

eliminating racism
empowering women
ywca

WE'RE MAKING A DIFFERENCE
1923-2010

spring III session 2010 northern rhode island



REGISTRATION BEGINS APRIL 26

SIX WEEK SESSION
5/9 - 6/19 (no class Monday, 5/31)

SUMMER CAMPS

Registration and deposit required. \$5/wk members. \$10/wk nonmembers.

DOODLE BUGS begins 6/14

Mon.-Fri., 9am-1pm, \$100/wk, \$20/day
Early Birds and/or after camp options for an additional \$6/day (each program).
Families needing full time care, speak with receptionist regarding childcare options.
For children age 2 1/2 to 3 1/2.

BUSY BEE begins 6/14

Mon.-Fri., 9am-1pm, \$75/wk, \$15/day
Mon.-Fri., 1-5pm, \$75/wk, \$15/day
Early Birds and/or after camp options for an additional \$6/day (each program).
Families needing full time care, speak with receptionist regarding childcare options.
Children must be ages 3 to 5 and fully toilet trained to participate.

KIDS SPORTS CLUB and TWO-RIFFIC DAYS begins 6/21

Mon., Tues., Wed., 9am-1pm, \$60/wk
Thurs. and Fri., 9am-1pm, \$40/wk
Early Birds option from 8-9am for an additional \$6/day. For ages 4 to 6.

ADVENTURE begins 6/23

Mon.-Fri., 7:45am-5:45pm, \$142/wk, \$29/day. For ages 6 to 12. Half days available, \$15 for a 4 hour day. Groups divided by age. Field trips, guest speakers, cooking, outdoor recreation, sports, and arts/crafts. Other activities: movie making, plays, face painting, scary stories, time in new YWCA computer lab.

JUNIOR LEADERSHIP begins 6/23

Wed. - Fri., 7:45am-5:45pm, \$60/wk
For students entering grades 7, 8 and 9. Additional days at \$20/day. Half days also available, \$10 for a 4 hour day. As Junior Leaders, in conjunction with staff, campers will monitor children's safety and coordinate activities. Students learn personal responsibility in an intellectually and physically stimulating environment.

YOUTH ENRICHMENT

SERVICES FOR FAMILIES

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 6-15 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.

AFTER SCHOOL

For program details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. Mon.-Fri., 2-6:30pm (3 day minimum), \$17/day. Children are bussed to YWCA from their schools, enjoy a free snack, participate in fun activities, offered homework help and special events. 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 for school success and a productive future. Activities geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas. New computer lab and library.

APPLE YOUTH ENRICHMENT

The APPLE curriculum includes Academics, Physical education/recreation, Prevention, Leadership and Empowerment. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. 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. Program encourages healthy social, emotional, physical and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families.

VACATION CAMPS

DOODLE BUGS

For children 2 1/2 to 3 1/2 years of age. Enjoy books, games and activities.

April 19-23. 9am-1pm, \$20/day. Early Birds and/or after camp options for an additional \$6/hour/day (each program). Families needing full time care, speak with receptionist regarding childcare options.

BUSY BEE

For children 3 to 5 years of age. Enjoy books, games and activities.
April 19-23. 9am -1pm, \$15/day. 1-5pm, \$15/day. Early Birds and/or after camp options for an additional \$6/hour/day (each program). Families needing full time care, speak with receptionist regarding childcare options.

ADVENTURE

For children 6 to 12 years of age. Junior Leadership option available for children 13 and over. Free snack, games, contests, prizes, movie making, cooking, sports, arts/crafts, face painting, and more.
April 19-23. 6:30am-6pm, \$29/day. Half days available, \$15 for a 4 hour day.

GYMNASTICS ACADEMY

GYMNASTICS - BASIC

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.
Fri. 3:30-4:30pm \$36/6wks

4 to 7 years old

BEGINNER/INTERMEDIATE GYM- NASTICS 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 \$36/6wks
Sat. 10:15-11:30am \$45/6wks

5 to 12 years old

BEGINNER/INTERMEDIATE GYM- NASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to

advance to higher levels.
Fri. 4:30-5:30pm \$36/6wks
Sat. 9-10:15am \$45/6wks

GYMNASTICS - CONTINUING

All classes listed below require permission from instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450.

