**Local Resources for Food**

**Central Falls**

BVCAP Emergency Food Center

402 Dexter St., Central Falls, RI 02863 401-724-7170

Hours: Mon, Wed, Fri 9:00 – 11:30a; Th 4:00 – 6:30p; closed 1st week of each month

Serves Pawtucket, Central Falls, Cumberland, & Lincoln

Need- picture ID, proof of income, Social Security card

St. George Episcopal Pantry

12 Clinton St., Central Falls, RI 02863 401-722-9449

Hours: Wed, Fri 9:00a – 12:00p

Central Falls Food Pantry at Progresso Latino

626 Broad St., Central Falls, RI 02863 401-728-5920

Hours: Mon, Wed, Fri 1:30 – 4:30p, by appointment only

**Pawtucket**

St. Leo the Great Pantry

697 Central Ave., Pawtucket, RI 02861 401-335-3894

Hours: Tue, Fri, Sat 10:00 – 11:00a

Open the last Tuesday, 3rd Friday and 2nd Saturday of each month

First Baptist Church of Pawtucket

91 Cottage St., Pawtucket, RI 02860 401-725-7225

Hours: Thu 9:00a – 12:00p; closed the 1st Thursday of the month

Call for an appointment

Salvation Army of Pawtucket Pantry

102 High St., Pawtucket, RI 02860 401-723-9533

Call for an appointment

St. Matthew Trinity Lutheran Food Pantry

690 Newport Ave., Pawtucket, RI 02861 401-723-5632

Hours: Thu & Fri 9:00a – 12:00p; 2nd & 4th Sun 11:00a – 12:00p

Serves Pawtucket and Central Falls

**Providence**

Amos House

413 Friendship St., Providence, RI 02907 401-272-0220

Provides hot breakfast and lunch six days a week

City Meal Site- Cathedral of St. John

271 N. Main St., Providence, RI 02903 401-225-8483 or 401-331-2590

Serves meals every Tue 4:00 -5:00p

McAuley House

622 Elmwood Ave, Providence RI 02907 401-941-9013

Opens at 8:00a and serves hot breakfast 5 days a week. Serves hot lunch restaurant style 5 days

a week from 11:15a – 1:00p

Project Outreach at Open Table of Christ Methodist Church

1520 Broad St., Providence, RI 02925 401-941-2212

Distributing food to South Providence and Washington Park residents. Serving South

Providence Thursdays 8:00 – 11:00a and Washington Park Wed 8:00 – 11:00a.

Rhode Island Community Food Bank

200 Niantic Ave., Providence, RI 02907 401-942-6325

Hours: Mon – Fri 8:00a – 5:00p

Blessed Sacrament Food Pantry

275 Manton Ave., Providence, RI 02909 401-497-6204

Hours: Mon – Fri 10:00a – 1:00p

Located in the basement of the old St. Teresa of Avita Church; for residents of 02909

Silver Lake Community Center

529 Plainfield St., Providence, RI 02909 401-944-8300

Hours: Mon, Tue, Thu 8:30a – 5:00p (closed 1 – 2p for lunch); Wed 8:30a – 1:00p

Salvation Army of Providence Pantry

386 Broad St., Providence, RI 02907 401-831-1119

Hours: Tue & Thu 8:00a – 4:00p, (closed 12-1) by appointment only

Nickerson Community Center Pantry

133 Delaine St., Providence, RI 02909 401-351-2241

Hours: Thu & Fri 9:00a – 12:00p

Can also receive clothing assistance

Mt. Hope Neighborhood Association

199 Camp St., Providence, RI 02906 401-521-8830

Hours: Mon, Wed, & Fri 9:00a – 3:00p, by appointment only

Iglesia El Refugio

540 Manton Ave., Providence, RI 02909 401-270-3323

Hours: Tue & Sat 11:00a – 2:00p

May come every week

Federal Hill House Pantry

9 Courtland St., Providence, RI 02909 401-421-4722

Hours: Mon 10:00a – 3:00p; Wed & Fri 10:00a – 4:00p

By appointment only, clients can come twice a month

South Providence Neighborhood Ministries

747 Broad St., Providence, RI 02907 401-461-7509

Hours: Mon 10:00a – 12:00p; Tue 11:00a – 1:00p & 4:00 – 6:00p; Wed & Thu 11:00a –

1:00p; Fri open starting at 11:00a until food is gone

Serves residents of 02905 and 02907 zip codes, clients can come each week, emergency food is

available for walk ins, health and beauty items are also available

Fridays are “Free Fridays”- food is handed out starting at 11:00a this is open to all

Capital City Community Center

100 Ruggles St., Providence, RI 02908 401-455-3880

Hours: Mon, Tue, Fri 9:00a – 12:00p; Wed 10:30a – 4:00p; Thu 9:00a – 4:00p

Appointments preferred

\* Additional Resources available at [www.rifoodbank.org](http://www.rifoodbank.org)

