



# NEWSLETTER

May 2025

May is Older Americans Month and we are thankful for our older adults here in Richmond! With this in mind, we have numerous programs including our Lunch and Learn Series, Senior Yard Share and Tech Time that we're offering older adults in conjunction with the Richmond Senior Center.

It's also Mental Health Awareness Month. We've included a calendar for daily tips to help nourish our mental health. Feel free to follow along with us this month or reach out for mental health resources.

The Recreation Commission is excited to host the Annual Kids Fishing Derby on May 10<sup>th</sup>! See included flyer for more details!

Be well!  
Kate Schimmel, RN  
Human Services Director

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### Human Services Department

Town of Richmond, RI  
(401) 491-9824

humanservices@richmondri.com

Follow us on Facebook:

[Human Services of Richmond, RI](#)

Tues: 9:00am - 2:00pm

Wed: 9:00am - 2:00pm

Thur: 9:00am - 2:00pm



## Senior Farmers Market Nutrition Program

Working to connect senior citizens and Rhode Island's farming community

In partnership with the RI DEM, Farm Fresh RI, and The Office of Healthy Aging [dem.ri.gov/sfmmnp](http://dem.ri.gov/sfmmnp)

There is HOPE.

There is HELP.





THE RICHMOND HUMAN SERVICES DEPARTMENT PRESENTS

# THE SENIOR YARD SHARE PROGRAM

**The Richmond Human Services Department is pleased to announce a program to assist senior homeowners with reimbursement up to \$150 toward the cost of a Spring Lawn Clean-up.**

**To Qualify you must have:**

- Qualified for the 2024 Richmond Senior Tax Exemption
- Utilize a licensed and insured landscaping service.
- Unable to perform the work yourself

**Qualifying Services Include:**

- ✓ Lawn Mowing
- ✓ Natural Debris Pick-up
- ✓ Garden Bed Prep
- ✓ Edging
- ✓ Trimming of overgrown vegetation

Limited availability. First come, first serve basis until June 1st, 2025.  
Funds to be utilized before June 30th. 2025.

**For more information, please contact:  
401-491-9824  
[humanservices@richmondri.com](mailto:humanservices@richmondri.com)**

Grant Funding provided by the RI Office of Healthy Aging





# May

## Town of Richmond Events



**5/06**

### United Way Van

All Welcome

The 211-Van is a rolling office filled with a wealth of information & knowledgeable staff to answer questions about housing, SNAP, Medicare, Medicaid, job training and much more! They are a great resource to our community. Please stop by if you or someone you know could use assistance in any way.

**12:00pm - 3:00pm**

Chariho Plaza Parking Lot

**5/10**

### Annual Kids Fishing Derby

All Kids Welcome

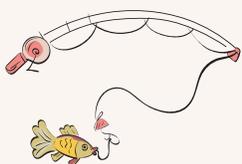
Come enjoy a morning of community fishing with your family and friends! Fishing contest open for kids up to 5<sup>th</sup> Grade.

Hosted by: Richmond Recreation Commission

**9:00am - 10:00am**

**Richmond Elementary School Pond**

See attached flyer for more information!



**Wednesdays**

**5/7, 5/14, 5/21, 5/28**

### Community Bingo

All Welcome!

Join us for this relaxed, welcoming, multigenerational fun. Come meet, chat and play bingo with fellow community members! This program is led by the adult students in the EWG Transitional Program. Hosted by: Richmond Human Services, Exeter Social Services, Wellbeing Collaborative and students from the EWG Transitional Program

**10:00am - 11:30am**

**YMCA Community Room**

**5/13**

### The Point in Richmond

All Adults Welcome.

The Office of Healthy Aging - The Point to provide support and answer questions about insurance, home-based support, and other programs supporting older adults, adults with disabilities or their caregivers.

**11:00am - 2:00pm**

**YMCA Community Room**

To schedule an appointment:

**401-491-9824**

[humanservices@richmondri.com](mailto:humanservices@richmondri.com)

**5/08**

### Lunch & Learn Series: Meals on Wheels

All Adults Welcome

Join us to learn more about Meals on Wheels and/or how to become a volunteer!

