

Community Resource Guide



nurturing wellbeing •

connecting people •

nurturing wellbeing •

connecting people

Table of Contents

Our Programs	5	Senior Services	14
Local Government	7	Services for Individuals with Disabilities	15
Voter Information	7	Veteran Support	16
Chariho Schools	8	Food Assistance	17
Westerly Schools	9	Health Care	18
Police, Fire & Rescue	10	Housing Support	19
Public Libraries	11	Parent & Caregiver Support	20
Recreation	11	Adult Education	22
General Assistance	12	Crisis Assistance	23

If there is a topic we missed or a local resource that we did not include here, please contact Amy Neilson amy@wellbeingcollab.org. We may be able to include it in our next print run.



LEADING SUBSTANCE MISUSE PREVENTION AND MENTAL HEALTH PROMOTION EFFORTS IN CHARLESTOWN, EXETER, HOPKINTON, RICHMOND, WEST GREENWICH, AND WESTERLY.

Our Mission:

Empower all residents to nurture their mental wellbeing and achieve positive health outcomes through education and connection.

Our Vision:

We envision a community where all residents are equipped with the knowledge, support systems, and resources to lead healthy lives.

 info@wellbeingcollab.org
 [@wellbeingcollab](https://www.facebook.com/wellbeingcollab)
 [wellbeingcollab.org](https://www.wellbeingcollab.org)



**JOIN OUR
MONTHLY
E-NEWSLETTER**

This guide was made in part with funding and support from:



WOOD RIVER HEALTH
Caring for Our Community Since 1976



STRONG ARMS support group

Twice monthly, join a group of parent who have lost a child or loved one to opioid overdose, find connection, and inspire hope.



Find meeting dates, meet the facilitator, access virtual meeting details on our website.

Count It! Lock It! Drop It!®



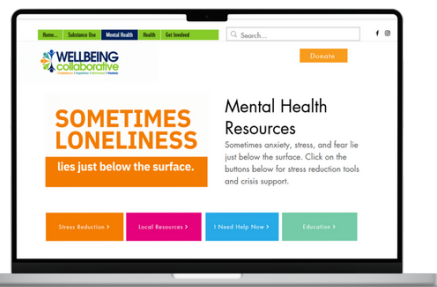
Locking up medication is the safest way to store medicines at home. Visit Rlprevention.org to request a lock bag

YOU ARE NOT ALONE Mental Health Resources



Scan this code to access crisis-base, local, & preventative stress reduction techniques

wellbeingcollab.org/mh



Safely Dispose of Prescription Medication



Substance Use Prevention Programming

Our substance use prevention efforts are conducted by Certified Prevention Specialists using evidence-based interventions rooted in the latest science. These efforts are made possible by funding from SAMHSA and the RI Department of BHDDH passed through the South and Kent County Regional Prevention Coalitions. To learn more or schedule one of our programs, reach out to info@wellbeingcollab.org.

Action Steps: Medication Safety

Action Step is a medication safety and fall prevention program for older adults. Offered at senior centers and other community settings, the program provides education on safe medication storage and usage and actionable tools to mitigate falls. Seniors are given prescriptions at high rates for chronic pain and have a weaker ability to metabolize medicines. Reach out to bring this free one-hour program to your community.



Media Detectives

Media Detective programs are activity-based, media literacy education, alcohol and tobacco use prevention programs that engage students grade 3-5 in learning about media and substance use. These programs are the result of collaborations among child clinical and developmental psychologists, media literacy experts, veteran teachers, students, and substance abuse prevention professionals. This 10-session program is available for middle schoolers.

Prevention Plus Wellness

Prevention Plus Wellness (PPW) programs are single, 45-minute motivational interventions that integrate the prevention of substance use/misuse with the promotion of multiple healthy lifestyle behaviors. PPW programs include the evidence-based alcohol and drug prevention SPORT program for youth and InShape program for young adults, as well as adaptations of these programs for preventing marijuana, e-cigarette, opioids and other drug use/misuse.





TIPS: Safe Alcohol Serving

We provide free state-mandated safe alcohol serving training for employees working in establishments that serve or sell alcohol. This training helps sellers and servers identify and prevent alcoholic beverages from getting in the hands of minors or intoxicated persons. TIPS is trusted to provide training that goes deeper into situations than just covering regulations or BAC. Reach out to set up a TIPS training for your restaurant, bar, or liquor store.

