



COMMUNITY RESOURCES LIST

Revised: March 2025

1. Mental Health & Outpatient Support Resources

The Providence Center (now known as "Thrive Behavioral Health")

Offers a variety of outpatient services, including mental health counseling, substance abuse treatment, crisis stabilization, and case management.

Website: www.thrivebeh.org

Phone: 401-528-0110

The Mental Health Association of Rhode Island

Provides advocacy, education, and support services for individuals living with mental illness.

Website: www.mhari.org

Phone: 401-726-2285

Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH)

The BHDDH provides a wide range of services, including outpatient treatment for mental health concerns. They offer crisis intervention, community-based services, and a comprehensive list of licensed providers.

Website: <https://bhddh.ri.gov>

Phone: 401-462-2000

24/7 Crisis Line: 1-800-274-3258

National Alliance on Mental Illness Rhode Island (NAMI RI)

NAMI Rhode Island offers support groups, educational programs, and resources for individuals with mental health conditions and their families. They also have a helpline for navigating mental health services.

Website: <https://www.namiri.org>

Phone: 401-331-3060

Helpline: 800-950-NAMI (6264)

The Samaritans of Rhode Island

The Samaritans provide 24-hour confidential suicide prevention services, including a helpline for individuals in emotional distress. They also offer support to individuals who are feeling isolated and unable to access treatment.

Website: <https://www.samaritansri.org>

Phone: 1-800-365-4044 (24/7 Helpline)

Emergency Mobile Psychiatric Services (EMPS)

EMPS is a service that provides immediate, on-site mental health crisis intervention for children and adolescents in Rhode Island. They can help connect individuals in crisis with resources and services that can prevent hospitalization.

Website: <https://www.empsri.org>

Phone: 401-575-0310

24-Hour Helpline: 1-800-499-0202

211 Rhode Island (United Way of Rhode Island)

211 is a free and confidential service available 24/7 that connects individuals with health and human services, including mental health and crisis support. If you're unable to access care, 211 can help guide you to resources that may be available.

Website: <https://www.211ri.org>

Phone: Dial 211 (24/7)

Access Mental Health Services (AMHS)

Access Mental Health Services offers community-based outpatient mental health services, including case management, therapy, and crisis intervention, to individuals who may not have access to traditional mental health providers.

Website: <https://www.accessri.org>

Phone: 401-463-4000

2. Housing Instability & Homelessness Resources

Rhode Island Housing Resources Commission

Provides resources for homelessness prevention, emergency shelters, and housing assistance.

Website: <https://www.hrc.ri.gov>

Phone: 401-222-1640

Operation Stand Down Rhode Island

Provides emergency housing, case management, and employment assistance to homeless veterans.

Website: <https://www.osdri.org>

Phone: 401-383-4730

House of Hope Community Development Corporation

Offers emergency shelter and supportive housing for individuals and families experiencing homelessness or at risk of becoming homeless.

Website: <https://www.hhcdc.org>

Phone: 401-729-0670

Rhode Island Coalition for the Homeless (RICH)

Provides resources for shelters, affordable housing, and emergency assistance for individuals experiencing homelessness.

Website: <https://www.rihomeless.org>

Phone: 401-721-5685

Legal Services for the Homeless

Provides free legal assistance for individuals facing eviction, homelessness, and housing instability.

Website: <https://www.rils.org>

Phone: 1-800-662-5034

3. Food Insecurity Resources

Rhode Island Community Food Bank

Connects individuals and families with local food pantries and meal programs.

Website: <https://www.rifoodbank.org>

Phone: 401-942-6325

Food Pantry Locator: [Food Pantry Locator](#)

WIC (Women, Infants, and Children Program)

Provides nutrition education and food assistance to low-income pregnant women, new mothers, and children under 5 years old.

Website: <https://www.health.ri.gov/wic>

Phone: 1-800-942-7434

The Johnnycake Center of Westerly

Offers food assistance through food pantries and meal programs for individuals and families in need.

Website: <https://johnnycakecenter.org>

Phone: 401-377-8069

Food for Thought (RI)

A network of community organizations offering free meals and other food programs for individuals facing food insecurity.

Website: <https://www.foodforri.org>

Phone: 401-354-0590

4. Domestic Violence (DV) Resources

Sojourner House

Provides emergency shelter, legal advocacy, counseling, and support groups for individuals impacted by domestic violence.