Hosted by: Human Services Dept

**12:00pm - 1:00pm**

**Richmond Senior Center**

**Sign-up: 401-491-9824**

[humanservices@richmondri.com](mailto:humanservices@richmondri.com)

**5/15**

### Tech Time

Older Adults 55+

FREE 30minute, one-on-one session to answer questions and/or teach you how to use your technology devices.

**9:00am - 11:00am**

**Richmond Senior Center**

**Sign-up: 401-491-9824**

[humanservices@richmondri.com](mailto:humanservices@richmondri.com)

**5/22**

### Lunch & Learn Series: RI Legal Services

All Adults Welcome

Join us to learn more about RI Legal Services, the Elder Protection Project and legal issues effecting older adults.

Hosted by: Human Services Dept

**12:00pm - 1:00pm**

**Richmond Senior Center**

**Sign-up: 401-491-9824**

[humanservices@richmondri.com](mailto:humanservices@richmondri.com)



# Meals on Wheels

OF RHODE ISLAND

**MORE THAN A MEAL**  
Learn how to become a  
Volunteer delivery driver!

## JOIN US

For an informational session about becoming a Meals on Wheels Volunteer! There has never been a better time to learn about how you can further our impact through Volunteering. We look forward to meeting you!

### Lunch & Learn

Thursday, May 8th

12:00pm - 1:00pm

**Richmond Senior Center**  
1168 Main St, Wyoming, RI  
(2<sup>nd</sup> floor of police station)



### To Sign-up:



Phone Number  
**401-491-9824**



E-mail  
**humanservices@richmondri.com**



**WWW.RIMEALS.ORG**  
**(401) 351-6700**

Sponsored by the Richmond Recreation Commission and  
RIDEM Division of Fish and Wildlife



# ANNUAL KIDS FISHING DERBY

## SATURDAY MAY 10TH

9:00am - 10:00am

Richmond Elementary School Pond



Contest is open for any ages up to 5<sup>th</sup> Grade.

**Please bring with you:**

- Live Bait
- Fishing Rod
- Bucket



**Prizes will be given for:**

- Biggest Fish Caught
- Smallest Fish Caught
- Most Fish Caught
- First Fish Caught

**This is a Catch and Take Event (limit of 5 fish per reel)**

For questions, please contact:  
401-491-9824 or [recreation@richmondri.com](mailto:recreation@richmondri.com)





**Are you age 55 or older, an adult living with a disability, or a caregiver? Do you have a question about opportunities available to you?**

Trained counselors are able to help RI residents in-person make informed decisions and streamline access to services and supports for older adults, adult with disabilities and their caregivers.

**ADRC** comes to **Richmond** the **2nd Tuesday of each month**. They are available for private meetings to tailored individual needs and circumstances.

**Tuesday, April 13th**  
**11:00am - 2:00pm**

*By appointment*



**Arcadia Branch  
Community Room**

**1190 Main St. Wyoming, RI 02898**

Valuable Info and More

- ✓ Person centered option counseling
- ✓ Information and referral on SHIP, MIPPA and SMP programs
- ✓ Long-term care information and application assistance
- ✓ Information on subsidies to obtain low cost medication (RIPAE), SNAP, Medicaid and other publicly funded programs



**All Welcome to book an appointment.**  
**Please contact: Richmond Human Services**



**401-491-9824**



**humanservices@richmondri.com**



# *Free Technology Help*

## **ATEL TECH TIME**



**All older adults who would like technology support are welcome!**

A representative from ATEL will be available once a month for a FREE 30-minute one-on-one sessions to answer your questions and/or teach you how to use your devices to the fullest.