BARS Program for Retailers

The BARS Compliance Program sends 21–25-year-old Checkers into tobacco and alcohol retailers or restaurant locations once or twice each month to conduct mock purchases of tobacco products or alcohol. The purpose of this is to monitor employees and see if they ask for the customer's ID prior to asking for money to complete the sale. If the ID is requested, the employee receives a Green Card. If not, a Red Card is given.



Sticker Shock

Project Sticker Shock is a community awareness campaign designed to increase visibility of and compliance around underage drinking, social host law, and other information pertaining to substance use. We regularly work with local liquor stores, grocery stores, and pizza shops to put stickers on cases of alcohol, pizza boxes, or grocery bags to educate patrons to do their part to prevent underage drinking or follow other related laws.



Alternative to Suspension Programs

In partnership with in-school Student Assistance Counselors, we have worked with schools to implement two different alternatives to suspension programs. INDEPTH is an evidence-based program by the American Lung Association designed for students who have initiated use of e-cigarettes. Third Millenium is an on-demand virtual evidence-based program covering all substances, bullying, and conflict resolution available as an education tool for school administrators and disciplinarians.



Local Government



Town of Charlestown
4540 South County Trail
Charlestown RI 02813
(401) 364-1200
charlestownri.gov



Town of Hopkinton
1 Town House Road
Hopkinton RI 02833
(401) 377-7777
www.hopkintonri.org



Town of Richmond
5 Richmond Townhouse Rd
Wyoming, RI 02898
(401) 539-9000
www.richmondri.com



Town of Westerly
45 Broad Street
Westerly, RI 02891
(401) 348-2500
www.westerlyri.gov

To stay up to date with local town government happenings, visit the official website of that town. You can access calendars of upcoming meetings, view meeting agendas and the read minutes of past meetings.

Voter Information

Rhode Island Voter Information Center
vote.sos.ri.gov

Register to vote, update/check your current voter registration information, find local ballots and polling places, find your elected officials and more

Rhode Island Open Meetings Information
<https://opengov.sos.ri.gov/openmeetings>

On the Secretary of State Open Meetings site you can search for upcoming meetings, past meetings, minutes, agendas, and contact information for thousands of state and municipal public bodies. Keyword and date searches are also available. You can sign up for e-mail alerts for newly scheduled meetings from public bodies, by a date or even by keyword. Advanced users can even use RSS technology to stream real-time meeting information to their own website.

Chariho Public Schools



Chariho Regional School District

455A Switch Rd, Wood River Junction, RI 02894

(401) 364-7575

<https://www.chariho.k12.ri.us>

Ashaway Elementary School

12A Hillside Ave, Ashaway, RI 02804

(401) 377-2211

ashaway.chariho.k12.ri.us

Hope Valley Elementary School

15 Thelma Dr, Hope Valley, RI 02832

(401) 539-2321

hopevalley.chariho.k12.ri.us

Richmond Elementary School

190 Kingstown Rd, Richmond, RI 02898

(401) 539-2441

richmond.chariho.k12.ri.us

Charlestown Elementary School

363 Carolina Back Rd, Charlestown, RI 02813

(401) 364-7716

charlestown.chariho.k12.ri.us

Chariho Middle School

455B Switch Rd, Wood River Junction, RI 02894

(401) 364-0651

cms.chariho.k12.ri.us

Chariho High School

453 Switch Rd, Wood River Junction, RI 02894

Phone 401-364-7778

chs.chariho.k12.ri.us

Chariho Alternative Learning Academy

455C Switch Rd, Wood River Junction, RI 02894

(401) 315-2880

cala.chariho.k12.ri.us

CHARIHotech - Career & Technical Center

459 Switch Rd, Wood River Junction, RI 02894

(401) 364-6869

charihotech.chariho.k12.ri.us

Visit the Chariho School District website to access meeting schedules,
view meeting agendas and read minutes of past meetings.

