

## CHW Shared Resource List 2025

Name of Resource	Attach Resource Here	Description/Purpose of Sharing this resource
Food Pantry	<a href="https://drive.google.com/file/d/17n8Wleb0T98l8fnPxfv1j042Gm">https://drive.google.com/file/d/17n8Wleb0T98l8fnPxfv1j042Gm</a>	The purpose of Sharing this information is because many families are facing challenges with Mal- nutrition, Little food and very minimal information about other resources or places that can help with food and some cases with recipes about how to prepare healthy meals.
Center for Southeast Asians	<a href="http://cseari.org">cseari.org</a>	We have many programs at the Center for Southeast Asians. Please check the website or contact us by 401-274-8811.
Project Hand up	<a href="https://projecthandup.net/">https://projecthandup.net/</a>	Project Hand Up (PHU) is a 501(c)3 nonprofit that helps people of all walks of life shop for groceries for a suggested donation that helps to stretch their paycheck, so they do not have to chose between eating and paying bills. Shoppers donate \$6 to get \$200 worth of foodno questions asked.
Connecting for children and families	NRI Career Academy	This is a 8 week program for anyone interested in gaining training in call center, sales, security and banking. Providing interviewing skills, resume building and assistance in job search. There is also a stipend available. This training is held in the Woonsocket area. Program starts on April 7th. The number is 401-895-1953 nricareeracademy@ccfcenter.org
Providence Rescue Misson	4012748861	I have taken this training and it's opened doors for me, so I speak from experience that it could benefit anyone else those dealing with homelessness
Queer RI website	<a href="https://queerri.com/">https://queerri.com/</a>	Resource hub for medical, wellness, and other resources for LGBTQIA+ people in RI and surrounding area.
VITA		Free Low Income Tax Service to give relive to those in need!
seats for safety, DHS, PCHC, free clinic broad st, MTM, RI food banks, CC:	<a href="http://rifoodbank.org">rifoodbank.org</a>	
Life Line ( ACP)	<a href="https://www.fcc.gov/lifeline-consumers">https://www.fcc.gov/lifeline-consumers</a>	Either a government phone or discount off of your phone bill or internet services.
Community Care Alliance in Woonsocket		Mental Health and addictions, basic needs, housing and employment
Community Health Network		Mental Health and addictions, housing, employment, medical transportation, basic needs.
RI Energy Discounts	<a href="https://www.rienergy.com/site/ways-to-save/assistance-program">https://www.rienergy.com/site/ways-to-save/assistance-program</a>	RI Energy provides discounted rates for gas and electric accounts based on enrollment in government assistance programs like SNAP, LIHEAP, Medicaid etc.
TGI Network of RI	<a href="https://www.tginetwork.org/home">https://www.tginetwork.org/home</a>	Peer support groups for trans, gender-diverse, and intersex adults. Social activities and events.
Milagros Project	<a href="https://themilagrosproject.org/">https://themilagrosproject.org/</a>	Community Store for food and basic needs!
RI Trans Health Conference	<a href="https://queerri.com/riihc/">https://queerri.com/riihc/</a>	The Provider Track is a great way for CHWs to learn more about providing affirming care to transgender people. The Community Track is a great resource to suggest transgender clients attend.
		Purpose/who this can help: For Community Health Workers (CHWs), Healing the Child Within can be a valuable resource in understanding the emotional and psychological barriers their clients might be facing. Many clients experience mental health issues that stem from past trauma, and CHWs often serve as trusted advocates and guides in helping them navigate their healing journey. By using the tools and insights from Whitfield's work, CHWs can better support their clients in understanding and addressing the root causes of their struggles. They can also integrate these techniques into their work with clients, encouraging self-compassion, emotional healing, and resilience.
Book "Healing the Child Within" by Charles L. Whitfield M.D. (Author)	<a href="https://www.amazon.com/Healing-Child-Within-Discovery-Dysfur">https://www.amazon.com/Healing-Child-Within-Discovery-Dysfur</a>	This book teaches effective skills of self reflection, self awareness, and promotes self growth and healing. I believe this book is one of the best self help books I have ever come across- Healing the Child Within is beneficial for anyone who has experienced emotional trauma, neglect, or unresolved childhood issues, especially those struggling with adult relationships, anxiety, depression, or low self-esteem. The book is especially helpful for individuals who have been in therapy or those who are open to self-help tools. It provides a pathway to healing for those who want to understand how their childhood shapes their current life and behaviors, offering strategies for overcoming deeply ingrained emotional challenges.