Website: <https://www.sojournerri.org>

Phone: 401-861-6191

24-Hour Helpline: 1-800-498-1247

Women's Resource Center of Rhode Island (WRC)

Offers shelter, counseling, legal support, and case management for individuals affected by domestic violence.

Website: <https://www.wrcnbc.org>

Phone: 401-861-2760

24-Hour Helpline: 1-800-494-8100

Rhode Island Coalition Against Domestic Violence (RICADV)

Advocates for individuals impacted by domestic violence and connects them with local shelters and resources.

Website: <https://www.ricadv.org>

Phone: 401-467-9940

24-Hour Helpline: 1-800-494-8100

Day One Rhode Island (Domestic Violence Services)

Offers comprehensive services for victims of domestic violence, including shelter, advocacy, and legal support.

Website: <https://www.dayoneri.org>

Phone: 1-800-494-8100 (24/7 Helpline)

National Domestic Violence Hotline

Provides 24/7 support, safety planning, and resources for individuals experiencing domestic violence.

Website: <https://www.thehotline.org>

Phone: 1-800-799-7233

Text: Text "START" to 88788

5. Protective Services & Support

Rhode Island Department of Children, Youth, and Families (DCYF)

Provides child protective services, foster care, and family preservation programs for children and families at risk.

Website: <https://www.dcyf.ri.gov>

Phone: 1-800-742-4453 (Child Abuse/Neglect Hotline)

Adult Protective Services (APS) – Rhode Island Department of Elderly Affairs

Offers services to protect vulnerable adults, including those who are elderly or have disabilities, from abuse, neglect, or exploitation.

Website: <https://www.dea.ri.gov>

Phone: 401-462-0555 (APS Hotline)

TDD/TTY: 711

The Rhode Island Coalition for Children and Families (RICCF)

Advocates for the protection and well-being of children and families, offering support and resources related to abuse and neglect.

Website: <https://www.riccf.org>

Phone: 401-941-4550

Rhode Island Legal Services (RILS)

Provides free legal assistance to individuals facing issues such as domestic violence, housing, and accessing public benefits.

Website: <https://www.rils.org>

Phone: 1-800-662-5034

6. Legal Assistance Resources

Rhode Island Legal Services (RILS)

Provides free legal services for low-income individuals, including help with domestic violence cases, eviction defense, and consumer protection issues.

Website: <https://www.rils.org>

Phone: 1-800-662-5034

The Roger Williams University School of Law – Clinical Programs

Offers free legal aid through its clinical programs, including assistance with housing issues, family law, and public benefits.

Website: <https://law.rwu.edu/academics/clinics>

Phone: 401-254-4615

ACLU of Rhode Island

Provides legal support in cases of civil liberties violations, including discrimination, voting rights, and police misconduct.

Website: <https://www.riaclu.org>

Phone: 401-831-7171

7. Veterans Assistance Resources

Operation Stand Down Rhode Island

Provides emergency housing, case management, and employment assistance to homeless veterans.

Website: <https://www.osdri.org>

Phone: 401-383-4730

Veterans' Affairs (VA) Rhode Island Healthcare System

Offers health care services, including mental health services, for veterans.

Website: <https://www.providence.va.gov>

Phone: 401-457-3000

Rhode Island Department of Veterans Affairs

Provides a variety of services for veterans, including assistance with benefits, housing, and health care.

Website: <https://www.ri.gov/veterans>

Phone: 401-921-2119

8. LGBTQIA+ Support Resources

The Providence LGBTQ Center

Offers support and advocacy for the LGBTQIA+ community, providing a safe space, social events, and mental health resources.

Website: <https://www.provqlgbtqcenter.org>

Phone: 401-621-5062

GLBTQ Legal Advocates & Defenders (GLAD)

Provides legal advocacy for LGBTQIA+ individuals, including services related to discrimination, family law, and healthcare.

Website: <https://www.glad.org>

Phone: 1-800-455-GLAD (4523)

Transgender Resource Center of New England (TRCNE)

Supports the transgender community through advocacy, education, and community programs.

Website: <https://www.trcne.org>

Phone: 401-383-2179

9. Minority Support Resources

Rhode Island Black and Latino Caucus

Provides advocacy and support for Black and Latino communities in Rhode Island, working on issues related to social justice, education, and economic empowerment.

Website: <https://www.riblc.com>

Phone: 401-222-2380

The Urban League of Rhode Island

Works to promote social and economic equality for African Americans and other minorities, providing job training, housing, and educational support.