www.chariho.k12.ri.us

Westerly Public Schools



Westerly School District

23 Highland Ave, Westerly, RI 02891

(401) 315-1500

www.westerly.k12.ri.us

Babcock Hall Inclusionary Preschool

23 Highland Ave, Westerly, RI 02891

(401) 315-1521

www.westerly.k12.ri.us/Domain/129

Dunns Corner Elementary School

8 1/2 Plateau Road, Westerly, RI 02891

(401) 348-2320

www.westerly.k12.ri.us/Domain/212

Springbrook Elementary School

39 Springbrook Road, Westerly, RI 02891

(401) 348-2296

www.westerly.k12.ri.us/Domain/424

State Street Elementary School

35 State Street, Westerly, RI 02891

(401) 348-2340

www.westerly.k12.ri.us/Domain/645

Westerly Middle School

10 Sandy Hill Road, Westerly, RI 02891

(401) 315-1601

www.westerly.k12.ri.us/Domain/884

Westerly High School

23 Ward Avenue, Westerly, RI 02891

(401) 315-1501

www.westerly.k12.ri.us/Domain/1347

Visit the Westerly School District website to access meeting schedules,
view meeting agendas and read minutes of past meetings.

www.westerly.k12.ri.us/ariho.k12.ri.us

Police, Fire & Rescue

In case of emergency
dial 911



Charlestown Police Department

4901 Old Post Road
Charlestown, RI 02813
(401) 364-1212
www.charlestownpolice.org

Charlestown Animal Control

50 Sand Hill Road
(401) 364-1211
charlestownri.gov/animalcontrol



Richmond Police Department

1168 Main Street
Wyoming, RI 02898
(401) 539-8289
www.richmondpd.org

Richmond Animal Control

51 Buttonwoods Road
(401) 539-4236
richmondri.com/145/Richmond-Animal-Control



Hopkinton Police Department

406 Woodville Road
Hopkinton, RI 02833
(401) 377-7750
www.hopkintonpolice.org

Hopkinton Animal Control

395 Woodville Road
(401) 377-7785
hopkintonpolice.org



Westerly Police Department

60 Airport Rd
Westerly, RI 02891
(401) 539-2022
westerlyri.gov/621/Police-Department

Westerly Animal Control

60 Airport Road
(401) 348-6155
westerlyri.gov/339/Animal-Control

Ashaway Fire Department

(401) 377-4549
www.ashawayfire.org

Hope Valley - Wyoming Fire Department

(401) 539-2229
www.hvwfd.org

Richmond-Carolina Fire Department

(401) 364-3449
www.rcfd.org

Charlestown Fire District

Charlestown Richmond Station (401) 364-9909
Cross Mills Station (401) 364-6511
www.charlestownfd.org

Westerly Fire Department

401-596-0402
www.westerlyfire.com/

Ashaway Ambulance

(401) 377-8312
www.ashawayambulance.com

Hope Valley Ambulance

(401) 539-2839
www.hvamb.org

Charlestown Ambulance Rescue Service

(401) 364-3742
www.charlestownrescue.org

Westerly Ambulance Corps

401-596-2213
www.westerlyambulance.org/

Public Libraries

Library cards are free to all Rhode Island residents and can be used at every public library in the state. In addition to traditional library materials, you can find free programs, free computers, wi-fi access and more. Each library has unique offerings and welcoming staff.



Cross Mills Public Library
4417 Old Post Rd
Charlestown
(401) 364-6211
crossmills.org



Ashaway Free Library
15 Knight St, Ashaway
(401) 377-2770
ashawaylibrary.org



Clark Memorial Library
7 Pinehurst Dr. Richmond
(401) 364-6100
clarklib.org



Langworthy Public Library
24 Spring St, Hope Valley
(401) 539-2851
langworthylibrary.org



Westerly Library
& Wilcox Park
71 High Street, Westerly
(401) 596-2877
westerlylibrary.org

Recreation

Town Recreation Departments offer a variety of free and low-cost programs activities for residents of all ages.

Charlestown Parks and Rec Department
charlestownri.gov/parksandrec

Hopkinton Recreation Dept
hopkintonri.gov/recreation-department

Richmond Recreation Dept
richmondri.com/166/Recreation

Westerly Recreation Dept
westerlyri.gov/173/Recreation

Land trusts are community-based organizations formed to protect scenic open spaces, farms, forests, historic sites, and watersheds that define the character of our communities, keep us healthy, protect wildlife habitat and drinking water supplies, and provide local food & beautiful places for recreation.

