

eliminating racism
empowering women

ywca

YWCA RHODE ISLAND
1867 - 2016



SPRING SESSION 2016

NORTHERN RHODE ISLAND CAMPUS

REGISTRATION BEGINS: 3/14, SIX WEEK SESSION: 3/27 - 5/7

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

YWCA IS ON A MISSION

VACATION CAMPS

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

DOODLE BUGS

April 18 - 22

For children 2 years 9 months to 3 1/2. Theme: Spring

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 18 - 22

For children 3 to 5 years of age. Theme: Spring

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 - 22

For children 5 to 12 years of age with groups divided by age. Junior Leadership option available for youth 13 and over. Weekly themes along with creativity and learning activities. Free snack, sports, arts/crafts, cooking, dramatic play, games and field trip to Cold Spring Park. 6:30am-6pm, \$30/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 years 9 months to 3.3 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 assess-

ment align with the Rhode Island Early Learning Standards. Two, three, and five-day programs with morning, afternoon or full day options available. Approved 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., 9am-3pm. Morning and full day option available. 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, 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

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 5 to 12 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 SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

Transportation provided. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 12. 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.

* YWCA Rhode Island is a provider agency of NACCRRRA Military Fee Assistance Program.

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 \$45/6wks
Fri. 3:30-4:30pm \$45/6wks
Sat. 10-11am \$45/6wks

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 \$45/6wks
Fri. 4:30-5:30pm \$45/6wks
Sat. 9-10am \$45/6wks
Sat. 11am-12noon \$45/6wks

13 to 18 years old

TEEN GYMNASTICS

Specifically designed for teenagers.
Tues. 5-6pm \$45/6wks

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 \$57/6wks

PRE TEAM

Sat. 1-3pm \$90/6wks

COMPETITIVE TEAM

Monthly fee for all competitive teams:
One day a week \$52/month
Two days a week \$104/month
Three days a week \$130/month

Jennie Graham, Head Coach
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

PARENTING PROGRAMS

PARENTING

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

16 to 25 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 25 years old.
Mon. -Thurs. from 9am-2pm.

PHYSICAL EDUCATION

GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

JUMPING BEANS

Gymnasium play with parent.
Marilyn Griffin
Tues. 9-10am \$45/6wks
Thurs. 10-11am \$45/6wks

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 & II:

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

SMALL WORLD I

Jane Rochefort
Thurs. 9-10am \$45/6wks
Fri. 9-10am \$45/6wks

SMALL WORLD II

Jane Rochefort
Thurs. 10am-noon \$90/6wks
Fri. 10am-noon \$90/6wks

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 \$45/6wks

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.

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.
League in progress. Please call to see if any spots are available.
\$116/20wks & playoffs/plus membership fee.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.
League in progress. Please call to see if any spots are available.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Wednesday: Intermediate or above.
League in progress. Please call to see if any spots are available.
\$58/10wks & playoffs/plus membership fee.

YWCA IS ON A MISSION

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.

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 769-7450.

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 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 northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA 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. www.scoop.it/t/healthy-steps

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

FANTASTIC GIRLTASTIC CODE COMPANY™

YWCA Rhode Island, in partnership with Bryant University and volunteers from Amica Mutual Insurance Company created the Fantastic Girltastic Code Company™. It is dedicated to demystifying code through girl-centric training, access to female role models and mentors, and connections to local institutions of higher education and employers provides a systematic way for girls to participate in technology, and participate in meaningful ways that will lead them to seek local college degrees and local careers in the computer sciences.

Yes! I want to help support the Fantastic Girltastic Code Company™.

Your donation will assist in the purchase of computers. www.ywcari.org/donate.html

- \$750, \$150, or \$50
- Other: _____

GO GIRL GO AFTER SCHOOL

GoGirlGo! After School is a YWCA Rhode Island program, where girls age 5 to 12 build confidence and self-esteem through fun activities, sport instruction, leadership training, games, crafts, nutrition, and building friendships.

RADIO ROSIE'S AFTER SCHOOL

Radio Rosie's After School is a YWCA Rhode Island pilot program held once a week in locations in Providence, where middle school girls learn radio production and broadcast skills.

ROSIE'S GIRLS SUMMER

YWCA Rhode Island in partnership with Sophia Academy and National Association for Women in Construction, Rhode Island Chapter, co-created and co-deliver the YWCA Rosie's Girls summer program. It 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 CIRCLE

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, 2014 and 2015 100% of our campers received full tuition scholarships to attend. 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.