Website: <https://www.urbanleagueofri.org>

Phone: 401-351-5000

RI Latino Political Action Committee

Advocates for Latino rights and political empowerment, with programs to address health disparities, housing issues, and economic inequalities.

Website: <https://www.ri-latino-pac.org>

Phone: 401-270-2380

10. Unemployment & Financial Assistance

Rhode Island Department of Labor and Training (DLT)

Assists individuals with unemployment claims, job training, and job placement services.

Website: <https://dlt.state.ri.us>

Phone: 1-855-886-8102 (Unemployment Claims)

Workforce Solutions of Rhode Island

Offers job search assistance, career counseling, and training for individuals impacted by unemployment.

Website: <https://www.worksri.org>

Phone: 401-462-8000

Rhode Island Department of Human Services (DHS)

Provides Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), and other assistance programs for individuals and families facing unemployment.

Website: <https://www.dhs.ri.gov>

Phone: 1-855-697-4347

11. Utility & Bill Assistance

Low-Income Energy Assistance Program (LIHEAP)

Provides utility bill assistance for low-income households.

Website: <https://www.ri.gov/utilityassistance>

Phone: 1-800-922-2076

The Salvation Army – Rhode Island Division

Offers emergency financial assistance, including utility bill support and rent payments for individuals in crisis.

Website: <https://www.salvationarmyrhodeisland.org>

Phone: 401-781-2900

National Grid – Low-Income Energy Efficiency Program

Helps low-income households reduce energy consumption and provides financial assistance for energy bills.

Website: <https://www.nationalgridus.com>

Phone: 1-800-322-3223

12. Eviction Protection Resources

Rhode Island Legal Services (RILS)

Provides free legal aid to individuals facing eviction, including assistance with tenant rights, landlord disputes, and housing-related legal issues.

Website: <https://www.rils.org>

Phone: 1-800-662-5034

The Housing Hotline

Free legal advice and assistance for tenants facing eviction.

Website: <https://www.rihousing.com>

Phone: 401-457-1100

13. Local Hospitals & Health Care Centers

Rhode Island Hospital (Lifespan Health System)

The largest hospital in Rhode Island, providing emergency care, mental health services, and general medical services.

Website: <https://www.lifespan.org>

Phone: 401-444-4000

The Miriam Hospital (Lifespan Health System)

Offers inpatient and outpatient mental health services, as well as a wide range of other medical services.

Website: <https://www.lifespan.org>

Phone: 401-793-2500

Kent Hospital

Provides emergency services, inpatient care, and specialized health care, including mental health services.

Website: <https://www.kentri.org>

Phone: 401-736-1000

Hasbro Children's Hospital (Lifespan Health System)

Provides pediatric mental health services, along with general healthcare.

Website: <https://www.lifespan.org>

Phone: 401-444-4000

21. Rhode Island Family Court – Domestic Violence Unit

Provides legal support for individuals seeking restraining orders and legal protection from domestic violence.

Website: <https://www.courts.ri.gov>

Phone: 401-458-3300

22. Women's Refugee Commission – Rhode Island

Supports immigrant and refugee women in Rhode Island with programs on legal services, mental health, safety, and advocacy.

Website: <https://www.womensrefugeecommission.org>

Phone: 1-212-551-5510

23. RISE – Rhode Island Safe Families (Domestic Violence)

Provides shelter, advocacy, and safety planning for individuals experiencing domestic violence.

Website: <https://www.riseonline.org>

Phone: 1-800-498-9230

Substance Use and Recovery Services

24. Rhode Island Council on Alcoholism and Other Drug Dependence (RICARES)

RICARES provides support for individuals struggling with substance use disorders, offering prevention programs, counseling, and treatment resources.

Website: <https://www.ricares.org>

Phone: 401-528-1353

25. CODAC Behavioral Healthcare

CODAC offers outpatient and inpatient substance use treatment services, including medication-assisted treatment (MAT), therapy, and recovery support services.

Website: <https://www.codac.org>

Phone: 401-725-3700

Emergency and Crisis Support

26. RI Crisis Text Line

Provides free, confidential 24/7 crisis counseling via text for individuals in need of emotional support, particularly for those unable to access immediate mental health services.

Text "HELLO" to 741741

Website: <https://www.crisistextline.org>

27. Lifespan Emergency Services

Lifespan provides emergency mental health and medical services, including inpatient care, for individuals experiencing a psychiatric crisis.