Charlestown Land Trust
charlestownlandtrust.org

Richmond Rural Preservation Land Trust
richmondri.com/162/Richmond-Rural-Preservation-Land-Trust

Hopkinton Land Trust
hlt-ri.org

Westerly Land Trust
westerlylandtrust.org/

General Assistance



Rhode Island Department of Human Services (DHS)

HealthSource RI

Health Coverage: 1-855-840-4774

Health and Human Services: 1-855-697-4347

healthyrhode.ri.gov (Customer Portal) **dhs.ri.gov** (State Website)

DHS works with community partners and resources to deliver critical benefits, supports, and services to families, adults, children, older adults, individuals with disabilities, and veterans every year. Apply for affordable health care, Child Care Assistance, SNAP, Cash Assistance, and health coverage and services for seniors and people with disabilities.



UNITED WAY OF RHODE ISLAND 2-1-1

Dial 211 on any phone unitedwayri.org/get-help/2-1-1

211 is a free, confidential service where trained professionals can connect you with housing, food, affordable childcare, and much more. You can call or chat with staff or use their website to find the resources you need.

Prefer to speak to someone in person? As of this printing, a resource specialist from 2-1-1 brings its mobile RV to the Chariho Plaza (1190 Main St, Wyoming, RI) on the first Tuesday of each month and is available from 12:00 - 3:00 pm.



Supplemental Nutrition Assistance Program - SNAP

1-855-MY-RIDHS

dhs.ri.gov/programs-and-services/supplemental-nutrition-assistance-program-snap

healthyrhode.ri.gov

SNAP, formerly called food stamps, is the nation's largest program for fighting domestic hunger. Eligibility and benefit amounts are based on income, expenses, resources and the number of people living in a household. Recipients get an EBT card that can be used at supermarkets, grocery/convenience stores, farmers' markets and participating online retailers.



Jonnycake Center of Westerly

23 Industrial Dr, Westerly, RI 02891

(401) 377-8069 jonnycake.org

Jonnycake Center of Westerly provides services in cooperation with other agencies in our service area to assist people through crisis situations & work with each individual to find a path out of dependency toward self-sufficiency. Services include a food pantry, voucher referral to shop in their thrift store, and financial assistance program.

General Assistance



Tri-County Community Action

4350 S County Trail, Charlestown, RI 02813 (401) 351-2750

34 Pond Street, Westerly, RI 02891 (401) 351-2750

tricountyri.org

Tri-County offers a broad range of social, health, education, job training, prevention, and other emergency and supportive services to community residents from birth throughout all life cycles Apply for LIHEAP heating assistance, Head Start early learning programs and many more .

LIHEAP (Low Income Home Energy Assistance Program) & Other Fuel and Weatherization Programs Apply through Tri-County Community Action South

Phone (401) 515-2459 Web: www.tricountyri.org/services/fuel-assistance-weatherization

LIHEAP helps eligible low-income households pay their heating bills through federal grants to the household. Tri-County can also help qualified residents with grants for emergency boiler repairs, water assistance, and weatherization.

Rhode Island Non-Emergency Transportation (MTM)

1-855-330-9131 (TTY: 711)

www.mtm-inc.net/rhode-island

MTM is the state of Rhode Island's non-emergency medical transportation (NEMT) manager. We arrange rides for eligible Rhode Island residents as follows:

- Medicaid recipients can receive rides to appointments with Medicaid-covered healthcare providers if you have no other way to get there
- Non-Medicaid enrollees who qualify for the Elderly Transportation Program (ETP) can receive rides to medical services
- Participants in the Temporary Assistance for Needy Families (TANF) Program/RI Works can receive monthly bus passes to pursue employment opportunities

Rhode Island Special Needs Emergency Registry

401-222-5960 / RI Relay 711

health.ri.gov/emergency/about/specialneedsregistry

Enrolling in the Special Needs Emergency Registry lets police, fire, and other first responders in your community better prepare for and respond to your needs during a hurricane, storm, or other emergency.

Enrollment in the Registry does not guarantee assistance but allows first responders to appropriately plan for, prepare for, and respond to the community's needs.

Senior Services



Charlestown Senior. Community Center
100 Park Lane Ninigret Park
(401) 364-9955
charlestownri.gov/senior_community_center



Hopkinton Senior Services
Crandall House, 188 Main St., Ashaway
(401) 377-7795
hopkintonri.org/senior-services



Richmond Senior Center
1168 Main St. 2nd Floor, Wyoming
(401) 491-9404
richmondri.com/176/Community-Senior-Center



Westerly Senior Citizen Center
39 State Street, Westerly
(401) 596-2404
westerlyseniorcenter.org

Rhode Island Office of Healthy Aging **(401) 462-3000** oha.ri.gov

As Rhode Island's designated state unit on aging, OHA is the chief advocate for older Rhode Islanders, adults living with disabilities, and family caregivers. Elder Abuse, Neglect, Financial Exploitation and Self-Neglect Reports can be reported here.

