

eliminating racism
empowering women
ywca

YWCA RHODE ISLAND
1867 - 2014

Register Today! 5K Run/Walk
4th Annual Race Against Racism
World War II Park, Woonsocket
9am, October 12, 2014
www.raceagainstracismRI.org

**race
AGAINST
racism**
eliminating racism
empowering women **ywca**

FALL SESSION 2014



NORTHERN RHODE ISLAND CAMPUS

REGISTRATION BEGINS: 8/12, SESSION: 8/24 - 10/11

Closed: 8/25-26 Maintenance Days and 9/1 Labor Day

See inside YWCA fall session brochure for additional offerings available at the Northern Rhode Island Campus along with programs and events available at Central Falls/Pawtucket Campus, Providence and statewide.

- **Now enrolling for 2014-2015 programs:** Pre-Preschool, Preschool, Before/After Kindergarten Care, and Before/After School Age Care. Space is limited. Reserve your spot. Register today!
- YWCA Rhode Island is a provider agency of the NACCRRRA Military Fee Assistance Program. *

EARLY CHILDHOOD LEARNING CENTER

Open for child care at 6:30am. For details call Becky Wallace, Director of Early Childhood Education, 769-7450.

CHILD CARE

INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, parents can rely upon throughout the year. The Early Childhood Learning Center encourages healthy social, emotional, physical and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families. *

PRE-PRESCHOOL

LITTLE LEARNERS

Pre-preschool for children 2 years 9 months to 3 1/2 years of age. With a consistent daily schedule modeled after our existing preschool program, children will be offered opportunities for socialization, creativity, and toilet training. Daily schedule includes circle time, songs, storytime, snack, play, and creative projects. 9am-noon. Two, three, or five day options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon. *

PRESCHOOL

PRESCHOOL

The YWCA preschool is a developmentally appropriate program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment, and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful, and enriching. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Two, three, and five-day programs with morning, afternoon or full day options available. Licensed by Rhode Island Department of Education and by Rhode Island Department of Children, Youth and Families. *

STEPPING STONES

Unique transitional program for children whose parents are postponing Kindergarten entrance. YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Small class size allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by Rhode Island Department of Children, Youth and Families. *

EXTENDED DAY PROGRAMS:

YWCA offers programs to help accommodate a parent or guardians' schedule. \$6/hour

EARLY BIRDS

Children enjoy activities in a classroom environment from 6:30-9am then are escorted to respective classrooms.

LUNCH BUNCH

Children eat lunch in a social environment then are offered activities and gym/playground from noon-1pm. Lunches brought from home.

AFTER PRESCHOOL CARE

Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm.

YOUTH ENRICHMENT

Open for youth enrichment at 6:30am. For details call David Lovett, Youth Enrichment Program Coordinator, 769-7450.

YOUTH ENRICHMENT

APPLE

Youth Enrichment **APPLE** Curriculum:
Academics
Physical Education/Recreation
Prevention
Leadership
Empowerment

For students attending any Woonsocket elementary school (public or private) and the Woonsocket Middle School. Mon.-Fri., 2-6pm (3 day minimum). Before school option available beginning at 6:30am (not available for Woonsocket Middle School). Children are bussed to/from YWCA and their schools, enjoy a free afternoon snack, participate in weekly themed fun activities and special events, and offered homework help. The program builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities and skills for school success and a productive future. Activities geared towards fostering individual creativity, imagination, and cognitive development. *

SERVICES FOR FAMILIES

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 5 to 15 when school is cancelled due to inclement weather and during school vacation. In order to participate, you must register your child in advance, 769-7450.

BEFORE KINDERGARTEN CARE & AFTER KINDERGARTEN CARE

Transportation provided. Flexible hours. Qualified, friendly staff will provide enrichment activities for your child in safe indoor and outdoor environments. Morning: gross motor play in gymnasium, creative play, free play, table games, and time to eat (breakfast brought from home). Afternoon: sports classes, gymnastics, homework time and youth enrichment activities. Licensed by Rhode Island Department of Children, Youth and Families.

BEFORE SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

Transportation provided. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. The program focuses on a youth's individual needs. We provide a safe, nurturing and enriching program, which parents can rely upon throughout the year, especially after school, school vacations and during the summer. Licensed by Rhode Island Department of Children, Youth and Families. Program encourages healthy social, emotional, physical, and cognitive development through weekly themes and creative activities.

PARENTING PROGRAMS

PARENTING

For details, call Deb Smith, RN and Parenting In Progress Site Coordinator, at 769-7450.