**Thursday, May 15th**

**From: 9:00am - 11:00am**

**Richmond Senior Center**

1168 Main St. Wyoming, RI  
2<sup>nd</sup> floor of the Richmond Police Station (elevator in the rear)

**For more info or to sign-up:**

 **401-491-9824**

 **[humanservices@richmondri.com](mailto:humanservices@richmondri.com)**



To borrow a device, or see if you may be eligible to receive a no cost smart device from the ATEL Program, please contact Denise Corson, at 401-486-3325 or email [Denise.Corson@ors.ri.gov](mailto:Denise.Corson@ors.ri.gov) Page 7

# Lunch & Learn

Come learn from a RI Legal Services Lawyer about legal issues pertaining to older adults such as:

- The Elder Protection Project
- Scams Targeting Older Adults
- Tips for Advance Care Planning
- Q & A for general legal questions

**THURSDAY, MAY 22ND**

**12:00PM - 1:00PM**

**RICHMOND SENIOR CENTER**

1168 Main St, Wyoming, RI  
(2<sup>nd</sup> Floor Police Station)

To sign-up for free lunch via one of the following ways:



<https://forms.gle/ftsDPG1F8QtYXQgg9>



Phone Number  
**401-491-9824**



E-mail  
[humanservices@richmondri.com](mailto:humanservices@richmondri.com)



Rhode Island  
**LEGAL SERVICES**  
50 CELEBRATING FIFTY YEARS  
Since 1969



**Join us** as we grow our Gardening Club! We hope to cultivate a community of gardeners who enjoy growing both flowers and vegetables! The Garden Club has also adopted the new round-a-bout at the Richmond Town Hall. Members will be responsible for planting flowers and keeping this town focal point well maintained!

# ***RICHMOND SENIOR CENTER GARDEN CLUB***

***THURSDAY, MAY 1<sup>ST</sup>  
AND MAY 22ND***

*We hope to see you!*

*Contact Richmond Senior Center for more information:  
401-491-4904*



**Richmond Senior/Community Center  
2nd Floor of Richmond Police Station  
1168 Main St. Wyoming, RI**

Charlestown | Hopkinton | Richmond | Westery

# Community Conversation: THE ANXIOUS GENERATION



**FACILITATED BY:**  
**Kimberly Ploettner, LMHC, LCDP**

Are you curious how early access to social media and smart devices affects child development and youth mental health? Join us for a Community Conversation about Jonathan Haidt's book "The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness" as we dive into themes addressed in the book facilitated by a local mental health professional. On the sign up form you will be able to request free access to the book. All are welcome to join the conversation even if you have not read the book.

## SIGN UP:

Please sign up using the link or QR code below. On this form you can indicate if you would like free access to the book. Prior to the event we will send additional information.

<https://forms.gle/mUQAr2vo6xeGmPDg7>



## EVENT INFO:



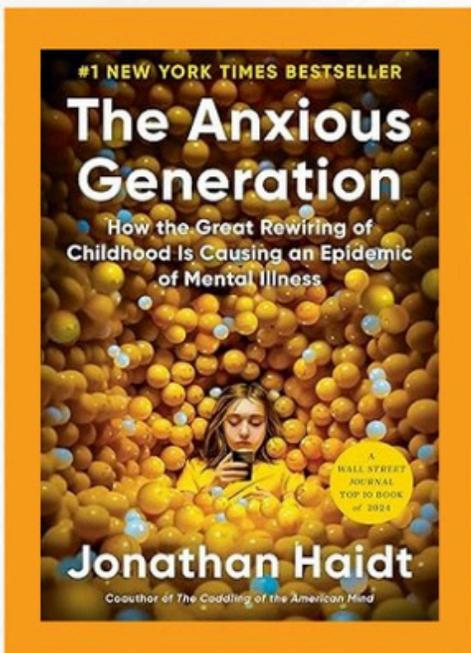
May 13, 2025



6:00pm - 7:00pm



St Thomas Church  
322 Church St, Alton, RI

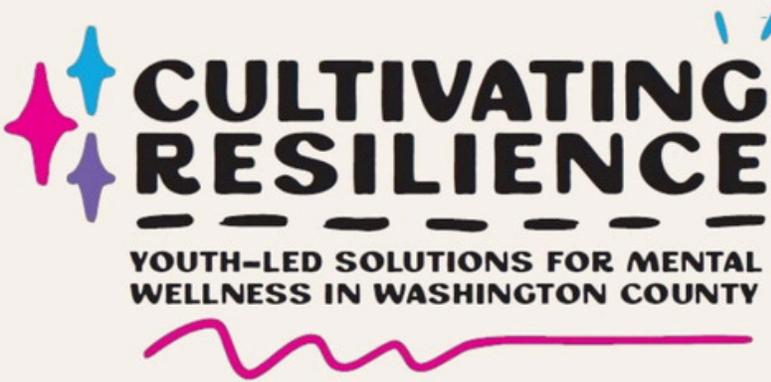


## BOOK SUMMARY

In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Visit [www.anxiousgeneration.com](http://www.anxiousgeneration.com) to learn more.