		The book is divided into several key sections that explain how childhood trauma, neglect, or emotional pain can influence adult behavior. Whitfield first introduces

Johnnycake center for hope	<a href="https://www.jonnycakecenter.org/">https://www.jonnycakecenter.org/</a>	Includes shopping twice a month for your household, as well as school vacation meals and weekly summer produce distribution. They offer service-enriched housing, housing application, and help with security deposits and overdue rent payments. The Johnnycake Youth Center will open this fall. Youth will have access to academic support, enrichment opportunities, as well as mentors and postsecondary and career planning.
Universal Church	<a href="https://universalchurchusa.org/en/">https://universalchurchusa.org/en/</a>	Offers Spiritual Support- 24/7 helpline community outreach 1-888- 332/4142. Or text the word CHALLENGE to 1-888-312-4141
Genesis Center	<a href="https://www.gencenter.org/programs">https://www.gencenter.org/programs</a>	Genesis provides Job training support, English classes, adult ED and GED
Providence Public Library	<a href="https://www.provlib.org">https://www.provlib.org</a>	Provides: Adult English classes, adult digital navigation services. For family with children -they offers summer programs and Teens Programs
Center for Southeast Asians	<a href="http://www.cseari.org">www.cseari.org</a>	Translation services
Rhodeway Financial	<a href="https://rhodeway.org/">https://rhodeway.org/</a>	Free financial planning and literacy services to current/former military personnel and low/moderate income individuals and families in RI. In person and phone appts.
CSFP (Commodity Supplemental Food Program)	<a href="https://rifoodbank.org/senior-food-boxes/">https://rifoodbank.org/senior-food-boxes/</a>	Boxed food program for seniors (Household income at or below 130% of FPL). Monthly box able to be picked up at different public and private sites
Point: RI Aging and Disability Resource Center	<a href="https://www.unitedwayri.org/get-help/point/">https://www.unitedwayri.org/get-help/point/</a>	Age 55 or older, an adult living with a disability, or a caregiver? Identify your needs, explore resources and services, and get help with applying to public and private programs
RI FOOD BANK	What's in a CSFP Senior Box?Every month, volunteers at the Fc	many older adults rely on assistance from Food Bank member agencies to get by. They may be living on a fixed income, experience unexpected increases in the cost of living or unplanned expenses, be providing support for their families, or have unexpected health issues; just to name a few. Fortunately, the Food Bank supports Rhode Island's older residents with programs to keep them fed with healthy, nutritious food.  The Commodity Supplemental Food Program (CSFP) is a federal program designed to provide extra support to seniors facing food insecurity. The program is administered by the State of Rhode Island Office of Healthy Aging, which contracts with the Food Bank to supply 2,034 participating older adults with a monthly box of healthy staples. Boxes are distributed through our member agencies and at low-income senior high-rises
Community Health Network (RIDOH & RIPIN)	<a href="https://ripin.org/chn">https://ripin.org/chn</a>	A one-stop shop for evidence-based and evidence-informed lifestyle change programs for RI'ers at no cost. CHN classes have been proven to help people with chronic conditions such as pre-diabetes, diabetes management, and heart disease. Classes are also available to support caregivers, improve balance, manage chronic pain, help quit tobacco, and more!
Behavioral Health and Developmental Disabilities - BH Link	<a href="https://bhddh.ri.gov/mental-health/individual-and-family-informa">https://bhddh.ri.gov/mental-health/individual-and-family-informa</a>	Located at 975 Waterman Ave East Providence, RI, BH Link provides immediate access to behavioral healthcare in a community-based, 24/7 facility. If you or someone you love is going through a mental health or substance use crisis, there is information, there is compassion, there is help - call 988.
Community Health Network - How to Make a Referral	<a href="https://youtu.be/IVb-MRC1cF8?list=PLS35A8sS2cgbPbi7-XaS_xt">https://youtu.be/IVb-MRC1cF8?list=PLS35A8sS2cgbPbi7-XaS_xt</a>	Healthcare Professionals, CHW's, and similar can make a referral to the CHN on behalf of patients and clients.
