pm

Location: Ronald McDonald House, 45 Gay St., Providence

For more Information: Call (401) 274-1122 ext. 44049

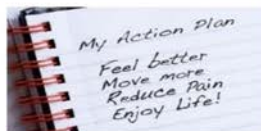


Do you provide care for a loved one?



Powerful Tools for Caregivers

Powerful Tools for Caregivers is an evidence-based education program designed to reduce the burden of stress you experience as a caregiver.



You can count on Powerful Tools for Caregivers to make a positive difference in your life. Includes *The Caregiver Helpbook* designed especially for this class.



Powerful Tools
FOR Caregivers

Gives You Tools
to Reduce Your Stress

2 Certified Peer Leaders
6 weeks
90-minute sessions

Cost: no cost to you

Introductory Coffee Hour
1-2 weeks before program start date

Where?

Community locations across RI

Interested in bringing Powerful Tools for Caregivers to your community? Call or email: Amy Collins, 401-432-7003 or acollins@ripin.org

- ✓ Change negative self-talk
- ✓ Communicate effectively
- ✓ Communicate your needs with family & providers
- ✓ Recognize the messages in your emotions
- ✓ Deal with difficult feelings
- ✓ Make tough caregiving decisions

To find and register for a program near you, visit www.ownyourhealthri.org or call the Community Health Network at 401-432-7217



Did you know that one in five families with children has at least one child with special health care needs?



***Join the Family Voices
National Membership & Public Awareness Campaign...
YOU can make a difference!***