**SNAP Offices and Application Assistance**

Pawtucket DHS

24 Commerce St., Pawtucket, RI 02860 401-721-6600 or

Serves: Barrington, Bristol, Central Falls, 1-800-984-8989

East Providence, Pawtucket, & Warren

Providence Regional Family Center

206 Elmwood Ave., Providence, RI 02907 401-415-8200

Serves: Providence, Cranston, Johnston, Scituate

**Local Resources for Housing Assistance and Shelters**

Comprehensive Community Action Program (CCAP)

311 Doric Ave., Cranston, RI 401-467-9610

Provides affordable housing and financial assistance for families facing eviction and foreclosure, along

with emergency food and shelter

Dorcas Center

220 Elmwood Ave., Providence, RI 401-273-8866

Provides housing assistance and basic needs to immigrant and refugee populations

Diocese of Providence

1 Cathedral Square, Providence, RI 401-278-4500

Provides assistance in obtaining affordable housing and access to shelters

Family Resources Community Action

245 Main St., Woonsocket, RI 401-766-0900

Provides transitional housing and permanent supportive housing programs.

HUD – Providence

121 South Main St., Providence, RI 401-277-8300

McAuley House

622 Elmwood Ave, Providence RI 02907 401-941-9013

Emergency assistance, rental and housing assistance

Providence Housing Authority

100 Broad St., Providence, RI 401-741-6400

RI Housing Authority

44 Washington St., Providence, RI 401-457-1234

RI Coalition for the Homeless

1070 Main St., Pawtucket, RI 401-721-5685

**Shelters**

Advent House

589 Cranston St., #1, Providence, RI 401-273-8946

Provides transitional and supportive housing to families.

Amos House

413 Friendship St., Providence, RI 401-272-0220

Provides emergency shelter, 90 transitional housing, supportive housing, and housing referral assistance

to adult men and women.

Blackstone Valley Advocacy Center

259 Central St., Central Falls, RI 401-723-3057

Provides emergency shelter, safe home and transitional housing to women and children. This is a

domestic violence agency.

Crossroads, RI

160 Broad St., Providence, RI 401-521-2255

Provides emergency shelter, transitional housing, and permanent supportive housing to RI

residents. Also runs a family shelter

Harrington Hall House of Hope

30 Howard Ave., Cranston, RI 401-463-3324

Emergency housing for adult men

Interim House

49 Trenton St., Providence, RI 401-831-4570

Emergency shelter for families

McAuley Village (McAuley Ministries)

325 Niagara St., Providence, RI 401-467-3630

Transitional housing for women and children. McAuley house offers warm meals and a place to go

during the day, along with rental and affordable housing assistance

New Hope for Families

249 Roosevelt St., Pawtucket, RI 401-728-8490

Transitional housing for families with children

Nickerson House Gateway

133 Delaine St., Providence, RI 401-351-2241

Transitional housing for male Veterans

People to End Homelessness

33 Chestnut Ave., Providence, RI 401-276-4000

Transitional housing for males

Providence Rescue Mission

627 Cranston St., Providence, RI 401-274-8861

Emergency shelter for adult men and women

RI Family Shelter

165 Beach Ave., Warwick, RI 401-739-8584

Emergency shelter for families

Tanner House Shelter Services

32 Tanner St., Providence, RI 401-454-8827

Transitional housing for adult men and women

Sojourner House

386 Smith St., Providence, RI 401-765-3232

Provides emergency shelter, safe home shelter and residential services to women and children of

domestic violence

Urban League

246 Prairie Ave., Providence, RI 401-351-5000

Emergency shelter for adult men

Women’s Center of RI

Providence, RI 401-861-2760

Emergency shelter for women and children of domestic violence

Woonsocket Shelter

176 Sayles St., Woonsocket, RI 401-767-0866

Emergency shelter for families

**Local Resources for Utility Assistance**

Blackstone Valley Community Action Program (BVCAP)

32 Goff St., Pawtucket, RI 401-723-4520

Provides heating assistance through LIHEAP and WAP to residents of the Blackstone Valley, including

Pawtucket and Central Falls

Citizens Energy Oil Heat Program 1-877-JOE-4-OIL (563-4645)

Joe 4 Oil program that provides oil heating assistance to those who qualify

Comprehensive Community Action Program (CCAP)

311 Doric Ave., Cranston, RI 401-467-9610

Home heating and weatherization assistance

Good Neighbor Energy Fund 401-490-0240 or 401-831-1119

Provides temporary heating assistance through the Salvation Army. This includes oil, gas/electric,

propane and wood.

Keep the Heat on (Arch Diocese of Providence) 401-421-7833 x207

Provides heating assistance for customers who have already utilized other available assistance sources

National Grid- Low Income Assistance

Electric Assistance 1-800-322-3232

Gas Assistance 1-800-870-1664

Providence Community Action Program (ProCAP)

518 Hartford Ave., Providence, RI 401-273-2000

Provides heating assistance through LIHEAP and WAP to residents of Providence

RI SEO Emergency Fuel Program 401-574-9003

Available to individuals who are not receiving other assistance and their fuel tank is empty or close to

empty

Tri-Town Community Action Center

1126 Hartford Ave., Johnston, RI 401-351-2750

Provides fuel assistance, furniture bank referrals, and weatherization assistance

\*LIHEAP = low income home energy assistance program

\*WAP = Weatherization assistance program

**Local Resources for Employment Training and Assistance**

Amos House

413 Friendship St., Providence, RI 401-272-0220

Provides workforce and literacy training along with employment assistance.