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

SHE SHINES™

Share it. Trust it. Smile.
www.sheshines.org

To subscribe:
e-mail lisa@ywcari.org

She Shines™ is a YWCA Rhode Island magazine, radio program and e-series that celebrates the aspirations and accomplishments of women.

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



CENTRAL FALLS/PAWTUCKET CAMPUS

YWCA Rhode Island
324 Broad Street, Central Falls, RI 02863
For program details, call 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.

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

VITA Program offers free tax help to people who make \$54,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals. As participants in Earned Income Tax Credit Initiative, YWCA assists with the necessary paperwork for earners to receive credits from the Federal Government. Call Luz Filpo for more information or to inquire about volunteer opportunities, 722-3010.

WELLNESS

YWCA offers health outreach and information to Central Falls/Pawtucket community. Program includes ENCOREplus® (Breast and Cervical Health Outreach).

YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY

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

PROVIDENCE

YWCA Community Center
133 Delaine Street, Providence, RI 02909
For program details, call 351-2241.

COMMUNITY OUTREACH

GATEWAY TO INDEPENDENCE

Transitional Housing for Veterans
Experiencing Homelessness

STEAM ENGINE

Before/After School Age Care
Summer and Vacation Camps

YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY

ENCOREplus® COMMUNITY EVENTS

YWCA provides breast health outreach.

For details on upcoming events, call Luz Filpo at 722-3010.



- YWCA Rhode Island recognized in 2016 for excellence with breast cancer program: For 22 consecutive years, ENCOREplus® has received funding from Avon Breast Cancer Crusade, to increase awareness of the life-saving benefits of early detection.
- ENCOREplus® holds Sister to Sister / de Mujer a Mujer peer education training.
- ENCOREplus® hosts annual Pink Relaxation Tea and Twitter Party.
- ENCOREplus® provides resources and navigation services.
- March 29, Women's Health Expo from 5-8pm at Landmark Medical Center, Woonsocket Campus. Free screening and presentation, sponsored by Landmark Medical Center and YWCA. Call 769-7450 x12 for details.
- May TBA, annual Senior Breakfast hosted by Landmark Medical Center, Woonsocket Prevention Coalition and YWCA. Call 769-7450 x12 for details.

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Rhode Island

YWCA Rhode Island
514 Blackstone Street, Woonsocket, RI 02895
T: 401.769.7450 | F: 401.769.7454
www.ywca-ri.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

OFFICE HOURS

Northern Rhode Island Campus: Monday to Thursday 9am-9pm, Friday 9am-6:30pm; Saturday 9am-4:30pm. For information about statewide programs, call 769-7450.

CHILD CARE HOURS

Northern Rhode Island Campus: Monday to Friday, open at 6:30am (prearrange with program director).

NEW TO YWCA

For more information or to schedule a tour, call 769-7450.

SCHEDULE

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

In the event of a YWCA cancellation 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.

NOTABLE

- Affiliate of YWCA USA
- Sponsor of the Sheila "Skip" Nowell Leadership Academy
- Recipient of Outstanding Neighborhood Planning Award from 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 Bright Stars
- Member of RI Afterschool Plus Alliance
- Member Agency of The Fund for Community Progress
- Participating Organization of Combined Federal Campaign
- USA Gymnastics Certified Coaches

EVENTS

- **Today - April 15, Volunteer Income Tax Assistance:** Program offers free tax help to people who make \$54,000 or less and need assistance in preparing their own tax returns. See page 3 for details.
- **March 29 - 31, Child Care and Preschool Photo Days**
- **March 31, Art Gallery:** Featuring art from students in Circle of Friends and Henny Penny at YWCA from 6-7pm.
- **April 14 and May 17, Preschool Open House:** 6-7pm at Northern Rhode Island Campus. Parents and children are welcome to explore classrooms, meet teachers and receive a tour of the facility.
- **April 18 - 22, Vacation Camps:** Reserve your child's space in camp during school vacation. See page 1 for details on YWCA camps.
- **April 28, Family Fun Night:** Social family activities plus health and wellness information from 6-8pm at Northern Rhode Island Campus. Includes the Scholastic Book Fair also held April 26 - 28.
- **April 28 - May 1, Stand Against Racism:** A campaign of YWCA USA to build community among those who work for racial justice.



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YWCA IS ON A MISSION

YWCA RHODE ISLAND

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**A MISSION TO:
ELIMINATE RACISM, EMPOWER WOMEN,
STAND UP FOR SOCIAL JUSTICE,
HELP FAMILIES AND STRENGTHEN COMMUNITIES**

SPRING SESSION 2016

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YWCA Rhode Island
514 Blackstone Street
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