

Opportunities and Resources for Women's Health

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For additional copies
call 401 444-7284

INCOME

Are you ever short of money to pay your bills or buy your medication? Where do you have trouble making ends meet?

RESOURCES

DEPARTMENT OF HUMAN SERVICES office and the DHS website outline eligibility for programs like food stamps, medical assistance and other benefits that address specialized needs. www.dhs.state.ri.us/dhs/doffices.htm

THE GENERAL PUBLIC ASSISTANCE (GPA) PROGRAM for adults age 19-64 with very limited income and resources and have an illness or medical condition that keeps them from working. Sometimes, adults applying for SSI but not yet eligible, can receive GPA benefits. www.dhs.ri.gov/Adults/GeneralPublicAssistance/tabid/244/Default.aspx

211 IS A UNITED WAY SERVICE that can help anyone. 2-1-1 offers referrals for daycare, financial assistance, a mental health counselor to help in a crisis, or any other kind of community service. Also includes The Point, a program for seniors, adults with disabilities and their caregivers. www.211ri.org, 50 Valley Street, Providence RI 02909 401 444-0600

EMPLOYMENT

Are you in need of work? Do you have a condition – physical, mental, emotional – that limits your opportunities or makes it hard to get a job?

RESOURCES

NETWORKRI (ONE STOP CAREER CENTERS) in Providence, Warwick, Woonsocket and Wakefield has job services including databases, career counselors, writing and printing resumes, interview training and computer skills. www.networkri.org 401 462-8900 Providence Office 888-616-JOBS

OFFICE OF REHABILITATION SERVICES (ORS) helps people with disabilities develop an employment plan. Funding is provided for some programs. www.ors.ri.gov/VR.html#

TRANSPORTATION

Does lack of transportation keep you from making your appointments? Does it stop you from finding a job?

RESOURCES

RIPTA RI general law requires the Rhode Island Public Transportation Authority to provide a no-fare and half-fare bus passage for seniors and people with disabilities. www.ripta.com/ride-1#trips 401 461-9760 8:30AM – 4:30PM

STOP AND SHOP Patients with RiteCare/Medicaid are entitled to 10 free bus tickets per month. Tickets can be obtained at Stop and Shop Customer Service Desk. www.stopandshop.com In Providence, 333 West River St. 401 861-9300

EDUCATION

How is your job going? Would a GED or more job training improve your chances for employment, a promotion, or for starting your own business?

RESOURCES

RHODE ISLAND REGIONAL ADULT LEARNING in Bristol-Warren, Burrillville, Central Falls, East Providence and Woonsocket. They offer high-school completion programs, free ESL classes and free academic improvement courses to help adults transition to college. www.riral.org 191 Social St. (3rd Floor). Woonsocket, RI High School classrooms in Bristol, Burrillville, Central Falls, and East Providence 401 762-3841

THE GENESIS CENTER provides ESL, adult education classes and occupational/job skills training to help women and family members improve their employment skills, pay scales, and prospects for promotion. Childcare provided. www.gencenter.org 620 Potters Ave. Providence, RI 02907 401 781-6110

HOUSING

Do you ever feel your living situation is unhealthy or unsafe for you or your family? How are you keeping up with rent and utility costs? Are you concerned you may be evicted, or lose your home?

RESOURCES

RI LOW INCOME HOME ASSISTANCE PROGRAM (LIHEAP) offers crisis grants if the oil tank is empty, or if gas or electricity are turned off. Eligibility qualifies you for a lower rate with the utility company. Also includes assistance with weatherization, energy efficiency audits and appliances. For application go to www.benefits.gov/benefits/benefit-details/1572

HOMELocatorRI.NET is a free online service that provides information about available homes and rentals. Listings are focused on, but not limited to, homes that receive government funding and meet state and federal affordability criteria. www.homelocatorri.net 1-877-428-8844

RHODE ISLAND HOUSING provides loans and services for homeowners, homebuyers, renters and landlords as well as Leadsafe programs. www.rihousing.org 401 450-1344

RI LEGAL SERVICES is the State's law firm for low-income people with civil legal problems. www.rils.org 401 846-2264 in Newport 401 274-2652 in Providence 56 Pine Street. Providence RI 02903

CROSSROADS RI provides housing services for homeless women and families. 160 Broad St. Providence RI 02903 401 521-2255

LANGUAGE

Is English your preferred language? Would you like assistance learning English or applying for citizenship?