Crossroads, RI

160 Broad St., Providence, RI 401-521-2255

Provides pre-employment training, along with educational and vocational training

Comprehensive Community Action Program (CCAP)

Provides education and job training

Providence Skills Center – 31 Providence Place, Providence, RI (mall) 401-437-8885

Cranston Skills Center – 656 Park Ave., Cranston, RI 401-562-8326

Pawtucket Youth Center – 172 Exchange St., Pawtucket, RI 401- 305-5919

Dorcas Center

220 Elmwood Ave., Providence, RI 401-273-8866

Provides job training and free work appropriate clothing

EmployRI- NetWORK RI

1 Reservoir Ave., Providence, RI 401-462-8900

Provides job and career resources, resume assistance, eligibility screenings, workshops and

unemployment assistance

Family Resources Community Action

245 Main St., Woonsocket, RI 401-766-0900

Mt. Hope Neighborhood Association

199 Camp St., Providence, RI 02906 401-521-8830

Provides employment prep and job transition counseling

RI Works (through DHS) 401-462-5300

Provides job seekers with cash assistance, health care, child care assistance, job finding, work training,

food assistance, and transportation

Tri-Town Community Action Center

1126 Hartford Ave., Johnston, RI 401-351-2750

**Local Resources for Counseling and Medical Services**

**Bereavement Support Groups (adolscents and children)**

The Philip Hulitar Inpatient Center

1085 N. Main St., Providence, RI 401-351-5570

Home and Hospice Care of RI

1085 N. Main St., Providence, RI 401-415-4300

Friend’s Way

765 West Shore Rd., Warwick, RI 401-921-0980

Open ended groups for children ages 3-19 and their families after the death of a loved one

**Support Groups**

Blackstone Valley Advocacy Center

259 Central St., Central Falls, RI 401-723-3057

Comprehensive Community Action Program (CCAP)

311 Doric Ave., Cranston, RI 401-467-9610

Day One

100 Medway St., Providence, RI 401-421-4100

RI Parent Information Network (RIPIN)

1210 Pontiac Ave., Cranston, RI 401-270-0101

Sojourner House

386 Smith St., Providence, RI 401-765-3232

Medical/Dental

Clinica Esperanza

60 Valley St, Unit #5, Providence, RI 02909 401-347-9093

Provides free medical care to uninsured adults living in RI, offering culturally sensitive services

from staff who speak Spanish, French, Arabic, Creole, and Italian.

Regular clinic is run by appointment Mon, Tue, Thu 3:00 – 8:00 and Sat 9:00a – 3:00p

Cheer Walk in Clinic provides care for non-urgent health problems Mon-Fri 2:00 – 7:00p

Crossroads, RI

160 Broad St., Providence, RI 401-521-2255

Health and Dental clinics

Comprehensive Community Action Program (CCAP)

311 Doric Ave., Cranston, RI 401-467-9610

Family medicine, food & nutrition, dentistry, comprehensive screenings and medical services

Family Health Services of Cranston

1090 Cranston St., Cranston, RI Dental: 401-942-4867

Medical: 401-943-1981

Providence Community Health Center

375 Allens Ave., Providence, RI 401-444-0400

Provides a wide range of medical and dental services at various locations throughout

Providence. More information available at <http://providencechc.org>

Tri-Town Community Action Center

1126 Hartford Ave., Johnston, RI 401-351-2750

Primary health care, dental health, behavioral health

**Local Resources for Advocacy and Legal Needs**

Blackstone Valley Advocacy Center

259 Central St., Central Falls, RI 401-723-3057

Law enforcement advocate program, criminal proceeding support, protective order assistance, advocacy

assistance for domestic violence victims and survivors

Crossroads, RI

160 Broad St., Providence, RI 401-521-2255

George A. Wiley Center

32 East Ave., Pawtucket, RI 401-728-5555

Utility and food advocacy in addition to social justice

McAuley Ministries

622 Elmwood Ave., Providence, RI 401-941-9013

Sojourner House

386 Smith St., Providence, RI 401-765-3232

Provides domestic violence advocacy and resources and runs a Latina advocacy program

Advocates in Action

25 Esten St., Pawtucket, RI 877-532-5543

Day One

100 Medway St., Providence, RI 401-421-4100

Legal advocacy for victims of sexual assault and domestic violence

RI Legal Services

56 Pine St, 4th Floor, Providence, RI 401-274-2652

Housing law center, low income taxpayer clinic, consumer law group, family court assistance, public

benefits unit

RI Bar Association- Lawyer Referral Service and Reduced Fee Program

115 Cedar St., Providence, RI 401-421-5740

Reduced fee of $25 and a half hour consultation for free

Created by Justine Kinoian, MSW Intern from Rhode Island College and Dehlia McCarthy, MS School Psychologist at Highlander Charter School.