Website: <https://www.lifespan.org>

Phone: 401-444-4000

Legal and Tenant Resources

28. Rhode Island Homeless Advocacy Project (RIHAP)

Offers legal assistance to those at risk of homelessness, including eviction defense, tenant rights education, and assistance with housing-related legal challenges.

Website: <https://www.rihap.org>

Phone: 401-831-3150

29. Pro Bono Legal Services for Seniors

A free legal service for individuals over 60, focusing on elder law issues, housing, financial concerns, and consumer protection.

Website: <https://www.legalaidrhodeisland.org>

Phone: 1-800-221-5742

Additional Veteran and Military Support

30. Operation Stand Down Rhode Island

Provides comprehensive services to veterans, including housing, employment, healthcare, and benefits assistance.

Website: <https://www.osdri.org>

Phone: 401-383-4730

31. The Veteran's Crisis Line

For veterans in crisis or those experiencing emotional distress, providing confidential support, including immediate help and guidance.

Phone: 1-800-273-TALK (8255), Press 1 for veterans

Support for Youth and Families

32. Rhode Island Kids Count

An advocacy organization dedicated to improving the lives of children in Rhode Island, focusing on healthcare, education, and social services.

Website: <https://www.rikidscount.org>

Phone: 401-351-9400

33. Boys and Girls Club of Rhode Island

Provides youth services, including after-school programs, mentoring, educational enrichment, and mental health support.

Website: <https://www.bgciri.org>

Phone: 401-444-0750

Additional LGBTQIA+ and Minority Support Services

34. Blackstone Valley Community Action Program (BVCAP)

Supports low-income families, immigrants, and refugees in Rhode Island through a variety of services including housing assistance, food programs, and employment support.

Website: <https://www.bvcap.org>

Phone: 401-723-4520

35. GLBTQ Legal Advocates & Defenders (GLAD)

GLAD provides free legal assistance to the LGBTQIA+ community, focusing on civil rights, discrimination, and family law matters.

Website: <https://www.glad.org>

Phone: 1-800-455-GLAD (4523)

36. LGBTQ+ Veterans Services - RI

Offers veteran-specific support for the LGBTQIA+ community, including housing, healthcare, and community outreach.

Website: <https://www.lgbtqvets.org>

Phone: 1-877-477-6044

Health and Wellness Resources

37. The Health Resources & Services Administration (HRSA)

HRSA provides access to essential health services, including mental health, substance use, and wellness programs, particularly for underserved populations.

Website: <https://www.hrsa.gov>

Phone: 1-800-221-9393

Here are some childcare resources in Rhode Island that can assist families with finding quality childcare services or financial assistance for childcare:

Childcare Resources in Rhode Island

1. Rhode Island Department of Human Services (DHS) – Child Care Assistance Program

DHS offers a Child Care Assistance Program (CCAP) to help low-income families afford childcare services. The program helps pay for childcare for children under 13 years old while parents work or attend school.

Website: <https://www.dhs.ri.gov>

Phone: 401-462-5300

2. Rhode Island Child Care Resource & Referral (CCR&R)

CCR&R is a resource for families looking for childcare providers in Rhode Island. They offer information on licensing, child care referrals, and resources for parents to find affordable and quality childcare options.

Website: <https://www.childcare.org>

Phone: 401-732-7840

3. BrightStars – Quality Rating and Improvement System

BrightStars is Rhode Island's Quality Rating and Improvement System that helps families find childcare providers that meet specific quality standards. They provide ratings and support to improve the quality of early childhood programs.

Website: <https://www.brightstars.org>

Phone: 401-736-9020

4. Family Child Care Providers Association of Rhode Island (FCCPARI)

This association provides families with a directory of licensed family child care providers throughout the state. They aim to ensure families have access to a wide range of reliable and safe childcare options.

Website: <https://www.fccpari.org>

Phone: 401-421-1573

5. United Way of Rhode Island – Child Care Resources

The United Way provides families in need with resources for affordable childcare, as well as information on available financial assistance for those who qualify. They also provide assistance with finding programs and services that help with early childhood education.

Website: <https://www.uwri.org>

Phone: 401-444-0600

6. Child and Adult Care Food Program (CACFP)

CACFP helps eligible childcare centers and family daycare homes provide nutritious meals to children. This program ensures that children in daycare settings have access to healthy meals.