# The 2<sup>nd</sup> Annual Youth Mental Health Summit



Monday May 19<sup>th</sup>, 2025  
6:00pm - 8:00pm

University of Rhode Island  
Avedesian Hall - Room 170  
7 Greenhouse Road  
Kingston, RI 02881

**Register Now:**  
<https://YMHSummit.eventbrite.com>



Scan Here

## Discover What Youth Need to Thrive

### ✨ Explore Youth-Driven Spaces

Learn why spaces led by youth, for youth are essential for their growth and well-being.

### 🧠 Hear Directly from Local Youth

Understand what young people in our community say they need to flourish.

### 💡 Support Youth Mental Wellness

Listen in as youth share their Action Plan and how you can help make it a reality.

## Who Should Attend

Parents, Educators, Coaches, Pastors, Youth Group Leaders, Health/Mental Health Providers, State & Town Officials, Youth, and anyone who wants to empower the youth.

## Inspiring Keynote Speaker

### Steve Heath, Executive Director, FabNewport

Heath has been creating youth-centered learning environments in schools and communities for over 30 years. At FabNewport, they work to provide the resources, opportunities, and relationships youth need to thrive today and into the future.

## Event Sponsors



# SUSTAINABLE SPACES

## Food Waste Prevention and Landscape 101

Register today for this hands-on, sustainability focused workshop hosted by Friends & Neighbors Gardening and RI Resource Recovery!

### Topics will include:

- Live planting demo
- Optimizing garden placement
- Practical tips on transforming your outdoor space
- Come with photos and questions about your yard
- Explore composting methods and alternatives
- Save money by reducing food waste

*All attendees will have a chance to win a compost bin and the first fifteen attendees to register will receive a plant!*



Join Friends & Neighbors Gardening and RI Resource Recovery for an exciting hands on workshop!

Date: May 14th

Time: 6-8PM

Location: South County Habitat's New Education and Meeting Center!

1645 Shannock rd, Charlestown, RI, 02813

Cost: \$10 to register - refundable for all attendees

How to register: visit [southcountyhabitat.org/events](http://southcountyhabitat.org/events)

### Details about the course:

- ✔ Live Planting demo - learn best practices
- ✔ Practical tips on transforming your outdoor space
- ✔ Learn about garden placement for optimal performance
- ✔ Come with photos and questions for an in-depth Q&A period
- ♻️ Learn how food waste happens and its environmental impact
- ♻️ Explore composting methods and alternatives
- ♻️ Save money by preventing edible food from going to the landfill



## **HOPE VALLEY-WYOMING FIRE DISTRICT**

Senior Advocates - Ron Mowchan & Bill Day

May 2025



Everyone gets crazy now and then. May is Mental Health Awareness Month. To improve Mental Health, consider these five strategies. Connect with others, be active, practice mindfulness, prioritize self-care, and engage in enjoyable activities. Mental Health is a condition that affects a person's thinking, feeling, and behavior or mood. For more information, contact your medical provider or call 988.

Hopefully, all the fishermen and women caught their limit of trout on opening day. Then enjoyed cooking them on a campfire. Hopefully, no one ended up with any poison ivy or poison oak. Firewood that has been in contact with poison ivy or oak can release a toxin into the hair called urushiol. This can cause internal poisoning of the throat and lungs. Use caution when choosing what to burn. Don't end up in the emergency room. Additionally, remember the burn ban is still in place till the 15th. After that date, you will still need to call your local fire department to get a permit issued to burn.

With the weather becoming milder and spring-like like more people will be venturing outdoors for recreation or springtime chores. Allergies and insect bites can cause severe health problems. One thing to remember: if you need to carry an EpiPen for allergic reactions, make sure it is on you when you head outdoors! If you do not have an EpiPen, make sure you have Benadryl on hand to help.