Low Income Home Energy Assistance Program degracecarter7678@gmail.com	<a href="https://acf.gov/ocs/programs/liheap">https://acf.gov/ocs/programs/liheap</a>	To help with Heating Bill Assistance So that I can stay in touch with all class mates
Providence Center	<a href="https://www.providencecenter.org/">https://www.providencecenter.org/</a>	Helps with anyone that struggles with mental health. clients can get in contact with therapists, caseworkers, and psychiatrists all in one place.
Round Trip	Transportation services	
Amos house		Thursday morning 9-11 intake client put on waiting list. The client has to call weekly to check in.
ACT Clinic	Brown health	Anyone needing DRT in withdrawral needing help with substance abuse instead of going to ED
The Village Common of Rhode Island	<a href="https://providencevillageri.org/">https://providencevillageri.org/</a>	Companionship, transportation, handyman
Holy family home for mother's and children	5 Gibbs street, North Providence RI 02904( Tel) 401-304-7744	For Mother's and children that need a place to Live when seeking Shelter. Helping other Mother's who are experiencing homelessness with their children find refuge together instead of being apart from one another.

Health Equity Zone Backbone Agency Contact List	<a href="https://health.ri.gov/sites/g/files/xkgbur1006/files/publications/">https://health.ri.gov/sites/g/files/xkgbur1006/files/publications/</a>	The Health Equity Zones are an invaluable resource for anyone looking to work within a particular geographical area of RI. They are place-based collaboratives that seek to improve health outcomes of a particular area, in partnership with the people of that area. Founded through a charter with RIDOH, each HEZ is a collaboration between staff from a backbone agency (usually a health center), community members, local businesses, non-profit organizations, local government, and RIDOH.
shower to empower	House of hope	Their work is tailored to the needs of the communities they serve, and they are generally open to goals-based partnerships. They are an excellent source of information about the area and the needs of its people. Shower to Empower -Mondays-8:30am-11AM 59 central st Providence, Tuesday-124 Broad st Pawtucket 8:30am-11:00am, Wednesday 9:00am-12:00pm 450 Clinton st Woonsocket MD on site Wednesdays, Thursday 9:00am-12:00pm 186Providence st West Warwick Nurse Practitioner on site, Friday -8:30am-11:00am 123Dexter st Providence Contact Emilv Mendes. Director of Out Reach <a href="mailto:thehouseofhopecdc.org">thehouseofhopecdc.org</a> It's very use full to direct your Patient with mental health and more
Open doors	They can help with alot of things give assistance with housing j	Domestic Violence resources for women
Sojourner House RI	<a href="https://sojournerri.org/services/">https://sojournerri.org/services/</a>	Community resources for undocumented immigrants
Dorcas International	<a href="https://www.dliri.org/">https://www.dliri.org/</a>	resources for undocumented immigrants in RI
Immigration Coalition RI	<a href="https://www.immigrantcoalitionri.org/">https://www.immigrantcoalitionri.org/</a>	Resources and supports for refugees new to RI.
Refugee Dream Center	<a href="https://www.refugeedreamcenter.org/">https://www.refugeedreamcenter.org/</a>	For families that have children who will be four before September 1, 2025
Education	www.RIpre-K.com questions RIpre-K@ride.ri.gov	A fresh foods market shopping alternative to local supermarkets for items of all the food groups at a very low cost.
Feed RI - Hope Market	<a href="https://feedri.org/program/hope-market/">https://feedri.org/program/hope-market/</a>	Laundry Love serves Newport County residents with free loads of laundry at local laundromats
Laundry Love		This is a waiting list separate from HUD. Has a short wait time of roughly 14 months. It's a “private” list
Woodlands apartments	<a href="https://woodlandapartmentsri.com/">https://woodlandapartmentsri.com/</a>	Indivual and family resources.
Community Resources	<a href="https://www.rifreeclinic.org/patients/community-resources/">https://www.rifreeclinic.org/patients/community-resources/</a>	Families and Individuals in need of food in that community.
Washington Park Community Center	Food Pantry Tuesday and Thursday 10am until 1pm for Washing	This is a food pantry that you can “shop” at and they provide a cart to get groceries to and from car. They have a contract with Wrights Dairy farm for milk and provide meats and vegetables.
Emanuel Lutheran Church food pantry	West Warwick.	Food Resources
RI Food Pantry	<a href="https://rifoodbank.org/community-resources/">https://rifoodbank.org/community-resources/</a>	Parental Support Groups and resources
Parent Support Network RI	<a href="https://psnri.org/">https://psnri.org/</a>	Parent Resources
RIPIN	<a href="https://ripin.org/resources/">https://ripin.org/resources/</a>	Resources for Rhode Islanders
United way 211	<a href="https://www.unitedwayri.org/get-help/2-1-1/">https://www.unitedwayri.org/get-help/2-1-1/</a>	Legal assistance for low income.