The Point, Rhode Island Office of Healthy Aging **(401) 462-4444 or call 211** oha.ri.gov/point

Connect with a specialist from the Office of Healthy Aging to explore options for healthcare, employment, and more. They can help with applying to public and private programs.

Southern Rhode Island Volunteers

100 Park Lane, Charlestown (401) 552-7661 www.southernrivol.org

Southern Rhode Island Volunteers' mission is to support and provide aging-in-place assistance, meaningful service opportunities, and activities that promote and enhance independent living for mature individuals including seniors, disabled adults, and anyone interested in volunteer service.

PACE RI

5 Union Street, Westerly (401) 654-4176 www.pace-ri.org

A nonprofit provider of health care and health insurance for people who are 55 and older with complex medical conditions who want to live at home. PACE specializes in assisting people age in place keeping participants out of nursing homes. All our clinics also have a day center.

Westerly Village - Aging Better Together

(401) 441-5240 www.villagecommonri.org

A locally based non-profit organization with the goal of keeping our aging community in their own homes and maintaining their independence. Volunteers provide members with rides, social connection through activities, outings, home visits, help with chores and errands, and technology assistance. Ultimately, we believe it's about neighbors helping neighbors.

Services for Individuals with Disabilities



Rhode Island Office of Rehabilitative Services

(401) 421-7005 ors.ri.gov

Our mission is to empower individuals with disabilities to choose, prepare for, obtain, advance in, and maintain employment, economic self-sufficiency, independence, and integration into society.



Rhode Island Assistive Technology Access Partnership (ATAP)

(401) 421-7005 ext. 421 www.atap.ri.gov

ATAP envisions Rhode Island as a state in which anyone requiring assistive technology has ready access to it.



Ocean State Center for Independent Living (OSCIL)

1944 Warwick Avenue, Warwick, RI 02889 (401) 738-1013 ext. 13 or (866) 857-1161
www.oscil.org

OSCIL works to break down barriers people with disabilities face in fully participating in life at home and in the community.



Tech Access of Rhode Island

Voice/TTY phone: (401) 463-0202 www.techaccess-ri.org

The ATAP Central Resource Center for Assistive Technology provides information, referrals, demonstrations, and technical assistance to individuals with questions regarding assistive technology. The Center coordinates a library of informational sources and provides demonstrations of assistive technology.



Rhode Island Division of Developmental Disabilities

(401) 462-3421 <https://bhddh.ri.gov/developmental-disabilities>

The Division of Developmental Disabilities is responsible for planning, funding and overseeing a community system of services and supports for adults with developmental disabilities.



Rhode Island Developmental Disabilities Council (RIDDC)

(401) 737-1238 www.ridddc.org

RIDDC is devoted to ensuring people with developmental disabilities have all possible opportunities to participate in their communities and to lead their lives to the fullest.



Ramp up Rhode Island - a South County Habitat for Humanity Program

1555 Shannock Road, Charlestown (401) 213-6711
southcountyhabitat.org/programs

Ramp Up RI is a new program through South County Habitat for Humanity for low income homeowners in Washington County in need of a handicap ramp for themselves or a household member. Staff and volunteers work together to build a ramp for those who qualify. Eligible projects are funded through grants and no-interest loans.

Veteran Support



Veterans Coffee Hour

Meets the 1st and 3rd Tuesday of each month at 10:00 am
Charlestown Senior Center, 100 Park Lane, Charlestown
All veterans welcome. Pastries and coffee will be provided.



RI Department of Veterans Services

(401) 921-2119 vets.ri.gov

The official state of Rhode Island department is dedicated to the men and women who have served in the US Armed Forces.



US Department of Veterans Affairs

24/7: 800-698-2411 va.gov

The federal department overseeing veterans benefits, health care and support.

Veterans Crisis Line

Dial 988 then Press 1 **Send a text message: 838255**



veteranscrisisline.net

24/7, confidential crisis support for Veterans and their loved ones.
You don't have to be enrolled in VA benefits or health care to connect.