Website: <https://www.fns.usda.gov/cacfp>

Phone: 401-222-4600

7. Parents as Teachers – Rhode Island

Parents as Teachers is an early childhood education program that supports parents in being their child's first teacher. It provides home visits, parenting resources, and developmental screenings.

Website: <https://www.parentsasteachers.org>

Phone: 401-739-8005

8. Rhode Island Association for the Education of Young Children (RIAEYC)

RIAEYC provides families with resources to help them navigate child care and early childhood education options. They focus on improving the quality of care through advocacy and education.

Website: <https://www.riaeyc.org>

Phone: 401-274-5232

9. Head Start and Early Head Start Programs

These federally funded programs provide early childhood education, health services, and family support to low-income families with children. Head Start programs in Rhode Island are available in multiple locations.

Website: <https://www.acf.hhs.gov>

Phone: 1-866-763-6481

10. Child Care Aware of America

While this is a national program, Child Care Aware of America provides information and support to help families find affordable and quality childcare in Rhode Island.

Website: <https://www.childcareaware.org>

Phone: 1-800-424-2246

These resources can assist families in Rhode Island with finding childcare options that meet their needs, and in some cases, provide financial assistance or subsidies for families struggling to afford childcare services.

Senior Daycare & Respite Care Resources in Rhode Island

1. Rhode Island Division of Elderly Affairs (DEA)

The DEA offers a variety of services for seniors, including assistance with finding adult day services and respite care. They provide resources for family caregivers who need relief and assistance for their elderly loved ones.

Website: <https://www.dea.ri.gov>

Phone: 401-462-3000

2. Senior Services of Rhode Island (SSRI)

SSRI offers support for seniors, including adult day services and respite care programs. These services help provide relief to caregivers by offering structured programs for seniors during the day, allowing caregivers some time off.

Website: <https://www.seniorservicesri.org>

Phone: 401-351-6700

3. The Alzheimer's Association – Rhode Island Chapter

The Alzheimer's Association provides resources, including respite care programs for families caring for individuals with Alzheimer's disease and other forms of dementia. They also offer guidance on adult daycare services.

Website: <https://www.alz.org/ri>

Phone: 800-272-3900 (24/7 Helpline)

4. Adult Day Services (ADS) – Rhode Island

Many adult day services in Rhode Island provide respite care for caregivers and enrichment activities for seniors. They offer socialization, meals, health monitoring, and various therapeutic activities for elderly individuals.

Contact for local centers:

- **Amedisys Home Health Care:** 401-333-4663
- **The Village at Waterman Lake (Adult Day Services):** 401-333-5151

5. The Rhode Island Geriatric Education Center (RIGEC)

RIGEC provides training and resources for healthcare professionals and caregivers, including respite care services for families providing care for older adults. They can assist in finding appropriate senior daycare services.

Website: <https://www.brown.edu/academics/medicine/rigec>

Phone: 401-863-3400

6. Home & Hospice Care of Rhode Island

Home & Hospice Care offers respite services for caregivers, allowing them to take a break while their loved one is cared for in a safe and supportive environment. They also provide adult day services for individuals with medical or dementia-related needs.

Website: <https://www.hhcri.org>

Phone: 401-415-4200

7. The Arc of Rhode Island

The Arc provides day programs and respite care for individuals with intellectual and developmental disabilities, which includes elderly clients. These programs offer a chance for caregivers to take respite while ensuring their loved one is well-cared for.

Website: <https://www.thearci.org>

Phone: 401-941-1112

8. Visiting Angels of Rhode Island

Visiting Angels provides home care services and respite care for families who need support. They can help with activities of daily living and provide companionship for seniors, offering caregivers much-needed breaks.

Website: <https://www.visitingangels.com>

Phone: 401-352-2750

9. United Cerebral Palsy of Rhode Island (UCPRI)

UCPRI offers respite care for individuals with disabilities, including seniors. They provide a variety of services for caregivers and can assist with finding appropriate adult daycare options.

Website: <https://www.ucpri.org>

Phone: 401-728-4200

10. Lifespan Elder Services

Lifespan provides adult day services, respite care, and other resources to help caregivers. They offer assistance with managing the needs of elderly individuals who require daily support.

Website: <https://www.lifespan.org>

Phone: 401-444-7000

11. Family Caregiver Alliance – Rhode Island

Family Caregiver Alliance offers resources and support for family caregivers, including information on respite care services. They provide referrals to programs that can offer short-term relief for caregivers.

