

SHELTER AND HOUSING

These agencies provide short-term housing and assist with housing placement.

Crossroads, Providence Housing for homeless persons, vocational and educational training	401-521-2255
Lucy's Hearth, Middletown Provides 24-hour shelter, meals, and programs to homeless mothers and children	401-847-2021
New Hope Emergency Shelter of Pawtucket and Central Falls Provides housing placement, crisis intervention, and vocational and education support	401-728-8490
Pro-Cap Interim House, Providence Provides short-term housing, housing placement, crisis intervention, counseling services, as well as ESL, vocational and educational classes	401-831-4570
Providence Housing Authority Public housing and Section 8 rental assistance	401-751-6400
RI Coalition for the Homeless	401-421-6458
Rhode Island Family Shelter, Warwick Provides shelter and supportive services to families in need with short-term housing, housing placement, crisis intervention, health and education enrollment, and counseling services	401-739-8584
State Shelter Hotline	211

STRESS AND DEPRESSION

Motherhood brings a range of emotions from joy and excitement to fear, depression, and loneliness. These feelings may be mild or intense and can be difficult to discuss with your family or friends. These programs can help you deal with these feelings in order to keep you and your baby healthy.

Bradley Hospital	401-432-1000
Butler Hospital	401-455-6200
Community Mental Health Centers	1-800-456-0300
The Day Hospital, Women & Infants Hospital Services for new mothers experiencing "the baby blues"	401-274-1122 x2870
John Hope Settlement House (services for children)	401-421-6993 x367
Kid's Link RI Children's emergency services hotline: 24 hours, free, and confidential	1-866-429-3979
The Providence Center	401-276-4020
Samaritans Suicide Prevention Hotline	1-800-365-4044
South Shore Mental Health Center	401-789-1367
URI Family Therapy Clinic	401-874-5956

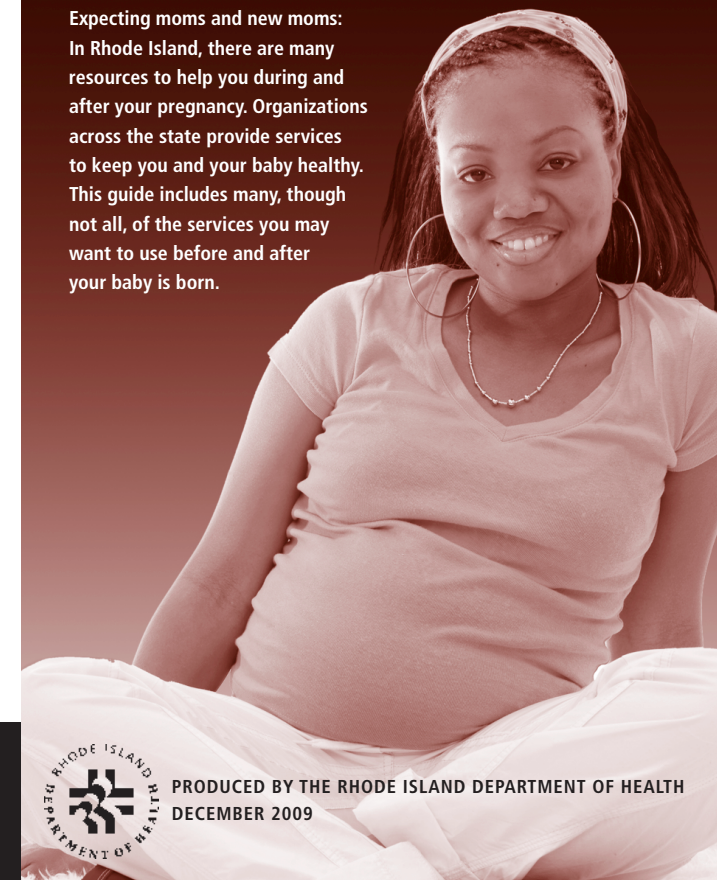
SUBSTANCE ABUSE

If you are struggling with an addiction, these services can offer support to help you quit.

Addiction Recovery Institute Privately run outpatient substance abuse clinic offering a variety of services, including methadone maintenance, detoxification, and outpatient substance abuse counseling	1-888-DOSE-ARI PAWTUCKET 401-725-2520 WARWICK 401-737-4788
Alcoholics Anonymous 12-step support group to assist alcoholics	401-438-8860 1-800-439-8860
Butler Hospital Provides help for: addictions and impulse-control disorders, advocacy, self-help or support groups, body image disorders, child and adolescent issues, crisis or hotline services, eating disorders, family/couples issues, geriatric services, mood disorders, personal issues/personality disorders, schizophrenia and psychotic disorders, obsessive-compulsive disorder, anxiety, and memory disorders	401-455-6200
Narcotics Anonymous 12-step support group for recovering drug addicts	401-461-1110 IN-STATE TOLL FREE 1-877-461-1110
Project Connect Intensive, one-year, home-based program. Staff are trained in substance abuse and child welfare risk assessment	401-276-4300
Project Link, Women & Infants Hospital Provides clinical substance abuse and addiction treatment for pregnant and parenting women	401-453-7618
Try to Stop Department of Health Smoking Quitline: free counseling and treatment to help you quit smoking	1-800-TRY-TO-STOP 1-800-879-8678 ESPAÑOL 1-800-833-5256

What services are available to help you, your newborn, and your family?