16 to 21 years old

PARENTING IN PROGRESS®

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA. Collaborative partners for this YWCA program include: Woonsocket Education Department, Project RIRAL, Connecting for Children and Families, Community Care Alliance and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri. from 9am-1pm.

NORTHERN RHODE ISLAND CAMPUS continued

GYMNASTICS ACADEMY

BASIC GYMNASTICS

3 1/2 to 5 years old

BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels.
Thurs. 3:30-4:30pm \$49/7wks
Fri. 3:30-4:30pm \$49/7wks
Sat. 10-11am \$49/7wks

5 to 12 years old

BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.
Thurs. 4:30-5:30pm \$49/7wks
Fri. 4:30-5:30pm \$49/7wks
Sat. 9-10am \$49/7wks

13 to 18 years old

TEEN GYMNASTICS

Specifically designed for teenagers.
Sat. 11am-12noon \$49/7wks

CONTINUING GYMNASTICS

All classes listed below require permission from the instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450. YWCA Rhode Island Gymnastics Academy Competitive Coaches are USA Gymnastics Certified.

5 to 12 years old

ADVANCED GYMNASTICS

Tues. 3:45-5pm \$53/6wks

PRE TEAM

Sat. 1-3pm \$98/7wks

COMPETITIVE TEAM:

Monthly fee for all competitive teams:
One day a week \$48/month
Two days a week \$96/month
Three days a week \$120/month

Breonna Lenart, Head Coach

HOT SHOTS 4 to 9 years old

Sat. 9-11am

TEAM A 8 to 16 years old

Sat. 10:30am-12:30pm

TEAM B 8 to 16 years old

Thurs. 4-6:30pm
Sat. 1-3pm

TEAM C 8 to 16 years old

Tues. 4-6:30pm
Fri. 4-6:30pm (optional)
Sat. 3-5:30pm

TEAM D 9 to 18 years old

Tues. 4-6:30pm
Fri. 4-6:30pm
Sat. 3-5:30pm

PHYSICAL EDUCATION

GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

JUMPING BEANS

Gymnasium play with parent.
Tues. 9-10am \$42/6wks
Thurs. 10-11am \$49/7wks
Fri. 9-10am \$49/7wks

SOCIALIZATION ACTIVITIES

Independent classes for your child (do not have to be toilet trained).

2 1/2 to 3 1/2 years old

SMALL WORLD I and II:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime and snack.

SMALL WORLD I

Deb Nault
Thurs. 9-10am \$49/7wks
Fri. 9-10am \$49/7wks

SMALL WORLD II

Deb Nault
Thurs. 10am-noon \$98/7wks
Fri. 10am-noon \$98/7wks

WELLNESS PROGRAMS

EXERCISE

16+ years old

AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates, nonmembers pay an additional \$20.
Colette Doura
Mon./Wed., 7:15-8:15pm \$60/9wks

BELLY DANCING

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.
Aimee Renaud
Tues., 7-8pm \$42/6wks

Register Today! 4th Annual Race Against Racism

5K Run/Walk at World War II Park, Woonsocket
9am, Sunday, October 12, 2014
Register: www.raceagainstracismRI.org



VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay. Schedule subject to change due to weather or uncontrollable circumstances. To verify, call Debbie Fay at 769-7450.

INTERMEDIATE MIXED CO-ED

Sunday: *Intermediate.*
Open House 11/2 from 6-8pm.
League starts 11/9.
\$58/10wks & playoffs/plus membership fee.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: *Advanced.*
Open House 9/9 from 6:45-8pm.
League starts 9/16.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Wednesday: *Intermediate or above.*
Open House 9/10 from 6-8pm.
League starts 9/17.
\$58/10wks & playoffs/plus membership fee.

EXERCISE FACILITY

17+ years old

WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 722-3010.

HEALTH EVENTS

Monday, August 18:
ENCOREplus® visits Amos House
Breast Health Outreach and Education available from 1:30-2:30pm at 415 Friendship Street in Providence. Call Luz Filpo for more information, 722-3010.

Thursday and Friday, August 21 and August 22: ENCOREplus® visits Salvation Army
Breast Health Outreach and Education available from 10am-12noon at 102 High Street in Pawtucket. Call Luz Filpo for more information, 722-3010.

Wednesday, October 8:
20th Annual Pink Relaxation Tea
From 3-6pm at Northern Rhode Island Campus of YWCA. Speakers and activities to be announced. We will remember and honor breast cancer survivors, AVON and community supporters. For more information and to register, call Joyce Dolbec, YWCA Health Consultant at 769-7450.