Help RI Law	<a href="https://www.helprilaw.org/">https://www.helprilaw.org/</a>	They are a good resource for social support for anyone who is Trans, Gender-nonconforming, or Intersex. They host social events, offer seminars about trans issues and provide information about trans topics for anyone who is interested.
TGI (Transgender, Gender-nonconforming Intersex) Network	<a href="https://www.tginetwork.org/">https://www.tginetwork.org/</a>	The creator of this page creates meal ideas for people with limited access to grocery stores and very little funds to buy groceries with. She has various series, including making recipes that only use Dollar tree or Dollar General ingredients, meals that cost \$5 or less to make, and meal plans that can feed individuals or small families for \$25 a week. She can even help create special occasion meal ideas, like thanksgiving dinners or making popular fast food items at home, using Dollar Tree ingredients and/or a very limited budget. She is a great resource to follow on Youtube or Tiktok, and can give clients who don't have much motivation to cook the inspiration to cook meals that are nutritious and satisfying with limited resources.
Dollar Tree Dinners (youtube channel)	<a href="https://www.youtube.com/@DollarTreeDinners">https://www.youtube.com/@DollarTreeDinners</a>	Funds and compensation for victims of violence or stress related affects
Crime Victim Compensation	<a href="https://treasury.ri.gov/cvcp">https://treasury.ri.gov/cvcp</a>	MTM Health manages non-emergency medical transportation(NEMT) services for the state of Rhode Island. They provide rides for eligible Medicaid recipients.
Rhode Island Non-Emergency Medical Transportation	<a href="https://www.mtm-inc.net">https://www.mtm-inc.net</a>	If you need assistance with first months rent and a security deposit and are category 1 homeless OR receiving DHS benefits (if you do receive benefits you don't have to be homeless) you can come to crossroads and ask for assistance or call CES at 401-277-4316 and they can send your referral either here at crossroads or another agencv that best fit vour needs like Amos House or FSRI.
Crossroads RI Diverson Funding Program		Provides food, clothing, and other essential services to those in need.
The Jonnycake Center of Peace Dale	Website: <a href="http://www.jonnycake.org">www.jonnycake.org</a> Phone: (401) 789-1559	Provides home-delivered meals to seniors and individuals with disabilities who have difficulty preparing food.
Meals on Wheels Rhode Island	Website: <a href="http://www.rimeals.org">www.rimeals.org</a> Phone: (401) 351-6700	Lifeline provider offering free cell phones and service.
Q Link Wireless	Website: <a href="http://www.qlinkwireless.com">www.qlinkwireless.com</a> Phone: (855) 754-6543	

Senior Farmer Market Nutrition Program 2025 Season	Department of Environmental Management Scalabrini Dukceovich	Rhode Island grown food for low-income seniors Wednesday food bank 5:30-6:30pm and Thursday Clothing assistance call for appointment before 401-632-4770 ex 3 ask for Ilcia Arriaga Net working to get resources out to other communities. Pinpoint's local language specialists understand the importance of translating with care and cultural sensitivity. For over 30 years, we've helped New England communities overcome language barriers through professional, fluent interpretation and accurate translation services. Our certified team provides clear, culturally competent communication across all languages and dialects. You can count on us to handle your most important projects with precision, professionalism, and respect.
Provider Resource list	Amos House 462 pine st Providence R.I HousingFree breakfast	
PinPoint Language Translation Services	<a href="https://pinpointlanguage.com/">https://pinpointlanguage.com/</a>	Welcome to the Alzheimer's Association Education Center. The Association offers a number of Alzheimer's and dementia programs available online, 24 hours a day. Please click on a program title below for more information or use the search folders to find the right program for you. For Alzheimer's and dementia education in Spanish. please click here.
Alzheimer's Association Training Resources	<a href="https://training.alz.org/">https://training.alz.org/</a>	Education regarding vaccine information
Stat News.	<a href="https://www.statnews.com/2016/04/01/vaxxed-autism-movie-ri">https://www.statnews.com/2016/04/01/vaxxed-autism-movie-ri</a>	The Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons to purchase fresh, locally grown produce at authorized farmers' markets, farm stands, and CSAs. Seniors can apply for SFMNP benefits through their local Area Agencies on Aging (AAAs) or contracted SFMNP providers.
