



## SPRING SESSION 2014

### NORTHERN RHODE ISLAND CAMPUS

REGISTRATION BEGINS 3/17 | SIX WEEK SESSION 3/30 - 5/10

#### VACATION CAMPS

Reserve your child's space in a YWCA Vacation Camp. Register at Front Desk.

#### DOODLE BUGS

April 21-25: For children 2 1/2 to 3 1/2. Theme: author/illustrator Eric Carle. Enjoy stories, games and activities. 9am-1pm, \$20/day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

#### BUSY BEE

April 21-25: For children 3 to 5. Theme: author/illustrator Eric Carle. Enjoy stories, games and activities. 9am-1pm or noon-4pm, \$15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

#### ADVENTURE

April 18, 21-25: For children 5 to 12 with groups divided by age. Junior Leadership option available for youth 13 and over. Weekly themes along with creative learning activities. Free snack, sports, arts/crafts, cooking, dramatic play, games and trips to Cold Spring Park weather permitting. 6:30am-6pm, \$29/day. 15/half-day (4 hours of your choice).

### 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 1/2 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 (maximum 15) 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

Youth Enrichment **APPLE** Curriculum: Academics, Physical Education/Recreation, Prevention, Leadership, and 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 WHEN IT SNOWS, WE'RE OPEN

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, stories, music, movement, free choice 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.

#### GoGirlGo!

Youth Enrichment After School Program for girls age 5 to 12.



Building confidence and self-esteem. Being active. Healthy living. Fun activities. Sport instruction, leadership training, games, crafts, nutrition, and building friendships. For details call 769-7450.

YWCA is a provider agency of NACCRRR Military Fee Assistance Program. \*

# NORTHERN RHODE ISLAND CAMPUS continued

## ART STUDIO

### ART CLASSES

New and returning students welcome. Every session, new artists and projects are covered.

5 to 10 years old

### ART FOR CHILDREN

*Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We'll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee.*

Missie St. Sauveur  
Fri. 5-6:30pm \$63/6wks

## 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 \$42/6wks  
Fri. 3:30-4:30pm \$42/6wks  
Sat. 10-11am \$42/6wks

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 \$42/6wks  
Fri. 4:30-5:30pm \$42/6wks  
Sat. 9-10am \$42/6wks

13 to 18 years old

### TEEN GYMNASTICS

*Specifically designed for teenagers.*  
Sat. 11am-12noon \$42/6wks

### 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 \$84/6wks

### 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

Jennie Graham, Head Coach  
Breonna Lenart, Assistant 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 (optional)  
Sat. 1-3pm

### TEAM C 8 to 16 years old

Tues. 4-6:30pm  
Thurs. 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

## 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, 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.*

## 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 \$42/6wks  
Fri. 9-10am \$42/6wks

### 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 \$42/6wks  
Fri. 9-10am \$42/6wks

### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$84/6wks  
Fri. 10am-noon \$84/6wks

## 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

### 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 769-7450.*

### GOLF LEAGUE

### WOMEN'S GOLF LEAGUE

*Begins May 5 at Melody Hill Country Club. YWCA Membership plus \$50 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club. Call Debbie Fay for details, 769-7450.*

### 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.  
*This league is in progress. Call to see if any spots are available.*

## AGENCY IN ACTION

### YWCA RHODE ISLAND

### WALKING THE WALK

YWCA Rhode Island is a proud recipient of an Avon Breast Health Outreach Program Grant, for our efforts linking medically underserved women to breast health education and screening services. You can take part in the Avon Walk for Breast Cancer. It will be held in Boston, May 17-18. Your support funds research to find a cure or prevention, as well as programs that enable all patients to access quality care. [www.avonwalk.org](http://www.avonwalk.org)



## HEALTH EVENTS

### WELLNESS SERIES

Register with Joyce Dolbec, YWCA Health Consultant, at 769-7450.