RESOURCES

DORCAS INTERNATIONAL INSTITUTE OF RI provides functional, family and workplace literacy training for adults and children. www.diiri.org North Campus: 220 Elmwood Avenue, Providence South Campus: 645 Elmwood Avenue, Providence 401 461-5940

SOCIOECONOMIC DEVELOPMENT CENTER FOR SOUTHEAST ASIANS offers citizenship and ESL classes. They work with RIRAL to offer External Diploma programs and non-traditional paths to high school diplomas. www.sedcsea.org 270 Elmwood Ave. Providence RI 02907 401 274-8811

PROGRESO LATINO offers bilingual training in citizenship, adult education, ESL and small business development. www.progresolatino.org 626 Broad Street. Central Falls, RI 401 728-5920

FOOD ASSISTANCE

Do you ever feel you don't have enough food for you or your family, or that the food isn't healthy enough?

RESOURCES

AMOS HOUSE provides immediate food and shelter, plus counseling and job training. www.amoshouse.com 415 Friendship Street, Providence RI 02907 401 272-0220

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) is the federal Food Stamp Program. Eatbettertoday.com is a one-stop hub for fast, easy and secure EBT. You can own a car or a house and still qualify for SNAP benefits; you can apply for SNAP by mail. www.eatbettertoday.com 1-866-306-0270 toll-free SNAP hotline

WOMEN, INFANTS AND CHILDREN NUTRITION (WIC), a RI Department of Health program, provides nutrition supplements and education to women who live in Rhode Island; are pregnant, breastfeeding, or postpartum, or are the guardian of a child five years of age or younger, and meet income guidelines. www.health.ri.gov/programs/wic 3 Capitol Hill. Providence, 401 222-5960

RI COMMUNITY FOOD BANK provides food for people in need through food pantries and meal sites across the state. Includes local food banks in 35 RI cities and towns. www.rifoodbank.org 200 Niantic Ave. Providence RI 02907 401 942-6325

FARM FRESH RI growers deliver fresh produce to community centers, schools and food banks. Participating farmers' markets give \$2 towards fruits & veggies for every \$5 in SNAP that's spent. www.farmfreshri.org 401 312-4250

AFFORDABLE MEDICATIONS

Are you going without medication because of the cost?

RESOURCES

WALMART Pharmacy Services and Savings Programs include a \$4 prescription list. www.walmart.com

AAA Member prescription discount www.AAA.com/prescriptions

STOP & SHOP \$4 and \$10 prescription lists www.stopandshop.com

TARGET \$4 and \$10 prescription lists www.target.com

FAMILYWISE PRESCRIPTION DISCOUNT CARD www.familywise.org or call 2-1-1 for a card

DIRECT PHARMACY Prescription assistance program www.needy meds.org www.pprax.org

RIRX – Prescription Discount Card www.rirx.com or call 2-1-1 for a card 401 484-7479

STRESS RELIEF

How are you coping with the stress in your life?

RESOURCES

COMMUNITY MENTAL HEALTH CENTERS www.rihca.org 401 274-1771

GATEWAY HEALTHCARE, a statewide behavioral health organization specializing in mental health and addiction services for children, adolescents and adults. www.gatewayhealth.org Administrative office 249 Roosevelt Avenue, Suite 205, Pawtucket For intake or general information call 401 729-8701

THE PROVIDENCE CENTER for comprehensive mental health and substance abuse treatment. www.providencecenter.org 528 North Main St. Providence 401 528-0123

DEPARTMENT OF BEHAVIORAL HEALTHCARE, DEVELOPMENTAL DISABILITIES AND HOSPITALS (BHDDH) provides licensed mental health and substance abuse treatment facilities. www.bhddh.ri.gov 401 462-2339

WOMEN'S MEDICINE COLLABORATIVE offers low-cost therapeutic yoga, massage and a mindfulness-based stress reduction program. www.womensmedicine.org 146 West River St. Providence RI 401 793-7817

PROVIDENCE COMMUNITY ACUPUNCTURE has a sliding scale of \$15-\$35 per visit, based on what patient feels she can pay. www.providencecommunityacupuncture.blogspot.com/ 22 Parsonage St. Providence 401 272-2288

BRADLEY HOSPITAL www.bradleyhospital.org 401 432-1000

BUTLER HOSPITAL www.butler.org 401 455-6200

FAMILY SAFETY

Do you feel safe at home? Do you feel your children are safe?