Senior farmers market nutrition program	Rhode Island department of environmental of management	
Mother of Life	<a href="http://www.motheroflife.org/what-we-do/our-services">http://www.motheroflife.org/what-we-do/our-services</a>	Free Maternal Assistance
Right To Life	<a href="https://rirtl.org/">https://rirtl.org/</a>	Baby Donations and Parenting Classes
PFLAG	<a href="https://www.pflagprovidence.org/resources.html">https://www.pflagprovidence.org/resources.html</a>	Services and education for LGBTQ+ persons and their families.
4-Safety Car Seat Program	<a href="https://www.brownhealth.org/centers-services/4-safety-program">https://www.brownhealth.org/centers-services/4-safety-program</a>	Free car seats
1-1Tech Help - Newport Public Library	Can book a 30-minute one-on-one in person session with a staff	Connect clients with technology resources, might be specially helpful for older adults who would like to learn more about technology.
Free Health Care & Dental Center	<a href="https://findahealthcenter.hrsa.gov/">https://findahealthcenter.hrsa.gov/</a>	Free HealthCenter for ALL - Undocumented, Uninsured, Underinsured, Insured, EVERYONE
Vaccines Don't Cause Autism	<a href="https://docs.google.com/document/d/1s0usfZHWLTL-SaQmICR/">https://docs.google.com/document/d/1s0usfZHWLTL-SaQmICR/</a>	An incomplete essay by Kay LaBelle and myself on how vaccines do not cause autism, supported using scientific papers (see the citations section, they are really good). Of particular note is a meta-analysis that includes more than 1.2 million patients.
CCAP/DHS	CCAP childcare has now been extended for 24 months now, bef	To individuals that work with families with children.
Back to Work RI	<a href="https://www.backtoworkri.com/training?lang=en">https://www.backtoworkri.com/training?lang=en</a>	Free or reduced cost training programs - The DLT and their partners offer free or reduced cost training programs for adults.
Skills for RI	<a href="https://academy.skillsforri.com/job-training-programs-in-rhode-island">https://academy.skillsforri.com/job-training-programs-in-rhode-island</a>	SkillsRI partners with government agencies, institutions of higher education and Rhode Island-based community organizations to recruit for a myriad of job training programs that are designed to introduce new skills or build upon existing skill-sets in a specific trade or field of studv.
MGH Transgender Health Program	<a href="https://www.massgeneral.org/transgender-health-program">https://www.massgeneral.org/transgender-health-program</a>	Provides excellent trans-specific health care for Massachusetts residents
Amos House job training	<a href="https://amoshouse.com/what-we-do/job-training-employment">https://amoshouse.com/what-we-do/job-training-employment</a>	Amos House is opportunity, a second chance, hope, and opportunity. Through our Culinary, Building Trades, Commercial Driver's License, and Customer Service training programs, and Financial Opportunity Center, we help men and women gain the skills they need to succeed in today's workplace
Haus of Codec	<a href="https://www.hausofcodec.org/">https://www.hausofcodec.org/</a>	Provides affordable housing for LGBTQ young adults (18-24) DLT Career Centers are conveniently located throughout the state where jobseekers and employers are matched through quality employment programs and services. Services offered through a one-on-one meeting include:
RI Dept of Labor and Training (DLT)	<a href="https://dlt.ri.gov/individuals/jobseeker-resources/career-centers">https://dlt.ri.gov/individuals/jobseeker-resources/career-centers</a>	Resume Assistance Interview Skills and Techniques Job Search Assistance Career Planning Information on training opportunities
Tri-County Community Action Agency	<a href="https://www.tricountyri.org/services/employment-training/">https://www.tricountyri.org/services/employment-training/</a>	Tri-County offers several programs and services to help youth and adults acquire the skills necessary to reach their career goals, to create an employment action plan. Our skilled employment case workers can help you to explore career options, build resume writing skills, and connect you with career training opportunities. We partner with many employers across the state of Rhode Island to ensure we have a network of diverse training opportunities, and work-shadow experiences. There is no cost to participate in most programs.

Autistic Self-Advocacy Network	<a href="https://autisticadvocacy.org/search/employment">https://autisticadvocacy.org/search/employment</a>	Helps autistic adults connect with resources including employment assistance and accessibility resources
Meals on Wheels	Google	Food brought to clients