Forand Manor, Central Falls, 12:30-2:30pm

- Tuesday, 3/25: *Your Health, Special Services*
- Tuesday, 4/1: *Your Health, Talking to Your Doctor*
- Tuesday, 4/8: *Your Health, Prevention and Screenings*

Progreso Latino, Central Falls, 10am-12noon

- Thursday, 4/17: *Your Health, Talking to Your Doctor (English and Spanish)*

The Meadows, North Smithfield, 1-2:30pm

- Wednesday, 4/16: *Your Health, Talking to Your Doctor*
- Wednesday, 5/14: *Your Health, Special Services*
- Thursday, 5/22: *Your Health, Relaxation Techniques and Tea*



### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.  
*This league is in progress. Call to see if any spots are available.*

### INTERMEDIATE CO-ED

Wednesday: Intermediate or above.  
*This league is in progress. Call to see if any spots are available.*

# STATEWIDE PROGRAMS

## YWCA OUTREACH

### 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 769-7450.

#### BREAST CANCER INFORMATION

The Love/Avon Army of Women provides women the life-changing opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all. Sign up at [www.armyofwomen.org](http://www.armyofwomen.org).

#### 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. 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 is sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Visit [www.scoop.it/t/healthy-steps](http://www.scoop.it/t/healthy-steps) or call Lisa Piscatelli at 769-7450, for more information.

#### CHRONIC DISEASE SELF-MANAGEMENT

Living Well Rhode Island. 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 769-7450.

#### CHRONIC PAIN SELF-MANAGEMENT

Living Well Rhode Island. 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 769-7450.

#### 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.

### 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 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 for more information, 401-722-3010.

#### SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for homeless women with disabilities. 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 for more information, 401-722-3010.

#### VOLUNTEER INCOME TAX ASSISTANCE (VITA)

The VITA program offers free tax help to people who make \$50,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals in local communities. As participants in the Earned Income Tax Credit Initiative, YWCA Rhode Island assists with the necessary paperwork for earners to receive Earned Income Tax Credits from the Federal Government. Appointments are available on Tuesdays and Thursdays from 4-8pm. Call Luz Filpo to schedule, 401-722-3010.

#### 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 Joyce Dolbec for more information, 401-769-7450 x12.

### SHE SHINES™

Share it. Trust it. Smile.  
[www.sheshines.org](http://www.sheshines.org)

She Shines is a YW magazine and radio program, celebrating the aspirations and accomplishments of women.

To reserve advertising space or receive a FREE subscription, call Lisa Piscatelli at 769-7450. Media influence is a powerful economic and cultural force. However, women remain underrepresented both in front and behind the scenes. With YW She Shines, women have an equal voice and equal participation in our society.

Tune in to the radio program 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

### PROVIDENCE CAMPUS

YWCA Rhode Island  
133 Delaine Street, Providence, RI 02909

#### COMMUNITY OUTREACH TEEN PREGNANCY PREVENTION SUPPORT OF YOUNG FAMILIES

eliminating racism  
empowering women  
**ywca**



Yes! I want to join YW Rosie's Circle:  
[www.ywcari.org/donate.html](http://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 YW Rosie's Girls for three weeks

Dear Friend:

During this past 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 YW Rosie's Girls program.

YW Rosie's Girls 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).

YW 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, last summer 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 2014. We invite you to join other women and men in becoming a member of YW Rosie's Circle, a group committed to pledging financial support to YW 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



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Real students, real solutions, bright future.

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- ✓ 15 hours in classroom and 15 hours at home online instruction
- ✓ Convenient locations in Providence and on Central Falls/Pawtucket line
- ✓ New Rhode Island public charter high school, sponsored by YWCA Rhode Island.
- ✓ [www.nowellacademy.org](http://www.nowellacademy.org)

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, 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**

Call for more information, 769-7450.

- **March 25-27, Child Care and Preschool Photo Days**
- **April 10, Preschool Open House:** From 6-7:30pm at YWCA. Parents and children are welcome to explore the classrooms, meet teachers and receive a tour of the facility. *Additional Open House Dates: May 9 from 9:30-11am and June 3 from 6-7:30pm.*
- **April 15, Art To Remember:** Fundraiser for YWCA.
- **April 17, Family Fun Night:** Social family activities plus health and wellness information from 6-8pm at YWCA. *Includes the Scholastic Book Fair also held April 15-17.*

- **April 18 and 21-25, Vacation Camps:** Reserve your child's space in camp during school vacation. Doodle Bugs, Busy Bee or Adventure Camp. See page 1 for details on YWCA camps.
- **April 28, Women Holding Office:** Save the date for the 6th annual celebration. Event starts at 6pm; other details TBA.
- **May 8, Mother's Day Breakfast:** From 9:30-11:30am, for students in the Parenting In Progress program.

**NOTABLE**

- YWCA Rhode Island is a recipient of an Outstanding Neighborhood Planning Award from the American Planning Association - Rhode Island 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



**YWCA Rhode Island**

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- YWCARhodeIsland



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