Making Connections...
A guide to finding Support Groups in Rhode Island
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](http://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 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 Dukcevich 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
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](http://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](mailto: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](mailto: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 Tobyaane@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, 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
Time: 7:00 - 9:00 pm
Saturday
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@insight.org

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**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
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.

Gives You Tools to Reduce Your Stress

- 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

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@riphn.org

To find and register for a program near you, visit [www.ownyourhealthri.org](http://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!