



**east bay community
action program**





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East Bay Community Action Program is committed to providing services to all persons without regard to race, creed, color, national origin, ancestry, sex, age, marital status, physical or mental handicap, religion, sexual orientation, political affiliation or beliefs.

*The Mission of
East Bay Community Action Program
is to provide high quality, comprehensive,
and accessible health and human services
to assist people to achieve their
fullest potential.*

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At EBCAP, we serve you and your whole family. Our staff can work together to help you get your medical, dental, after-school and social service needs met. Any door you enter for our services will open many others, should you ever need them. We can help your family become healthier, safer, and even better prepared for success in school, work or life. As you grow and age, and as your needs change, we will be here.

EBCAP serves residents of the East Bay (including Newport, Middletown, Portsmouth, Tiverton, Little Compton, Jamestown, East Providence, Barrington, Bristol and Warren).

EBCAP takes a family development approach to providing services, ensuring that each client has access to all programs. With your consent, we will work with your family to develop a plan which will include assessing your needs, arranging enrollment in programs that help to meet them, and coordinating care, affording you or your family the opportunity to build self-reliance.

Many EBCAP services are free. Please call us about the program that interests you to learn about eligibility services.

For more information about EBCAP's Family Development services, please call

(401) 847-7821 or
(401) 437-1000



EARLY CHILDHOOD SERVICES

EBCAP offers a wide variety of early childhood services to keep children healthy and ready to learn. EBCAP's early childhood services encourage family participation as key to the success, growth and development of children. Programs for families with younger children (birth to age 5) and pregnant women offer:

- ▶ Health and developmental screenings, as well as family medical care
- ▶ Referrals to other resources as needed (WIC, Rite Care, Rite Share, food assistance, lead abatement, etc.)

Programs include:

HEAD START and EARLY HEAD START:

Getting an Edge on Learning

Head Start gives income eligible children (ages birth to five) a jump start on learning. It helps them to prepare for kindergarten by supporting the development of cognitive, physical and social skills. We also offer health, nutrition and mental health services, along with opportunities for meaningful family engagement. Programs operate during the school year at locations throughout the East Bay. Full day, full year child care services for working parents are also provided in Newport, Middletown, and East Providence. Home visiting services are provided to pregnant women and families with children aged birth to three.

For more information about

Head Start and Early Head Start, please call

(877) 367-2008

Early Childhood Services ➤



EARLY CHILDHOOD SERVICES and SCHOOL-AGED PROGRAMS

on Aquidneck Island

NFCOZ

Newport Family and Child Opportunity Zone

If you live in Newport, EBCAP's NFCOZ provides comprehensive support services for families with children between the ages of birth and the end of elementary school, successfully helping children and families transition from one stage to the next.

The early childhood program called Parents as Teachers provides customized personal visits to help you learn about your child's development, and offers playgroups, fun enrichment programs such as music and movement, parent education and socialization groups, health and developmental screenings, and referrals to other EBCAP and community services.

Once children enter school, the NFCOZ is on site at each public elementary school to assist your child and support your family.

Through the NFCOZ, EBCAP offers high quality programs that provide individualized academic support and assistance with growth and development in an exciting learning environment that builds upon the school day.

Programs include:

- ▶ After-school, summer and school vacation programs
- ▶ Physical activity and nutrition programs
- ▶ Health advocacy services for the entire family
- ▶ Referrals to all EBCAP and community programs

If you live in Newport, please call **NFCOZ** for more information about comprehensive early childhood and school-based services:

(401) 845-8579

EVEN START:

Building Early Reading Strength in Newport

Even Start helps young children (ages 0-8) and their families in Newport with reading and literacy skills in order to position them for success in their schools and to help them make good educational choices. The program combines adult education, early childhood education, parenting education and interactive literacy.

To learn more about EBCAP's **Even Start Program** please call

(401) 845-8579 (ext. 26)



YOUTH SERVICES

EBCAP recognizes that some young people need help to stay in school, and others need alternatives. Our youth programs help keep young people focused and on track to succeed. Our staff helps them identify individualized goals and work toward them—whether that means doing extra work with tutors to stay in school, earning a G.E.D., or entering employment preparedness programs.