Expecting moms and new moms: In Rhode Island, there are many resources to help you during and after your pregnancy. Organizations across the state provide services to keep you and your baby healthy. This guide includes many, though not all, of the services you may want to use before and after your baby is born.



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CHILD CARE

These agencies offer child care placements or provide help paying for child care services.

Child Care Assistance Program	401-222-7133
Financial assistance for eligible families to help pay for child care	DHS INFO LINE 401-462-5300 TTY/HEARING IMPAIRED 401-462-3363

Head Start	401-272-2098
Child care and other family resources for income-eligible families of three to five year olds	401-752-7501

Options for Working Families	401-946-2300
Referrals to child care providers including family- and center-based programs, Head Start, pre-school, and before and after school programs	1-800-516-2055

CHILDREN WITH SPECIAL NEEDS

Services for children with special health care or developmental needs.

CEDARR Family Centers	DHS INFO LINE 401-462-5300
Care, education, and support services for children with special health care needs and their families	

Early Intervention	DHS INFO LINE 401-462-5300
Services for children younger than three years old with disabilities or developmental delays	

Parent Support Network	401-467-6855
The Parent Support Network is an organization of families supporting families with children, youth, and young adults who experience, or are at risk for, serious behavioral, emotional, and/or mental health challenges	1-800-483-8844

RI Parent Information Network (RIPIN)	401-270-0101
Provides information and support to families	

DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND ABUSE

These agencies can provide you and your child with a safe place to stay and/or counseling.

Blackstone Valley Advocacy Center	401-723-3057
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Day One Rhode Island	401-421-4100
Sexual Assault and Trauma Center	

Domestic Violence Resource Center of South County	401-782-3990
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Elizabeth Buffum Chace Center	401-738-1700
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HelpLine	1-800-494-8100
24-hour Victims of Crime helpline	

Sojourner House	401-658-4334
24-hour hotline that provides transitional housing, shelter, crisis hotline, counseling, and advocacy	401-765-3232

Women's Center of RI	401-861-2760
24-hour hotline and emergency shelter, advocacy support	

Women's Resource Center of Newport/Bristol Counties	401-846-5263
	1-866-236-2474

FOOD AND NUTRITION

These programs provide risk screening, nutrition counseling, food, and/or financial assistance to buy food.

RI Community Action Agencies	401-941-0774
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RI Community Food Bank	401-942-6325
Provides free food to people in need	

Supplemental Nutrition Assistance Program (SNAP)	DHS INFO LINE 401-462-5300
Formerly known as Food Stamps, SNAP helps low income people buy the food they need for good health	

Women, Infants, and Children (WIC)	1-800-942-7434
WIC provides food vouchers, breastfeeding support, and nutrition education for pregnant, postpartum, and breastfeeding women and children younger than five	

HEALTH CARE

If you have health insurance, your insurance company can provide a list of doctors you can use. If you do not have insurance, these resources may be able to help you get the medical and dental services you need.

Rite Care	DHS INFO LINE 401-462-5300
Provides insurance for income-eligible pregnant women and children up to age 19	

HEALTH Information Line	401-222-5960
RI Department of Health information line to direct you to public health programs	

RI Health Center Association	401-274-1771
Directory of more than 30 Community Health Centers	

Rite Smiles	1-866-375-3257
Dental program for children on Medicaid	

Rhode Island Free Clinic	401-274-6347
Free health care for uninsured adults	

EMPLOYMENT ASSISTANCE

Network Rhode Island	1-888-616-JOBS
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United Way	211
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GENERAL RESOURCES

United Way	211
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Family Services of RI	401-331-1350
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Urban League of RI	401-351-5000
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LEGAL ASSISTANCE

Free or low-cost legal assistance

Community Justice and Legal Assistance Clinic (free services)	401-276-4880
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Rhode Island Legal Services	401-274-2652
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Volunteer Lawyer Assistance Program	401-421-7758
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PARENTING SUPPORT

These organizations answer questions related to parenting and offer services and resources to support moms immediately after the birth of a child.

Breastfeeding, La Leche League	401-454-8712
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Breastfeeding Warm Line, Women & Infants Hospital	1-800-711-7011
Provides parenting and breastfeeding advice	

Families First Rhode Island	401-383-9933
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Family Care Community Partnerships	1-866-840-7425
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First Connections, HEALTH Info Line	401-222-5960
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Parents as Teachers	401-270-0101
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Women & Infants Hospital	401-274-1100
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