

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 722-3010.

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.

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 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.

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

GO GIRL GO AFTER SCHOOL

YWCA GoGirlGo! After School is a 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

YWCA Radio Rosie's After School is a 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

YW SHE SHINES™

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

To subscribe:
e-mail lisa@ywcari.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.



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 \$53,000 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 Homeless Veterans

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.

- ENCOREplus® participates in Wellness Clinics at Progreso Latino.
- ENCOREplus® provides resources and linkages to services at Amos House.
- ENCOREplus® provides resources and linkages to services at Dorcas International.
- **November 24, Pink Relaxation Tea:** Begins at 12:30pm at The Meadows in N. Smithfield. Wear pink and bring a tea cup. Make your reservation with Sueallison at 401-762-2333.



eliminating racism
empowering women **ywca**