EBCAP's Youth Services emphasize one-on-one mentoring and peer support to promote positive, strong, healthy relationships. We build confidence and create support for alternatives to negative social behavior. Most participants demonstrate improved grades, better attendance, better adjustment to the world, and goal attainment.

YOUTH CENTERS

EBCAP's three Youth Centers assist young people (ages 14 to 24) with academic needs and provide structured support with their preparation for job-seeking, career planning, and skills development to help ease the transition from school to employment, higher education, or other career choices. EBCAP's Youth Centers are located in East Providence, Bristol, and Newport, serving the entire East Bay.

For more information about EBCAP's

Youth Centers, please call
(401) 437-1000 (ext.125)

CLINICAL SERVICES FOR YOUTH (CSY)

(Newport County)

Clinical Services for Youth offers crisis intervention, counseling and outreach for youth 9-17 years. CSY, through its experienced therapists, offers counseling on an individual and family basis. CSY also offers services through the Youth Diversion Program to divert youth from the Juvenile Justice System and prevent families from involvement with the Department of Children, Youth and Families. In addition, CSY provides the Student Assistance Program at Tiverton Middle and High Schools and Wilbur McMahon School in Little Compton.

For more information about EBCAP's Clinical Services for Youth, please call
(401) 848-0758

YOUTH SUCCESS PROGRAM:

Empowering Parenting Teens

Youth who are also pregnant and/or parenting often have difficulty staying in school and accessing the support necessary to lead to their success. EBCAP's Youth Success Program offers both pregnant and parenting teens, ages 12-20, assistance with obtaining their GED or High School Diploma, finding employment, child care, affordable housing, health insurance or healthcare as well as learning more about their child's development and parenting skills.

For more information about the **Youth Success program**, please call

(401) 437-1000 (ext. 123) (East Providence)

(401) 846-5454 (ext. 116) (Newport County)



ADULT EMPLOYMENT READINESS

TRAINING:

Newport Skills Alliance (NSA)

The Newport Skills Alliance (NSA) provides job seekers and employers alike opportunities for workforce development. While NSA is not a job placement agency, it offers unemployed and under-employed Rhode Island residents, ages 18 and older, with opportunities to improve their skills and gain certifications to perform specific local jobs. In addition, NSA provides community-wide support systems that link education, training, and post-secondary certifications to financial resources that make education and career path development opportunities possible. The Newport Skills Alliance partnerships include the Rhode Island Department of Education and the Community College of Rhode Island and more than three dozen businesses, and social service organizations.

For more information about **NSA**, please call
(401) 847-7821 (ext. 205)

TAX PREPARATION SERVICES

EBCAP is pleased to offer tax preparation services to income eligible residents of the communities we serve who need help filing their annual tax returns. Please call 401-435-7876 during tax season (January – April) to see if you qualify and to make an appointment.



SENIOR SERVICES AND AMERICORPS

At EBCAP, we often work with families having many generations. The eldest generations may have needs relating to their changing life circumstances and abilities, and our staff understands this. EBCAP works with a number of senior centers and independently to provide many important programs and services for seniors. We also provide supportive services to help seniors stay in their homes.

Meeting Your Needs

EBCAP's staff cares about seniors. We emphasize personal attention, confidentiality, and convenience. Services include:

- ▶ Case management and life transition services, including home visits and family involvement
- ▶ Health and dental services (fees are greatly reduced for our uninsured patients)
- ▶ Weatherization and heating assistance programs (LIHEAP, WAP, etc.)
- ▶ Tax preparation services
- ▶ Basic human needs

OCEAN STATE DINING PROGRAM:

Hot, nutritious luncheon meals and fellowship are offered at ten senior meal sites.

For more information about Senior Services, and the Ocean State Senior Dining Program, please call
(401) 437-1000 (ext. 121)

GETTING TO OUR SENIOR PROGRAMS

Our medical facilities are on the bus lines. If you have concerns about transportation, our staff may be able to help you identify resources or provide a home visit. Please call EBCAP at **(401) 437-1000** for information about the senior services available in your area.