Website: <https://www.caregiver.org>

Phone: 800-445-8106 (National Caregiver Helpline)

Prescription Payment Assistance

1. Rhode Island Medicaid

- **Eligibility:** Available to low-income individuals, families, seniors, and people with disabilities.
- **How to apply:** Apply through the [Rhode Island Department of Human Services \(DHS\)](#).

2. Rhode Island Prescription Assistance Program (RIPAP)

- **Eligibility:** Designed for Rhode Island residents who are uninsured or facing high prescription costs.
- **How to apply:** Apply via the [RIPAP website](#).

3. GoodRx

- **Eligibility:** Open to anyone looking for prescription drug price comparisons and discounts.
- **How to apply:** Visit the [GoodRx website](#) or use their app to find the lowest prices at local pharmacies.

4. Prescription Discount Cards

- **Eligibility:** Available to all Rhode Island residents, regardless of income or insurance status.
- **How to apply:** Access discount cards from [FamilyWize](#) or [RxRelief](#).

5. Pharmaceutical Assistance Programs

- **Eligibility:** For individuals with limited income who need specific brand-name medications.
- **How to apply:** Apply directly through pharmaceutical companies or use [NeedyMeds](#) to find available programs.

6. RI Senior Rx Program

- **Eligibility:** Available to Rhode Island residents 65 years or older with limited prescription drug coverage.

- **How to apply:** Apply through the [Rhode Island Executive Office of Health and Human Services \(EOHHS\)](#).
-

Nutrition & Health Weight Management

1. Rhode Island Department of Health (RIDOH) – Nutrition Programs

- **Eligibility:** Available to all Rhode Island residents.
- **Services:** Provides information on healthy eating, resources on food safety, nutrition education, and local food programs.
- **How to access:** Visit the [RIDOH Nutrition page](#) for resources and programs.

2. WIC (Women, Infants, and Children) Program

- **Eligibility:** Low-income pregnant women, new mothers, and children under the age of 5.
- **Services:** Provides nutrition education, counseling, and vouchers for healthy food.
- **How to apply:** Visit the [Rhode Island WIC Program](#) for more information and to apply.

3. Snap (Supplemental Nutrition Assistance Program)

- **Eligibility:** Low-income individuals and families.
- **Services:** Provides financial assistance to buy nutritious food.
- **How to apply:** Apply online through [HealthSource RI](#) or at your local DHS office.

4. Nutrition Counseling Services

- **Eligibility:** Open to individuals seeking professional help with diet planning, weight management, and health conditions like diabetes or heart disease.
- **Services:** Licensed dietitians and nutritionists provide one-on-one counseling, meal planning, and advice.
- **How to access:** Search for registered dietitians through [EatRight.org](#) or contact local health centers.

5. Healthy Eating for All (HEALTHY RI)

- **Eligibility:** Open to all Rhode Island residents.
- **Services:** Offers educational resources on making healthier food choices, physical activity, and managing chronic conditions through nutrition.

- **How to access:** Visit the [Healthy Eating for All page](#).

6. Diabetes Prevention & Management Programs

- **Eligibility:** Individuals at risk for or living with diabetes.
- **Services:** Offers programs to prevent or manage diabetes through nutrition counseling and lifestyle changes.
- **How to access:** Visit the [Diabetes Prevention Program](#) or contact your healthcare provider for local resources.

7. The YMCA of Greater Providence – Health & Wellness Programs

- **Eligibility:** Available to all Rhode Island residents.
- **Services:** Offers fitness programs, weight loss challenges, and nutrition classes.
- **How to access:** Visit the [YMCA of Greater Providence website](#) for information on programs and membership.

8. Community Farmers' Markets & Nutrition Incentive Programs

- **Eligibility:** Available to low-income individuals and families.
- **Services:** Programs like SNAP Match and Veggie Bucks offer discounts for fresh fruits and vegetables at farmers' markets.
- **How to access:** Check out [Rhode Island Farmers Market Coalition](#) for information about participating markets and programs.

Weight loss groups and resources available in Rhode Island, focusing on affordable or subsidized options:

1. Weight Watchers (WW)

- **Eligibility:** Available to anyone seeking a structured weight loss program with a focus on healthy eating.
- **Services:** Offers group meetings, virtual sessions, and personalized coaching.
- **How to access:** Visit the [WW website](#) for membership options and find local meetings in Rhode Island.