4 to 7 years old

ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:30-4:30pm \$36/6wks

5 to 9 years old

ADVANCED GYMNASTICS

Mon. 5-6pm \$30/5wks

5 to 12 years old

ADVANCED GYMNASTICS

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

PRE TEAM

Sat. 11:30am-1pm \$54/6wks

COMPETITIVE TEAM

Monthly fee for all competitive teams:
One day a week \$44/month
Two days a week \$86/month
Three days a week \$100/month
Jennie Graham, Head Coach
Breonna Gentes, Assistant Coach

HOT SHOTS 4 to 9 years old

Sat. 9-11am

TEAM A 8 to 16 years old

Sat. 11am-1pm

TEAM B 8 to 16 years old

Sat. 11am-1pm

TEAM C 8 to 16 years old

Thurs. 4:15-6:30pm
Sat. 1:30-4pm

TEAM D 9 to 18 years old

Tues. 3:45-6:30pm
Fri. 4:15-6:30pm
Sat. 1:30-4pm

EARLY CHILDHOOD LEARNING CENTER



Now open for child care at 6:30am for ages 5 and under. For details on child care, pre-pre-school or preschool call Mary Anne Deslauriers, Director of Early Childhood Education, at 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 the 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 developmental 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. Two, three and five-day programs with morning, afternoon or full day options available. Licensed by the Rhode Island Department of Education.

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. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Education.

EXTENDED DAY PROGRAMS

The YWCA offers extended day programs to help accommodate a parent or guardians' schedule.

EARLY BIRDS

Children enjoy morning activities in a classroom environment from 6:30-9am, then are escorted to respective classrooms. \$6/hour/day

LUNCH BUNCH

Children eat lunch in a social environment then are offered center activities from noon-1pm. Lunches are brought from home. \$6/day

AFTER PRESCHOOL CARE

Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm. \$6/hour/day.

PARENTING PROGRAM

PARENTING

16 to 21 years old

PARENTING IN PROGRESS (PIP)

An alternative education, life skills and job training program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, Young Voices and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

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

PHYSICAL ACTIVITIES

GYM PROGRAMS

All physical education classes are under the direction of Debbie Fay.

DESIGN YOUR OWN CLASS!

Any age group. Learn t-ball, floor hockey, golf, tennis, etc. Call Debbie Fay, Physical Education Director, 769-7450. Subject to time and space availability. Prices set by usage.

BIRTHDAY PARTIES DURING THE WEEK

Let Debbie Fay set up and run a party for your child. Themes: gymnastics, soccer, golf, etc. Call 769-7450 to schedule. Subject to time and space availability. Price set by usage.

Walking to 3 years old

JUMPING BEANS

Gymnastics play with parent.

Tues. 9-10am \$36/6wks
Thurs. 10-11am \$36/6wks

JUMPING BEANS GETS MESSY

One hour of gymnastics play with parent then 1/2 hour of messy activity - crafts or cooking. Fri. 9-10:30am \$54/6wks

2 1/2 to 3 1/2 years old

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

IDDY BIDDY SNACK ATTACKERS

Come run, have a snack, make a craft and run some more. Mon. 9-noon \$68/5wks

IDDY BIDDY SPORTY CRAFTY CHEFS

Combination of Small World, crafts, games and cooking your own lunch. Come jump and crack some eggs. Non stop action. Wed. 9-noon \$81/6wks

SMALL WORLD I, II, III

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

SMALL WORLD I

Deb Nault
Thurs. 9-10am \$18/6wks

SMALL WORLD II

Deb Nault
Thurs. 10am-noon \$36/6wks

SMALL WORLD III

Deb Nault
Fri. 9am-noon \$54/6wks

3 to 5 years old

LUNCH WITH THE STARS

Come play a game of Alligator Pit or Polar Bear. One hour of active gym time followed by making your own lunch and eating with the "Stars". Enjoy some playtime. Stuffed animal characters: Dora, Clifford, Cookie Monster, Blues Clues, etc. Mon. noon-2pm \$50/5wks

PRIMO

CHEERLEADING WITH POM POMS

Learn some cheers and pom pom skills used in cheerleading with an introduction to tumbling. Give me a Y, give me a W, give me a C and give me an A. Mon. 3:30-4:30pm \$30/5wks

FUN 'N FRUITY ON THE FLY

Action packed fun on the trampoline, rope or obstacle course. Play a game of alligator pit, t-rex or maybe even polar bear. Each child goes home with a piece of fruit for a snack after supper. Mon. 4-5pm \$30/5wks

SPORTSTASTIC

A new sport every week, socialization and lunch making for your child. Wed. noon-2pm \$60/6wks

TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined with cooking and eating. Tues. noon-2pm \$60/6wks