STATEWIDE PROGRAMS

YWCA OUTREACH

RACIAL JUSTICE

RACE AGAINST RACISM

YWCA Rhode Island is sponsoring 4th Annual Race Against Racism 5K Run/Walk at 9am on October 12 at World War II Park, Woonsocket. It is held to unite people of all races, demonstrate our community's commitment to eliminating racism, and celebrate our diversity. Proceeds support community and racial justice efforts. Register, sponsor and volunteer: www.raceagainstracismRI.org

HEALTH

A MATTER OF BALANCE

Program designed to manage falls and increase activity levels. Learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance. Who should attend? Anyone concerned about falls; interested in improving balance, flexibility and strength; who has fallen in the past; and who has restricted activities because of falling concerns. Workshop includes 8 consecutive classes that are held for 2 hours each. Contact Lisa Piscatelli at 722-3010.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing

and navigating diagnostic treatment services when necessary. YWCA also offers support during diagnosis and treatment. If you are over age 40 and have no health insurance or your insurance does not cover breast and cervical screenings every year, you may qualify for FREE services. Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, pap smear, mammogram and follow-up services. For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. For details about ENCOREplus® at Central Falls/Pawtucket Campus, call Luz Filpo at 401-722-3010. If hearing/speech impaired call 1-800-745-5555.

HEALTHY STEPS

Healthy Steps for Girls and Women is an initiative that builds on the connectedness of families in the northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA Rhode Island in partnership with nriAHEC worked with a Steering Committee to develop and implement a community assessment and strategic plan. Project sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Visit www.scoop.it/t/healthy-steps or call Lisa Piscatelli at 722-3010, for more information.

CHRONIC DISEASE SELF-MANAGEMENT

If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage

your symptoms, how to work with your health care team, how to fight fatigue, how to make daily tasks easier, how to eat healthy, how to get more out of life, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 722-3010.

CHRONIC PAIN SELF-MANAGEMENT

If you have chronic pain, this workshop is for you. You will receive a healthy life book and program workbook. Topics: Moving Easy Program, pacing, better breathing, relaxation techniques, healthy eating, medications for chronic pain, communication skills, problem solving, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 722-3010.

MINORITY HEALTH PROMOTION

YWCA Rhode Island has been designated as a Minority Health Promotion Center by the Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations. Call the YWCA Health Office for more information, 769-7450.

YOUTH ENRICHMENT

ROSIE'S GIRLS AFTER SCHOOL

YWCA Rosie's Girls After School is a pilot program held once a week at Sophia Academy, where middle school girls learn radio production and broadcast skills.



Yes! I want to join YWCA Rosie's Circle:
www.ywcari.org/donate.html

- \$50 will help supply two campers with a set of hand tools
- \$150 provides twelve girls with a day of carpentry instruction
- \$750 provides a full scholarship for one girl to attend YWCA Rosie's Girls for three weeks

Dear Friend:

For the 2nd consecutive summer, YWCA Rhode Island in partnership with Sophia Academy and the National Association for Women in Construction, Rhode Island Chapter, co-created and co-delivered the YWCA Rosie's Girls summer program.

Rosie's Girls summer combines the best of YWCA Rhode Island and Sophia Academy gender specific programming and offers a unique experience for adolescent girls designed to build self-esteem, perseverance and leadership through learning and applying basic skills in the trades (e.g. carpentry and stone cutting).

Rosie's Girls is supported through a mix of funding and donations from individuals, foundations and corporations. The overwhelming majority of our campers require financial aid. In fact, in 2013 and 2014 100% of our campers received full tuition scholarships to attend.

Now that the saws and power tools are packed away, we have begun to plan for Summer 2015. We invite you to join other women and men in becoming a member of YWCA Rosie's Circle, a group committed to pledging financial support to Rosie's Girls to ensure that no girl will be turned away from the camp because of her inability to pay.

Thank you!

Deborah L. Perry, President/CEO
YWCA Rhode Island

YW SHE SHINES™

Share it. Trust it. Smile.
To subscribe, e-mail lisa@ywcari.org.
www.sheshines.org

YW She Shines™ is a magazine, radio program and 'Shining With' series that celebrates the aspirations and accomplishments of women.

Tune in on Saturday mornings at 10am on WOON 1240 AM. Presenting sponsors:

- Blue Cross & Blue Shield of Rhode Island
- U.S. Department of Health and Human Services (HHS), Office on Women's Health

10th ANNUAL WOMEN OF ACHIEVEMENT AWARDS

SAVE THE DATE:
Tuesday, September 30
11:30am-1:30pm
Kirkbrae Country Club



For tickets to the awards ceremony, visit www.womenofachievementRI.org. The 2014 Honorees will be featured in the fall edition of YW She Shines™. Sponsorship opportunities are available. To reserve advertising space or receive a free subscription, call Lisa Piscatelli at 722-3010.