2. TOPS (Take Off Pounds Sensibly)

- **Eligibility:** Open to anyone seeking affordable group support for weight loss.
- **Services:** Weekly group meetings and a focus on healthy weight loss with support from peers.
- **How to access:** Find a local group on the [TOPS website](#).

3. Slimming World (Virtual & In-Person Groups)

- **Eligibility:** Open to anyone who is interested in a weight loss plan focused on balanced eating and support.
- **Services:** Offers virtual and in-person group meetings for ongoing support.
- **How to access:** Visit the [Slimming World website](#) for membership and local group details.

4. Healthy Weight & Nutrition Counseling (via Rhode Island Hospitals or Health Centers)

- **Eligibility:** Available to all residents; insurance or sliding scale fees may apply.
- **Services:** Offers personalized nutrition counseling, group weight loss programs, and support for weight management.
- **How to access:** Check with local hospitals (e.g., [Lifespan Health System](#)) or health centers for group programs.

5. Community Health Programs (Local Support Groups)

- **Eligibility:** Available to local residents, often at low cost or free.
- **Services:** Many local health departments and community centers offer free or low-cost weight loss support groups.
- **How to access:** Check local listings or visit your town's health department for group programs or support meetings.

6. The Biggest Loser Weight Loss Support Groups

- **Eligibility:** Open to anyone looking for a structured weight loss program.
- **Services:** Some Rhode Island locations offer programs inspired by the Biggest Loser series, including group support and fitness training.
- **How to access:** Search for local programs or visit fitness centers offering similar group support.

These groups provide structure, motivation, and support for individuals looking to lose weight in a group setting. Many offer local and virtual options to make it accessible

Walking groups and resources in Rhode Island, which offer opportunities for group exercise and socializing:

1. Walking School Bus Program (for Families)

- **Eligibility:** Open to children and families.
- **Services:** A community initiative where adults walk children to school in groups for exercise and safety. It's a great way for families to stay active together.
- **How to access:** Check with your local school district for details about participation. Some Rhode Island schools offer walking school bus programs.

2. Rhode Island Walks

- **Eligibility:** Open to all Rhode Island residents.
- **Services:** A statewide initiative promoting walking as part of a healthy lifestyle. This may include group walks or resources for starting your own walking group.
- **How to access:** Visit the [Rhode Island Walks website](#) for information on events and resources.

3. The American Heart Association (AHA) Walking Groups

- **Eligibility:** Open to anyone looking to join a walking group for health benefits.
- **Services:** AHA supports walking programs and events like Heart Walks, which often feature group walking opportunities.
- **How to access:** Visit the [American Heart Association Rhode Island](#) for local events and walking groups.

4. Meetup – Walking Groups in Rhode Island

- **Eligibility:** Open to all residents looking to join a walking group.
- **Services:** Meetup.com has a variety of walking groups that organize regular walks in different locations around Rhode Island.
- **How to access:** Visit [Meetup.com](#) and search for "walking groups" in Rhode Island to find a group near you.

5. Parks and Recreation Walking Groups

- **Eligibility:** Available to local residents through city or town recreation programs.
- **Services:** Many local parks and recreation departments offer guided walking groups for all fitness levels, including social walking events.
- **How to access:** Check with your local [Parks and Recreation Department](#) or [Town of East Greenwich Recreation](#) for walking programs.

6. SilverSneakers Walking Groups (for Seniors)

- **Eligibility:** Available to seniors (65+) with a participating health insurance plan.
- **Services:** Includes walking groups as part of their fitness programs, aimed at improving mobility and cardiovascular health.
- **How to access:** Check eligibility and find a group through [SilverSneakers](#).

7. The Walking Club at the YMCA

- **Eligibility:** Open to all, with financial assistance options available.
- **Services:** Many YMCA branches offer walking groups and fitness programs for members.
- **How to access:** Visit the [YMCA of Greater Providence](#) for information on walking groups and events.

8. Walking for Wellness – Local Health Centers

- **Eligibility:** Open to all Rhode Island residents, often at no or low cost.
- **Services:** Local health centers, such as those affiliated with hospitals, may organize group walking programs to improve health and wellness.
- **How to access:** Contact your local community health center for information on group walks or wellness programs.

These walking groups offer a great way to stay active, meet new people, and improve your health! Let me know if you need help finding more specific details or events.