Operation Stand Down Rhode Island

401-383-4730 osdri.org

Operation Stand Down is an independent 501(c)(3) non-profit organization and Rhode Island's primary nonprofit resource for homeless and at-risk veterans. Their mission is to strengthen the veteran community by providing crucial wrap-around services.



Heroes Horizons, Hopkinton, RI

401-377-2950 heroes-horizons.org

Heroes Horizons was created to assist local veterans with day-to-day needs through hands-on volunteer programs and to raise awareness for veteran suicide. Other programs include utility assistance, legal help, and home repair



Outdoors with Veterans

316 A. Hog House Hill Rd. Exeter, RI 02822

outdoorswithveterans.com

Our mission is to provide therapeutic experiences for veterans, and that is why we provide various activities, with a special focus on the outdoors, for the veterans to connect with nature and have a positive experience.

Food Assistance

RICAN - Rhode Island Center Assisting Those in Need

805 Alton Carolina Road (Rt 91,) Charlestown, RI
(401) 364-9412 rhodeislandcan.org

RI Center Assisting those in Need (RICAN) is dedicated to providing food, clothing, and other vital support to neighbors in crisis. RICAN offers weekly drive-thru and in-person shopping options several times a week. Call or check their website for days/hours.

JONNYCAKE CENTER OF WESTERLY

23 Industrial Drive, Westerly, RI 02891
(401) 377-8069 jonnycake.org

Jonnycake Center offers a monthly food distribution to qualified residents. You must sign up to be a client. The Jonnycake Center has a large thrift store and offers many other social service supports

PANTRY ON THE LANE

7 North Main St, Bradford
(401) 465-7745 www.joyfellowshipri.org/food-pantry-on-the-lane.html

A weekly food pantry in Bradford, Rhode Island for Bradford and surrounding towns as well as any in need. Open for in-person shopping on Saturday mornings. Check Facebook for updates

Caring Closet at St Thomas Episcopal Church

322 Church St, Wood River Junction, RI 02894

This community run, self-service outdoor closet offers food and other personal care items. Take what you need, give what you can.

New Hope Pantry

80 Richmond Townhouse Road Carolina, RI
(401) 539-4673 newhopechapel.info/ministries/food-pantry

This weekly pantry at New Hope Chapel serves Chariho residents. Call or visit their website for details.

Society of St. Vincent dePaul at Immaculate Conception Church

111 High Street (lower level,) Westerly
(401) 450-9749 immcon.org/svdp

This pantry at Immaculate Conception Church is open two days a week. Call or visit their website for details.

WARM Center Meal Site Program

54 Spruce St, Westerly
Phone: (401) 596-9276 warmcenter.org/our-programs/anitas-kitchen

Anita's Kitchen at the WARM Center serves free meals twice daily. Call or visit their website for hours. WARM also offers case management to families and individuals in southern Rhode Island who are in crisis.

Lasagna Love

lasagnalove.org

Lasagna Love matches families to receive a free homemade lasagna once a month.

Healthcare



WOOD RIVER HEALTH
Caring for Our Community Since 1976

Wood River Health

823 Main Street, Hope Valley, RI 02832 (401) 539-2461

11 Wells Street, Westerly, RI 02891 (401) 387-9611

woodriverhealth.org

Wood River Health is dedicated to providing high-quality affordable medical, dental, behavioral, and social support services to patients of all ages. Express Care, pharmacy and lab services are offered on site at Hope Valley. Community Resources, a WIC (Women, Infant and Children) Program and a Sliding Fee Scale is available to eligible patients.



Gateway Healthcare

BROWNHealth
UNIVERSITY

Gateway Healthcare - South Shore Center

4705 Old Post Rd. Charlestown

401-364-7705 | brownhealth.org

Gateway provided treatment, intervention, and prevention services to adults and children with behavioral and substance use issues, through its residential, outpatient, and community-based programs.



Thundermist Health Center of South County

1 River Street, Wakefield, RI 02879

(401) 783-0523 | thundermisthealth.org

Thundermist Health Center of South County serves medical and dental patients but also has an expanded set of services, including Convenient Care (Thundermist's Walk-In Medical Service Center), behavioral health counseling, and pharmacy assistance and social services.

