

## Washington County Resource Guide

### Food Resources

Find out which pantries and meal sites are in your area by accessing the Food Bank “Find Food” tool or using our Food Assistance List by visiting [rifoodbank.org/find-food](http://rifoodbank.org/find-food) or use the QR code below:



### SNAP Assistance

If you are interested in learning more about the Supplemental Nutrition Assistance Program or need assistance with current benefits, contact the Food Bank’s SNAP Outreach program at [rifoodbank.org/snap-outreach](http://rifoodbank.org/snap-outreach) or use the QR code below:



### Community Action Agencies

*Community Action agencies aim to provide resources, support, services and programs to Rhode Island residents. Each CAP agency provides varying services, contact the agency for exact services provided. For a list of state-wide CAPS, go to [www.ricommunityaction.org](http://www.ricommunityaction.org).*

#### Tri-County Community Action Program

415 Tower Hill Rd., North Kingstown, RI 02852  
401-351-2750 | [www.tricounty.org](http://www.tricounty.org)

#### Tri-County Community Action Program

1935 Kingstown Rd., Wakefield, RI 02879  
401-351-2750 | [www.tricountyri.org](http://www.tricountyri.org)

#### Tri-County Community Action Program

34 Pond St., Westerly, RI 02891  
401-351-2750 | [www.tricountyri.org](http://www.tricountyri.org)

### DHS Offices

Go to [www.dhs.ri.gov/about-us/dhs-offices](http://www.dhs.ri.gov/about-us/dhs-offices) for a listing of all state-wide Department of Human Services offices.

#### South County DHS

4808 Tower Hill Rd., Suite G1,  
Wakefield 02879  
Phone: (855)-697-4347

#### Warwick DHS

195 Buttonwoods Ave., Warwick 02889  
Phone: (855)-697-4347

### Resource Referrals

Additional resources can be provided by **United Way of Rhode Island**. United Way provides resource referrals for a variety of basic needs. Contact United Way at [unitedwayri.org](http://unitedwayri.org) or call 2-1-1.



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| <p><b>General Healthcare</b></p> | <p>Wood River Health Services</p> | <p>Wood River Health provides a wide array of health services for families and individuals, including basic health, mental health, and more.</p>                | <p><a href="http://woodriverhealthservices.org">woodriverhealthservices.org</a><br/>(401) 539-2461</p> |
|                                  | <p>Thundermist Health Center</p>  | <p>Thundermist provides low-cost, non-emergency medical &amp; dental care for individuals and families from across Providence County.</p>                       | <p><a href="http://thundermisthealth.org">thundermisthealth.org</a><br/>(401) 783-0523</p>             |
|                                  | <p>Rhode Island Free Clinic</p>   | <p>Rhode Island Free Clinic provides free/low-cost, non-emergency medical and dental care for all Rhode Islanders.</p>  | <p><a href="http://rifreeclinic.org">rifreeclinic.org</a><br/>(401) 274-6347</p>                       |
|                                  | <p>BH Link</p>                    | <p>BH Link provides mental health resources and services to all Rhode Islanders.</p>  | <p><a href="http://www.bhlink.org">www.bhlink.org</a><br/>(401) 414-5465</p>                           |
| <p><b>Housing Resources</b></p>  | <p>RI Housing Authority</p>       | <p>Rhode Island Housing Authority is the states central housing branch, and can provide information for your local authority.</p>                               | <p><a href="http://rihousing.com">rihousing.com</a><br/>(401) 457-1234</p>                             |
|                                  | <p>Coordinated Entry System</p>   | <p>The Coordinated Entry System provides referrals for individuals and families to shelter and emergency housing programs throughout RI.</p>                    | <p><a href="http://rihomeless.org/ces">rihomeless.org/ces</a><br/>(401) 277-4316</p>                   |
|                                  | <p>Crossroads Rhode Island</p>    | <p>Crossroads RI provides numerous services to individuals and families, including emergency housing and permanency assistance.</p>                             | <p><a href="http://crossroadsri.org">crossroadsri.org</a><br/>(401) 521-2255</p>                       |
|                                  | <p>Diocese of Providence</p>      | <p>The Diocese provides support for housing resources, including shelter programs, rental assistance and elder services. Church membership is not required.</p> | <p><a href="http://dioceseofprovidence.org">dioceseofprovidence.org</a><br/>(401) 278-2504</p>         |
| <p><b>Transportation</b></p>     | <p>RIPTA Bus Routes</p>           | <p>RIPTA Bus routes run throughout Rhode Island. A one way ride is \$2.50, with fare waivers available for select populations.</p>                              | <p><a href="http://www.ripta.com">www.ripta.com</a><br/>(401) 781-9400</p>                             |