CENTRAL FALLS/PAWTUCKET CAMPUS

YWCA Rhode Island, 324 Broad Street, Central Falls, RI 02863

CENTRAL FALLS HAS HEART

YWCA Rhode Island is partnering with CVS Caremark and Rhode Island Department of Health Office of Minority Health, to increase the awareness of the signs and symptoms of a heart attack and the importance of calling 9-1-1 among Spanish speaking Hispanic women living in Central Falls. YWCA will work with local community leaders, implement mass media strategies and use social media as a platform to spread this message. Call Lisa Piscatelli for more information, 722-3010.



SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for women with disabilities that are experiencing homelessness. Residents must be 18 and over, unaccompanied by children and have been substance abuse free for at least three months before entering the program. Residents have a single bedroom and share common areas such as the living room, dining room, kitchen and bathrooms. Case management services are offered on-site. Call Luz Filpo for more information, 722-3010.

WELLNESS

YWCA offers health outreach and information to members of the Central Falls/Pawtucket community. ENCOREplus® (Breast and Cervical Health Outreach) and Heart Health for Latina women. Call Luz Filpo for more information, 722-3010.

YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY

Sponsored by YWCA Rhode Island, Sheila "Skip" Nowell Leadership Academy is a public charter high school geared to serve the needs of pregnant and parenting youth and their families. www.nowellacademy.org

PROVIDENCE PROGRAMS

YWCA Rhode Island
133 Delaine Street, Providence, RI 02909

COMMUNITY OUTREACH

YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY





YWCA Rhode Island
514 Blackstone Street, Woonsocket, RI 02895
T: 401-769-7450 | F: 401-769-7454
www.ywcari.org

ANNUAL MEMBERSHIP

6 to 16 years: \$12
17 to 64 years: \$22
65 and over: \$17

Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. Men and boys are welcome as associates. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in oldest, largest women's movement in the nation

HOURS

Monday to Thursday 9am-9pm, Friday 9am-6:30pm and Saturday 9am-4:30pm. *Child Care Hours: Monday to Friday, open at 6:30am (arrange with program director).*

TOURS

New to YWCA?
Call for more information or to schedule a tour, 769-7450.

SCHEDULE

Classes run in consecutive sessions during the school year with a new schedule for summer.

ROOM RENTALS

Room rentals are available for events.
Contact YWCA for details, 769-7450.

STORM POLICY

For YWCA cancellations and closing announcements, listen to radio stations WOON 1240 AM & WNRI 1380 AM or watch Channel 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

● **August 4 & 12, Preschool Orientation:** August 4 11am-12noon or August 12 5:30-6:30pm. Call 769-7450 to RSVP. Preschool begins September 2 & 4 from 9-10am or 1-2pm for preschool students and parents together (a one hour class). Note: September 3 & 5 is a regular day for preschoolers.

● **September 30, Women of Achievement Awards:** 10th Annual Event from 11:30am-1:30pm at Kirkbrae Country Club. Sponsorship opportunities are available, call Lisa Piscatelli at 722-3010. For tickets to the luncheon ceremony, visit www.womenofachievementRI.org.

● **October 12, Race Against Racism:** 4th Annual 5K Run/Walk. 9am at World War II Park in Woonsocket. Register. Sponsor. Volunteer. www.raceagainstracismRI.org

REGISTER TODAY FOR 2014-2015 SCHOOL YEAR: Now enrolling for Pre-Preschool, Preschool, Before/After Kindergarten Care, and Before/After School Age Care. Space is limited. Reserve your spot!

- YWCA is a recipient of an Outstanding Neighborhood Planning Award from the American Planning Association - RI Chapter

- American Camp Association Accredited

- Licensed by Rhode Island Department of Education

- Licensed by Rhode Island Department of Children, Youth, and Families

- Member of RI Afterschool Plus Alliance

- Member of National Alliance for Partnerships in Equity

- Member Agency of The Fund for Community Progress

- Participating Organization of Combined Federal Campaign

- USA Gymnastics Certified Coaches

- Sponsor of the Sheila Skip Nowell Leadership Academy



RI DE
Rhode Island Department of Elementary and Secondary Education



YWCA Rhode Island

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YWCA Rhode Island
514 Blackstone Street
Woonsocket, RI 02895

YWCA Rhode Island is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

FALL SESSION 2014