Westerly Hospital

YaleNewHaven**Health**

Westerly Hospital - Yale New Haven Health

25 Wells Street, Westerly, RI 02891

(401) 596-6000 | Westerlyhospital.org

For more than 90 years, Westerly Hospital has been providing residents of southern Rhode Island and southeastern Connecticut with a full range of inpatient and outpatient services in a community hospital setting. Patients receive treatment in the following areas of care: emergency care, heart and vascular, medical, surgical, radiology, laboratory, rehabilitation services.



South County Health Express Care

268 Post Rd. (Rt. 1) Westerly, RI 02891

401-604-2500 | southcountyhealth.org/programs-services/express-care

Express Care can treat virtually any non-emergency need, such as lacerations, upper respiratory illnesses, sprains, sports injuries, minor accidents, sore throat, and other conditions requiring prompt attention

Housing



Emergency Housing Assistance | United Way 2-1-1 **Dial 211 unitedwayri.org/get-help/2-1-1**

United Way 2-1-1 in Rhode Island is a 24/7 social and human services helpline that offers free and confidential referrals to programs and services throughout the state. .



RI Coordinated Entry System **(401) 277-4316 www.cesri.info**

If you are currently, or about to be facing homelessness, you can call, or chat with a coordinated entry agent who can assist you in finding a shelter or other accommodations.



WARM Center of Westerly **56 Spruce Street, Westerly, RI 02891** **(401) 596-WARM (9276) warmcenter.org**

The mission of the WARM Center is to “provide a continuum of care and service to the homeless and needy by providing affordable housing and assuring supportive services.”



Housing Choice Voucher System **www.rihousing.com/hcyp**

This federal program (Section 8) provides housing assistance in the form of a “voucher” so tenants can find a home that fits their needs. Tenants are required to pay 30-40% of their gross household income in rent and utilities.



Westerly Housing Authority **401-596-4918 www.westerlyhousingauthority.org**

The Westerly Housing Authority provides affordable housing opportunities to seniors, disabled households, families, and veterans in the town of Westerly.



Rhode Island Housing **(401) 457-1234 rihousing.com** **info@rihousing.com**

RIHousing works to ensure that all people who live in Rhode Island can afford a healthy home that meets their needs. They offer information on affordable housing, homebuyer education, rental and mortgage assistance programs.



Neighbors Helping Neighbors **(401) 601-5621** **neighborshelpingneighborsri.org**

Neighbors Helping Neighbors Rhode Island (NHNRI) provides home repairs at no cost to low-income qualifying homeowners in South County, RI, enabling families to safely remain in their homes

Health & Wellness



Ocean Community YMCA
oceancommunityymca.org

Arcadia Branch
1190 Main Street
Wyoming, RI
(401) 539-2306

Westerly-Pawcatuck
95 High Street
Westerly, RI
(401) 596-2894

Naik Family Branch
1 Harry Austin Drive
Mystic, CT
(860) 536-3575

The Ocean Community YMCA is a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most. Membership gives you access to all three branches.

The YCares financial assistance program, provides aid to those in need and ensures that no one is turned away for the inability to pay. YCares offers children, teens, adults and families the opportunity to benefit from Y programs and services that they otherwise could not afford.

Parent & Caregiver Support

RI Department of Human Services - Office of Child Care
dhs.ri.gov/programs-and-services/child-care

Use the Office of Child Care website to find licensed child care, Head Start programs and the Child Care Assistance Program (CCAP.)

RIPIN - Rhode Island Parent Information Network
(401) 270-0101 ripin.org

RIPIN helps any Rhode Islander, from infants to seniors. They can help navigate special education and supports, specialized services for children and young adults with disabilities, healthcare and health insurance, training, support, and resources.

Parent Support Network - Hope Recovery Community Center
55 Beach St #4, Westerly, RI 02891
(401) 598-6400 psnri.org

PSN is a group of adults with behavioral health lived experience who are committed to supporting and assisting peers and working with statewide and national partners to empower children, youth, families and individuals through dynamic supports, education, and advocacy.

Parent & Caregiver Support

Free or Reduced-Price School Meals Application

Apply online:

<https://ride.ri.gov/child-nutrition/free-or-reduced-price-school-meals-application>

Children meeting certain guidelines may qualify for healthy, free, or reduced-price breakfast and lunch at their school.