The Hope Valley-Wyoming Fire District is hosting the Annual Memorial Day Parade. It will kick off at 2 PM at 996 Main Street on May 25th. If you are interested in being a parade participant, contact the clerk at 539-3030. Let's make this parade one to remember!

This year so far, the fire district has been relatively safe concerning serious fires compared to other areas. Now would be a good time to take a look at your fire safety plan. Check expiration dates on fire extinguishers and smoke alarms. Make sure everyone knows the exit plans, and make sure your home address number is viable from the street.

Here is a great deal for all you taxpayers: the National Volunteer Fire Department's saves local communities 87 billion Dollars in total a year. In the US, 54% of Fire departments are volunteer-based, and more than  $\frac{3}{4}$  of the 1 million firefighters are volunteers. Where do you fit in? Volunteers are always needed!

### **Important Days:**

May - Military Appreciation Month  
May 4th - Rhode Island Independence Day (1776)  
May 6th - National Nurses Day  
May 11th - Mother's Day - Responsible for you!  
May 15th - Peace Officers' Memorial Day  
May 26th - Memorial Day Observed

### **Thought of the Month:**

Inside an older person is a younger person wondering what happened!

Have a Stress-Free May!

# May is Mental Health Month 2025



TURN  
AWARENESS >>  
INTO ACTION

Sunday

Monday

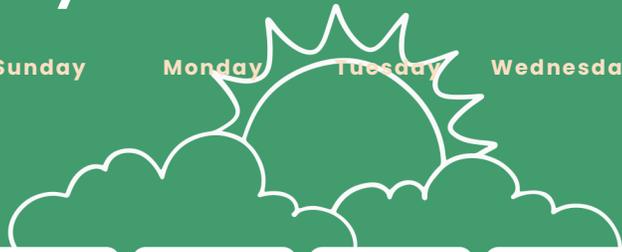
Tuesday

Wednesday

Thursday

Friday

Saturday



- 1 Write down three specific self-care goals for the month and post them where you'll see them.
- 2 Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.
- 3 Check in on your own mental health. Take a mental health test at [mhascreening.org](https://mhascreening.org). It's free, anonymous, and confidential.
- 4 Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.
- 5 Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.
- 6 Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.
- 7 Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.
- 8 Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.
- 9 Take some time to reflect on the causes you care about. Think of one way you can support these causes, whether it is with your time, donations, etc.
- 10 Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.
- 11 Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.
- 12 Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.
- 13 Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.
- 14 Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."
- 15 Today is Mental Health Action Day! Visit [mhanational.org](https://mhanational.org) to find out more about how you can take action to support mental health efforts.
- 16 Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.
- 17 Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.
- 18 Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.
- 19 Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.
- 20 You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.
- 21 Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.
- 22 What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.
- 23 Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.
- 24 Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.
- 25 Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.
- 26 Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.
- 27 Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.
- 28 Try asking someone: "How are you, really?" today to get a better sense of how they're doing, deep down.
- 29 Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.
- 30 Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.
- 31 Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

Monthly Goals

- 
- 
- 
- 
- 
- 

Get more information and resources.  
[mhanational.com/may](https://mhanational.com/may)



## All Assistance

**211** - By dialing 211 from your Phone you can reach free, confidential resource information service. Your call is answered by a trained professional. One call connects you with the appropriate resources you need in your community. It is efficient, fast, and easy to use. 211 is available 24 hours a day, 7 days a week, 365 days a year. Translation services available in many languages.

## Housing

**RI Coordinated Entry System (CES):** If you find yourself in need of "Emergency Housing", are you currently homeless or facing homelessness, the first step should be to contact CES at 401-277-4316. They will assist in finding an appropriate shelter and provide case management services for permanent housing.