Senior Services ➔



HELPING OTHERS

THE EAST BAY RSVP

Retired Senior Volunteer Program

RSVP is a program for individuals 55 years and older who want to contribute their time and energy to help in their community. More than 750 volunteers make a positive difference in the lives of their neighbors, while meeting friends and developing new interests and skills at 150 sites from East Providence to Newport.

For more information, please call

(401) 435-7876

FOSTER GRANDPARENTS PROGRAM

Through the Foster Grandparents Program, seniors, 55 and older, help children learn to read, provide one-on-one tutoring and guide children at a critical time in their lives. Foster grandparents serve at Head Start Centers, schools and other youth facilities.

(401) 435-7876

AMERICORPS

AmeriCorps is a national service program which places stipended volunteers in community-based public service organizations throughout the nation. EBCAP is proud to host a team of AmeriCorps members serving in many program capacities throughout the agency and community including Head Start, Health Services, Youth Centers and the food pantries. Members pursue one main directive, "get things done for America."

(401) 435-7876

SAFETY NET AND BASIC NEEDS

Sometimes people find themselves in crisis, or headed that way. EBCAP offers basic needs services such as food, heating and weatherization assistance, housing assistance and other basic needs. Please use the numbers below to self-refer for any of these services.

HOUSING

The cost of housing is very high in Rhode Island. Sometimes adversity even leads to homelessness. Some of us just need help getting current, and some of us need a way to keep our housing costs manageable. EBCAP may be able to help.

EBCAP, through its East Bay Coalition for the Homeless, administers a number of key programs relating to the housing and safety needs of individuals and families.

RENTAL ASSISTANCE:

Eviction can lead to homelessness and loss of material possessions. When you are behind on your rent, yet have the means to keep current once you catch up, emergency funds are available to assist eligible residents of the State of Rhode Island experiencing a housing crisis. Rent may not exceed 60% of income.

To see if you qualify call:

(401) 437-1000 (ext. 129)

SAFETY NET AND BASIC NEEDS

SUPPORTIVE HOUSING:

EBCAP housing programs are available to families and individuals that meet the federal definition of homeless.

We offer both permanent supportive and transitional housing which is safe and affordable with support and services. Transitional housing is a time-limited program designed to be a bridge to permanent housing. Case management is a requirement for EBCAP's housing programs.

For more information or to see if you qualify call,

(401) 437-1000 (ext. 141)

LEAD OUTREACH and EDUCATION

Childhood lead poisoning is one of the most common pediatric health problems, yet it is entirely preventable. Lead is found in most homes constructed prior to 1978. Eighty percent of Rhode Island homes fall into this high-risk category and likely contain lead paint.

Education and services are available to property owners and renters to help prevent lead poisoning. We can help you to understand the dangers of lead and learn what your options are to lessen these dangers. Our staff is available to provide in-home assessment, provide information on lead safe home renovation work practices and assist homeowners and renters to identify available funding necessary to make property lead safe. Case management is available to families with children identified with elevated lead levels.

To learn more please call

(401) 437-0006 (ext. 173)

HEATING and WEATHERIZATION

If you are having difficulty with your heating bills, you may be eligible for assistance from our LIHEAP (Low Income Home Energy Assistance Program) and/or weatherization programs. These programs can help to reduce your energy costs and subsidize your heating and utility bills so that you can stay warm and be safe throughout the heating season.

To see if you qualify for energy assistance or need help making your home more energy efficient, please call

(401) 437-5102

FOOD and WIC *(more on WIC page 17)*

EBCAP can both supply and refer those in need to emergency food assistance. We help people who qualify get Supplemental Nutrition Assistance Program (SNAP) benefits (formerly known as food stamps). We also help eligible families with young children get WIC (explained later in this brochure). We may also be able to help you identify additional food resources available in your community.