- All children in households receiving SNAP or RI Works benefits
- Foster children who are under the legal responsibility of a foster care agency or court
- Children participating in their school's Head Start program
- Children who meet the definition of homeless, runaway, or migrant
- Children living in a household whose income is within the limits on the Federal Income Eligibility Guidelines for free meals

The following children will qualify for reduced-price meal benefits:

- Children living in a household whose income is within the limits on the Federal Income Eligibility Guidelines for reduced-price meals

Head Start and Early Head Start

Tri-County Community Action Agency

34 Pond Street Westerly, RI 02891

www.tricountyri.org/services/early-childhood-education

Families interested in Head Start qualify based on meeting federal eligibility guidelines including families experiencing homelessness, children residing in foster care, being at or below the Federal Poverty Level, or receiving public assistance. Extended Day services are tuition based.

RI State Pre-K Program

Tri-County Community Action Agency

34 Pond St, Westerly

Call 401-515-2471 for more information

This free, high-quality program is designed for children turning 4 by September 1st and living in Westerly, Hopkinton, Richmond, or Charlestown.

Westerly Parents as Teachers

Babcock Hall, 23 Highland Avenue, Westerly

www.wpsri.org/community/parents-as-teachers

Parents as Teachers promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers.

Servicing Charlestown, East Greenwich, Exeter, Hopkinton, Jamestown, New Shoreham, Richmond, South Kingstown, West Greenwich, Westerly

Adult Education



Literacy Volunteers of Washington County (Westerly)

Phone: (401) 596-9411 **Web:** www.literacywashingtoncounty.org

Reading, writing, English as a second language



Education Exchange (Peacedale)

Phone: (401) 783-0293 **Web:** edexri.org

GED Prep, workforce training, basic skills



Tri-County
Community
Action Agency

Tri-County Community Action Program (Westerly and N. Kingstown)

Phone: (401) 351-2750 **Web:** tricountyri.org

Adult education classes, financial literacy



Osher Lifelong Learning Institute (URI - Kingstown)

<https://web.uri.edu/olli>

Paid membership is open to ages 50 and older

A large variety of classes to choose from



Westerly Education Center

23 Friendship Street, Westerly, RI 02891

www.westerlyedcenter.org

Westerly Education Center is a public-private collaboration designed to bring together higher education, business, industry, and community partners to expand postsecondary attainment in degrees, certifications and industry-recognized credentials.

Crisis Support and Hotlines



988 Suicide & Crisis Lifeline

24/7 Call or Text 988 bhlink.org

Calling 988 connects you with a Rhode Island-based mental health professional who can help with thoughts of suicide, mental health crisis, substance use crisis, and any other emotional distress. You can call during your own mental health crisis, or worried about a loved one who is struggling.



Gateway (Brown University Health) Emergency Services

4705 Old Post Rd. Charlestown

401-364-7705 | brownhealth.org

Intensive and immediate assessment and behavioral health treatment to individuals in crisis with acute psychiatric symptoms, and/or factors that may place the individual and/or others at risk of harm. Emergency services include: 24/7 crisis intervention and stabilization, clinical assessment, mobile crisis team direct to home or community, and more.

Kids' Link Rhode Island

24/7: 1-855-543-5465 lifespan.org/centers-services/kids-link-ri



Kids' Link RI™ is a behavioral health triage service and referral network. A program offered in collaboration with Gateway Healthcare, Lifespan, Hasbro Children's Hospital and Bradley Hospital, Kids' Link RI is available 24 hours a day, seven days a week to help triage children and youth in need of mental health services and refer them to treatment providers.

Domestic Violence Resource Center of South County

61 Main Street, Wakefield, RI 02879

24/7 Hotline: 1-800-494-8100 dvrcsc.org

Local Hotline: (401) 782-3990 Office: (401) 782-3995



DVRC provides a range of services for victims of domestic violence and their children, including a confidential Safe Home, Transitional Housing and Permanent Supportive Housing units, a Helpline & Drop-In Center, Support Groups, One-on-One Counseling and Court Advocacy.



Alcoholics Anonymous Rhode Island

24/7: (401) 438-8860 rhodeisland-aa.org

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Wellbeing Collaborative
P.O. Box 780, Wyoming, RI 02898
info@wellbeingcollab.org

wellbeingcollab.org

Dan Fitzgerald, MPH, ICPS
Executive Director
dan@wellbeingcollab.org
(401) 556-9603

Amy Neilson, MLIS, CCHW, TTS
Director, Community Outreach
amy@wellbeingcollab.org
(401) 212-2741