RESOURCES

WOMEN'S CENTER OF RI serves women who have suffered abuse and works to end interpersonal violence. www.womenscenterri.org P.O. Box 603300, Providence, RI 02906 401 861-2760 24-hour helpline

DAY ONE, for support immediately following a rape or domestic violence incident. 100 Medway St. Providence RI 401 421-4100

PLANNED PARENTHOOD, for sexual and reproductive health services for women. Includes HIV and STD screening. www.plannedparenthood.org 111 Point St. Providence RI 401 421-9620

DEPARTMENT OF PUBLIC SAFETY, Special Victims Unit, responds immediately to incidents of domestic violence. 401 243-6236 helpline

WOMEN'S HEALTH COUNCIL OF RI, for information on intimate partner violence, how to screen, what to do and who to contact. www.womenshealthcouncil.org See New Ideas/Intimate Partner Violence, and New Tools/Pocket Cards/Intimate Partner Violence

CHILDCARE

Do you have trouble keeping your appointments because of childcare issues? Do you have a child who needs special attention?

RESOURCES

KID'S LINK RI is a hotline for children in emotional crisis. A Bradley Hospital program offered in collaboration with Gateway Healthcare, available 24/7 for children suffering from behavioral problems or psychiatric illness. www.gatewayhealth.org or www.bradleyhospital.com 855-543-5465

YMCA Financial aid is available for low cost quality day care programs. www.ymcagreaterprovidence.org 401 521-9622

RI DEPARTMENT OF HUMAN SERVICES CHILD CARE ASSISTANCE. Families can receive assistance with a co-pay. Annual gross income limit up to \$26,478 for a family of 2 plus approximately \$7000 per additional family member. www.dhs.ri.gov 401 462-5300

BRIGHT STARS helps families in Rhode Island find quality childcare, early learning, and afterschool programs. www.brightstars.org 655 Main St., Suite 201 East Greenwich, RI 855 398-7605

FOR UNINSURED AND UNDER INSURED PATIENTS

Are there times you don't go to a doctor or dentist because of the cost?

RESOURCES

HOSPITAL CHARITY CARE Non-Profit hospitals provide some free or discounted health care. For list of hospitals and eligibility, see www.health.ri.gov/programs/hospitalcharitycare/ RI Department of Health, 3 Capitol Hill, Providence 401 222-5960 Information Line

RI FREE CLINIC provides free medical care to uninsured Rhode Islanders, including Primary Care and specialties like Orthopedics, Neurosurgery, Cardiology and Mental Health and Wellness Programs. Locations in South Providence and in provider offices around the state. www.rifreeclinic.org 655 Broad Street, Providence 02907 401 274-6347

CLINICA ESPERANZA / HOPE CLINIC provides free medical care and preventive health services to RI adults who don't have health insurance or cannot afford health care. www.aplacetobehealthy.org 60 Valley Street, Providence (across from the Cuban Revolution) 401 347-9093

FREE OR SLIDING SCALE DENTAL CARE in RI. See website for list of clinics, locations and phone numbers in RI. www.freedental-care.us/st/rhode_island

FUN AND EXERCISE

What do you and your family do for fun? How much exercise do you and your children get each week?

RESOURCES

YMCA Exercise for diabetes prevention may be reimbursed by health insurance. www.ymcagreaterprovidence.org 401 521-9622

RI STATE PARKS for parks and events. www.riparks.com

KIDINFO lists family-friendly activities all over RI www.kidinfo.com



Women's Health
Council of RI

For more information visit
www.womenshealthcouncil.org