INSIDE/OUTSIDE ADVENTURES

Nice weather we will spend time outside on playground collecting bugs, bird watching and more. Bad weather we will play games in the gym. All activities followed by lunch the children prepare. Thurs. noon-2pm \$60/6wks

GYMNASTIC FANTASTIC

Fantastic activity packed class. An hour of gymnastics followed by lunch, craft and playtime. Fri. noon-2:30pm \$75/6wks

6 to 12 years old

CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C and give me an A. Mon. 4:30-5:30pm \$30/5wks

12 to 18 years old

YOGA AND CONDITIONING

Yoga and stretching combined with an overall workout. Sat. 11:30am-12:45pm \$45/6wks

WELLNESS PROGRAMS

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

WOMEN'S GOLF LEAGUE

Monday Tee-times starting at 4:30pm. May 3 to August 30 at Melody Hill Country Club. Call Debbie Fay for details, 769-7450. YWCA membership plus \$50 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club.

SHE SHINES™

2009 Metcalf Award for Diversity in the Media

upcoming edition:
Raising Sexually Healthy Children

content due: May 7
distributed: Summer

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. To receive a free subscription, submit content or reserve advertising space, contact Lisa Piscatelli at 769-7450. www.sheshines.org

WELLNESS PROGRAMS continued



HEALTH

MINORITY HEALTH PROMOTION CENTER

YWCA Northern 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.

CHRONIC DISEASE

SELF MANAGEMENT WORKSHOP

If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will learn: how to manage your symptoms, how to communicate effectively with your doctor; how to lessen your frustration, how to fight fatigue, how to make daily tasks easier and how to get more out of life. The workshop is for anyone who has one or more chronic conditions. A friend, caregiver or relative is welcome to attend with you. They too will benefit from the problem-solving skills related to managing a chronic condition. Call for information on Living Well Rhode Island, 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.

SMOKING CESSATION

Supportive/educational one hour meeting weekly for 8 weeks held in northern Rhode Island area. Call the YWCA Health Office to register, 769-7450.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. The 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. The 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. The 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 (a repeat mammogram, pap smear, breast ultrasound, colposcopy and biopsy).

For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

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 (new session begins 5/10) Mon./Wed., 7:15-8:15pm \$53/8wks

BELLY DANCING I

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. Donia, Tues., 6:30-7:30pm \$36/6wks

BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess! Donia, Tues., 7:30-8:30pm \$36/6wks

HATHA YOGA

Art of movement. Yoga achieves balance between body and mind. It promotes wellness through physical poses, breathing techniques and meditation. Come improve strength and flexibility while reducing stress. Kathy Hopkins Thurs., 7:30-8:45pm \$45/6wks

VINYASA YOGA

All levels class will focus on flowing yoga postures linked with the breath. Get a great workout and reduce stress: finishing restorative poses, breathwork and seated meditation. Samantha Sipura Sat., 9:00-10:15am \$45/6wks

INTRO TO BALLROOM

A beginning dance class for singles or couples who want to learn some basic social ballroom dance steps. A variety of dances will be introduced. The recommended footwear for this class is smooth bottom, soft sole shoes. Come prepared to have fun! Mary DiGiovanni Sat., 11am-noon \$36/6wks

ZUMBA FITNESS

Zumba is a high-energy class. It incorporates several dance styles and motivating music.

With fast and slow rhythms, the class offers cardio intervals and resistance training. It is both fun and easy to learn. Zumba is the latest rage in fitness classes. Maureen Canesi Thurs., 6:30-7:30pm \$36/6wks

WALKING CLUB

The Walking Club begins at John Dionne Track on Cumberland Hill Road, Woonsocket. Look for Jeanne and Bev. Tues., Wed, and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450.

Volleyball pick-up games for YWCA members. Front desk will collect names and phone numbers or players interested. Night and time will be decided by players availability. \$5 each week you play.



INTERMEDIATE MIXED CO-ED

Sundays: Organizational night will be held November 7, from 6-8pm. League play begins November 14. Bring in your own teams. If you don't have a team, we will help you get on one. \$112/20 wks & playoffs/plus membership fee May pay in two installments.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesdays: Advanced players. Organizational night will be held September 7, from 6:45-8:30pm. League play begins September 14. Teams formed by draft. \$56/10 wks & playoffs/plus membership fee

INTERMEDIATE CO-ED

Wednesdays: Intermediate or above players. Organizational night will be held September 8, from 6:45-8:30pm. League play begins September 15. Bring in your own teams. If you don't have a team, we will help you get on one. \$56/10 wks & playoffs/plus membership fee

PICNIC VOLLEYBALL

Inside volleyball games for adults who want to play for fun, friendship and fitness. No refs. No rules (well maybe a couple for safety). Lots of laughs! After the games, come share some free appetizers at Box Seats. Thurs., 7-8pm \$36/6wks

WOMEN'S CLUBS

Y WIVES & GIRLS

The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others and recreation. Activities include outings, special events and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

APRES-MIDI

Club provides opportunities for women to share activities, information and gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings held on alternate Thursdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

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 \$54/6wks

11 and 12 years old

ART FOR TWEENS

Call for appropriate art class placement, 769-7450. We will gladly try to accommodate.