Our food pantries are located at:

- ▶ 100 Bullocks Point Avenue, Riverside, RI
- ▶ 19 Broadway, Newport, RI
- ▶ 1048 Stafford Road, Tiverton, RI

If you or your family need help with food, please call EBCAP at

(401) 437-1000 (East Providence)

(401) 847-7821 (ext. 212) (Newport)

(401) 625-5134 (Tiverton)



HEALTH SERVICES & NUTRITION

HEALTH SERVICES

Does your family have a regular doctor? Whether you need individual or family health care, EBCAP provides comprehensive primary medical care through its two health centers in East Providence and Newport. We offer everything from check-ups and immunizations to sick-care, mental health counseling and referrals for specialty care (if needed). When EBCAP is your family's regular health care provider, we can coordinate visits and make sure that everyone in your family is given the best possible care.

EBCAP accepts Rite Care, Rite Share, Medical Assistance, Medicare, and other insurance. If you are uninsured, our staff can help identify health coverage for which you may be qualified and can help you with your application. We maintain strict confidentiality as required by state and federal law. Interpreter services are available.

For more information about EBCAP's **Health Services** please call

(401) 437-1008 (East Providence)
(401) 848-2160 (Newport County)

WIC: Nutrition for Families with Young Children

The Women, Infants and Children Supplemental Feeding Program (WIC) is a free nutrition education program that provides healthy food and nutrition advice to pregnant/breastfeeding/postpartum women, infants and children under five years old. For families who qualify, WIC provides assistance to buy healthy foods at local supermarkets, offers nutrition counseling, and provides breastfeeding advice and support for pregnant women and new moms. Fathers, grandparents and foster parents can also apply for WIC benefits for the children in their care.

For more information about WIC, please call

(401) 437-1007 (East Providence)

(401) 847-7821 (Newport)



DENTAL PROGRAMS

EBCAP knows that for many individuals and families, dental care is simply out of reach. Yet, good teeth and proper dental care contribute to nutrition, health and self-esteem. That's why we helped to create dental care programs such as East Bay Smiles and The Molar Express, which brings dentistry to your child's school. We also assist the elderly, through our Still Smilin' Program, with dental care at nursing homes and we provide affordable dental care for families who have RIte Care, other dental insurances or don't have dental insurance.

For more information about EBCAP's **Dental Programs** please call

(401) 845-0564



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EBCAP MAIN LOCATIONS

EAST PROVIDENCE HEADQUARTERS

100 Bullocks Point Avenue
East Providence, RI 02915

(401) 437-1000

NEWPORT HEADQUARTERS

19 Broadway
Newport, RI 02840

(401) 847-7821

TIVERTON SOCIAL SERVICES

1048 Stafford Road
Tiverton, RI 02878

(401) 625-5134

RETIRED SENIOR VOLUNTEERS FOSTER GRANDPARENTS AMERICORPS

East Providence
Senior Center
610 Waterman Avenue
East Providence, RI 02915

(401) 435-7876



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EBCAP HEAD START LOCATIONS

NEWPORT CENTER

8 John Chafee Boulevard
Newport, RI 02840

(401) 367-2001

JOEL PECKHAM SCHOOL

654 Green End Avenue
Middletown, RI 02842

(401) 846-5454

TURNER AVENUE CENTER

70 Turner Avenue
Riverside, RI 02915

(401) 649-4233

WILLETT AVENUE CENTER

386 Willett Avenue
Riverside, RI 02915

(401) 437-0018

MARY V. QUIRK SCHOOL

790 Main Street
Warren, RI 02885

(401) 245-2833

MEADOWCREST SCHOOL

60 Bart Avenue
Riverside, RI 02915

(401) 433-1877

TIVERTON CENTER

1048 Stafford Road
Tiverton, RI 02878

(401) 624-4736



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For more information
on any of the services offered at EBCAP,
please visit our website

www.ebcap.org

or contact:

Susan Schenck

Chief Operating Officer

East Bay Community Action Program

Phone: (401) 847-7821 ext. 302

E-mail: susan.schenck@ebcap.org



*You can also visit us on Facebook
<http://www.facebook.com/EBCAP>*