Resources for individuals struggling with loneliness in Rhode Island. These programs and organizations offer support through social connections, mental health resources, and community engagement:

1. National Alliance on Mental Illness (NAMI) Rhode Island

- **Eligibility:** Open to individuals of all ages experiencing loneliness, social isolation, or mental health challenges.
- **Services:** Provides peer support groups, educational programs, and connections to local services that focus on mental health and overcoming loneliness.
- **How to access:** Visit the [NAMI Rhode Island website](#) for resources and group schedules.

2. AARP Friendly Voices

- **Eligibility:** Aimed at older adults, but anyone can access it.
- **Services:** Offers free, friendly phone calls for seniors to combat loneliness and social isolation. Volunteers provide regular calls to check in and offer a social connection.
- **How to access:** Call 1-888-281-0145 or visit the [AARP Friendly Voices page](#).

3. The Rhode Island Council on Community and Volunteerism (CCV)

- **Eligibility:** Open to anyone in Rhode Island, particularly those who may be feeling socially isolated.
- **Services:** Promotes volunteer opportunities that encourage social engagement, helping individuals connect with their communities and make new relationships.
- **How to access:** Check the [CCV website](#) for local volunteer opportunities.

4. Senior Centers & Social Clubs

- **Eligibility:** Available to senior citizens in Rhode Island.
- **Services:** Offers social activities, group events, and programs designed to combat loneliness in older adults. Many centers provide games, meals, exercise programs, and social events.
- **How to access:** Contact local senior centers like the [Providence Senior Center](#) or other town-run facilities for activities.

5. The Friendship Line (Institute on Aging)

- **Eligibility:** For older adults (60+) experiencing loneliness, isolation, or mental health issues.
- **Services:** A 24/7 toll-free hotline offering emotional support, friendly conversations, and crisis intervention for seniors.
- **How to access:** Call 1-800-971-0016 or visit [Institute on Aging's Friendship Line](#).

6. Rhode Island 211

- **Eligibility:** Available to all Rhode Island residents.
- **Services:** Provides information and referrals to local social services, including those that offer support for loneliness and mental health, as well as volunteer opportunities to help individuals engage socially.
- **How to access:** Dial 211 or visit the [Rhode Island 211 website](#) for local resources.

7. Social Support Groups (Online & In-Person)

- **Eligibility:** Available to anyone feeling lonely and looking for support groups.
- **Services:** Support groups provide a safe space for people to share their experiences and connect with others facing similar challenges.
- **How to access:** Look for local in-person groups through health centers or check out online platforms like [Meetup](#) or [SupportGroups.com](#) for virtual meetings.

8. The Samaritans of Rhode Island

- **Eligibility:** Available to anyone in emotional distress or struggling with loneliness.
- **Services:** A volunteer-based crisis hotline offering emotional support and active listening for people who are feeling isolated or lonely.
- **How to access:** Call 1-800-365-4044 or visit the [Samaritans of Rhode Island website](#).

9. Mind Your Health – Mental Health Support

- **Eligibility:** Available to Rhode Island residents dealing with loneliness and other mental health issues.
- **Services:** Provides access to mental health services, including counseling and therapy, that can address issues related to loneliness and social isolation.
- **How to access:** Visit the [Mind Your Health page](#) for more information on accessing support.

10. Rhode Island Mental Health Services (Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals)

- **Eligibility:** Open to individuals with mental health challenges, including those experiencing social isolation.
- **Services:** Offers mental health counseling, therapy, and community outreach programs aimed at reducing isolation and loneliness.
- **How to access:** Contact the department via the [Rhode Island BHDDH website](#).

12. Local Religious Organizations (Churches, Synagogues, etc.)

- **Eligibility:** Open to everyone, with many offering support regardless of religious affiliation.
- **Services:** Many religious groups host social events, fellowship groups, or counseling services to help people connect and combat loneliness.
- **How to access:** Reach out to local churches or synagogues (e.g., [Rhode Island Interfaith Coalition](#)) for community events and support.

13. Volunteer Opportunities

- **Eligibility:** Open to anyone looking for ways to engage and connect with others while helping their community.
- **Services:** Volunteering is a great way to meet others, reduce loneliness, and contribute positively to the community.
- **How to access:** Visit [VolunteerMatch](#) or the [Rhode Island Volunteer Center](#) to find local volunteer opportunities.

These resources can help individuals who are feeling lonely to connect with others, access mental health support, and find meaningful activities. If you or someone you know is struggling, reaching out for support can be the first step to feeling less isolated.