13+ years old

ART FOR TEENS

Appropriate for a range of experience levels. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. Second half, student work on guided projects of their own choice. Art material fee included in session fee. Missie St. Sauveur Mon. 5:15-6:45pm \$45/5wks

Adults and Teens*

FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try painting, sketching or sculpting? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. Come have fun. You may be surprised by what you create. Art material fee included in session fee. *Teens welcome if attending with adult. Missie St. Sauveur Mon. 7-8:30pm \$45/5wks

CONTACT US

514 Blackstone Street
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T: 401-769-7450
F: 401-769-7454
www.ywcanri.org

ANNUAL MEMBERSHIP

6 to 16 years \$12.00
17 to 64 years \$22.00
65 and over \$17.00

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 the oldest, largest women's movement in the nation

HOURS

Monday to Thursday, 9am-9pm
Friday 9am-6:30pm, Saturday 9am-4:30pm
Monday to Friday, open for child care at 6:30am for ages 5 and under.

TOURS

Are you 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 1240AM & WNRI 1380AM or watch Channel 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

To register for health events, call Joyce Dolbec at YWCA Health Office, 769-7450.

- **April 1, Family Health Insurance Luncheon:** Referrals and resources. Presented by Neighborhood Health Plan of RI. Begins at 11:30am at YWCA.
- **April 6, Hospice vs Palliative Care:** YWCA and Woonsocket Cancer Control Task

Force present workshop for patients, families and healthcare professional. The Leukemia & Lymphoma Society will provide free CEU's. Referrals and resources from 5-7pm at Landmark Medical Center, Woonsocket.

- **April 14, Family Fun Night:** Social family activities plus health and wellness information and resources available from 6-8pm at YWCA.
- **April 16, Women & Infants Family Van:** In Woonsocket from 10am-2pm.
- **April 17, 10th Annual Family Hearing and Health Screening Fair:** Free. Wellness sessions, blood drive, nutrition and CPR demonstrations, walking club, referrals, resources and door prizes from 10am-2pm at Elk's Hall, 280 Social Street, Woonsocket.
- **April 19 - 23, School Vacation Camps:** Doodle Bugs, Busy Bee and Adventure Camp options for children age 2 1/2 to teens. Call the YWCA Front Desk for details, 769-7450.
- **April 27, Everything You Wanted to Know About Lobbying:** YWCA in collaboration with the American Cancer Society-Cancer Action Network, curriculum on lobbying regarding legislation in Rhode Island that pertains to health. From 6-7:30pm at American Cancer Society, Jefferson Blvd, Warwick.
- **April 28, CPR 101 Class:** Discussion, referrals and resources. Presented by Lifespan and hosted at YWCA beginning at 7pm. For adults and youth 16 year old or older.
- **May 4, Women's Health Event:** 10am at Women and Infants, Woonsocket. Bagels and coffee. Co-sponsored by YWCA.

- **May 5, Elder Breakfast:** At Landmark Medical Center beginning at 9am. Sponsored by YWCA and Woonsocket Prevention Coalition.
- **May 7, Mother's Day Breakfast:** For students in the Parenting in Progress program.
- **May 8, Spa Day for Breast Cancer Survivors:** Presented and held at YWCA with Gloria Gemma Foundation from 12:30-4:30pm.
- **July 18, Golf Tournament.** Support YWCA as a player, hole sponsor, or raffle prize donor. Call Debbie Fay for details, 769-7450.

NOTABLE

- CPR re-certification completed for nine staff.
- YWCA History to Hallmark seminar completed for five staff and a board members.

BOARD OF DIRECTORS

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YWCA MISSION

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

SPRING III SESSION 2010



Racism Hurts Everyone
Join us on
Friday, April 30, 2010
and Take a Stand for Peace, Justice,
Freedom, and Dignity for All

For more information go to:
www.StandAgainstRacism.org

Stand Against Racism.

Call YWCA Northern Rhode Island
for participation details, 769-7450.