**WARM Center:** WARM is the only provider of comprehensive shelter and social services to adult men and women in South County, RI & Southeastern, CT

401-596-9276

Web: <https://warmcenter.org>

**Rhode Island Housing Phone:** RI Housing works to ensure that all people who live in Rhode Island can afford a healthy home that meets their needs. They offer information on affordable housing, homebuyer education, rental and mortgage assistance programs. 401-457-1234

Web: [www.rihousing.com](http://www.rihousing.com)

## Food

**RICAN** - Offers programs year-round to give you the support and resources you need to get back on your feet. Guests can visit our food pantry once a week & may also have access to free clothing items. Pantry hours are as follows:

Wednesday

9:30am – 11:30am - Drive Thru Only

5:30pm – 6:30pm - Drive Thru Only

Thursday

9:30am – 11:30am - In-Store Shopping Only

Friday

2:00pm – 3:00pm - Drive Thru Only

For more information please contact:

401-364-9412

<https://www.rhodeislandcan.org/>

**Pantry on the Lane** - The Pantry on the Lane is a food assistance program serving anyone in need in the Southern R.I. area - no questions asked. They are located at 70 Bowling Lane, Bradford, RI and are open on Saturdays from 8am - 12pm. For more information call 401-465-7745.

**The Jonnycake Center of Westerly** - The Jonnycake Center of Westerly is proud to offer a client-choice service model for its Food Pantry. Every 30 days clients have the option to come to our Pantry and select food for themselves (with the optional assistance of a Pantry volunteer).

Qualified residents may receive a one-week supply of food for their household every thirty days. To sign-up contact 401-377-8069 option 1.

Web: <https://jonnycake.org>

**Meals on Wheels** - Our mission is to meet the nutritional and other special needs of older adults and other eligible populations in order to help them maintain their independent lifestyles. MOW offers home-delivered meals as the only nonprofit meal delivery program of its kind in Rhode Island, serving approximately 1,312 seniors daily. MOW phone number is 401-351-6700

Web: [www.rimeals.org](http://www.rimeals.org)

CONNECTION



SUPPORT



COMMUNITY

For more information feel free to reach out to The Human Services Department:

401-491-9824

[humanservices@richmondri.com](mailto:humanservices@richmondri.com)

## Older Adult Resources

**Office of Healthy Aging (OHA):** As Rhode Island's designated state unit on aging, OHA empowers older Rhode Islanders (age 55+) and adults living with disabilities to age strong. Along with many partners, OHA connect you to information and resources in the community to help.

401-462-4444

Web: <https://oha.ri.gov>

**RI Elder Info:** Rhode Island's central source for all information and resources regarding care for the elderly. 401-585-0509

Web: <https://rielderinfo.com>

**RI Alzheimer's Association:** Serving all of Rhode Island, the Alzheimer's Association Rhode Island Chapter is here to help. We provide education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.

800-272-3900

Web: [www.alz.org/ri](http://www.alz.org/ri)

### **Southern Rhode Island Volunteers'**

**(SRIV):** SRIV's mission is to support older citizens by providing aging-in-place services for those in need, by providing meaningful volunteer engagement opportunities, and activities that promote and enhance independent living for mature individuals including seniors, disabled adults, and anyone interested in volunteer service opportunities in their community.

401-552-7661

Web: [www.southernrivol.org](http://www.southernrivol.org)



## Crisis and Mental Health Support

**Call or Text 988 - NATIONAL MENTAL HEALTH HOTLINE** If you are in a crisis 24/7- you can call or text 988 on your phone and be connected with a trained counselor in Rhode Island.

**988 is connected to BH LINK** - BH Link is a behavioral health facility designed to provide immediate assistance to a person in crisis by providing innovative crisis intervention services, and connecting people to ongoing treatment and care.

[www.bhlink.org](http://www.bhlink.org)

**Kids RI** - From the Executive Office of Health and Human Services, this site provides a variety of healthy developmental resources and behavioral health services for children & youth.

<https://kids.ri.gov/>

**KidsLinkRI** - a free, confidential, 24/7 phone line for parents and caregivers. An experienced clinician can help callers access children's services in Rhode Island and determine the best place for children's treatment and counseling.

24/7 Call: 1-855-543-5465

<https://www.brownhealth.org/centers-services/kids-link-ri>

**Prevent Overdose RI** - This website provides timely data to track progress toward ending Rhode Island's overdose crisis. It includes information and ways to get help.

<https://preventoverdoseri.org/>

**National Alliance on Mental Health RI** - Rhode Island's chapter of the National Alliance on Mental Illness, is here to help. NAMI RI meets you where you are and helps you connect with others who understand, because they've been down a similar path themselves.

401-331-3060

Web: <https://namirhodeisland.org>