

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. Call YWCA Health Office, 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.

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 YWCA Health Office, 769-7450.

RACIAL JUSTICE

RACIAL JUSTICE TRAINING SERIES

Call YWCA Rhode Island at 401-769-7450:

- to book a Training Series
- to book Workshop Activities
- to order DVDs

Day One - Level 100 (\$1,000 up to 25 people) With a focus on racial and ethnic identity in the United States, participants will become more aware of their own identity development, cultural lens, and attitudes towards race.

Day Two - Level 200 (\$1,000 up to 25 people) An external examination of how racism is embedded in the historical legacy of the United States in our laws, economy, housing markets, and institutions, including our criminal justice and educational systems. By considering this historical legacy, participants will understand the impact that past policies still have on our society today.

Day Three - Level 300 (\$1,000 up to 25 people) This workshop day offers the opportunity for internal exploration by examining subtle and overt behaviors stemming from bias that take many forms: personal, interpersonal, cultural, institutional, and systemic. Participants consider their own spheres of influence where they have privilege and they develop strategies to work towards equity.

YOUTH ENRICHMENT

ROSIE'S GIRLS SUMMER

Rosie's Girls is a six-week summer day camp program of YWCA Rhode Island for girls from Providence entering fifth through eighth grade. Through non-traditional activities like carpentry, welding, electrical wiring and auto repair, young women improve their science, engineering, technology, and math (STEM) skills. Participants are challenged to develop a broader sense of themselves and

their capabilities. YWCA Rosie's Girls encourages participants to develop confidence and expand their perception of education and career options that are attainable.

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, from 2013 - 2017, 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

FANTASTIC GIRLTASTIC CODE COMPANY™

Fantastic Girtastic Code Company™ is a program of YWCA Rhode Island designed to make computer sciences relevant, cool, hip and exciting in an effort to educate, inspire and equip girls to pursue careers in computer sciences. The approach includes code instruction, female role models and mentors, connections to colleges and universities, and access to industry leaders.

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

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

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

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

FAMILY FUN NIGHT

APRIL 12
6-8PM

NORTHERN
RHODE ISLAND
CAMPUS

SHE SHINES™

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

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

To subscribe:
e-mail lisa@ywcari.org



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 chronic 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 kitchen, living/dining room, and bathrooms. Case management services are provided on-site.

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

ENCOREplus® COMMUNITY EVENTS

YWCA provides breast health outreach. For details on upcoming events, call Luz Filpo at 722-3010.



- YWCA Rhode Island recognized for excellence: For 23 consecutive years, ENCOREplus® has received funding from Avon Breast Cancer Crusade, to increase awareness of the life-saving benefits of early detection.
- ENCOREplus® hosts an annual Pink Relaxation Tea, provides resources & navigation services, and leads an annual training - Sister to Sister / de Mujer a Mujer.

ENCOREplus® also participates in the following community events:

- Peer Education Training, March 31 from 10am - 2pm, call for details.
- Outreach at Cavo Verde Embassy, Thursdays, call for details.
- Outreach at Woodlawn Community Center, Tuesdays & Thursdays, call for details.
- Outreach at Salvation Army, Tuesdays & Thursdays, call for details.