



Family Resources March 2026



Nutrition Assistance Programs

Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP), formerly called food stamps, is the nation's largest program for fighting domestic hunger. The SNAP Program is federally funded and state administered through DHS. SNAP benefits allow individuals and families to purchase approved food products at certified retailers with an EBT Card. Learn more at

<https://dhs.ri.gov/programs-and-services/supplemental-nutrition-assistance-program-snap>.

Women, Infants, & Children (WIC)

Rhode Islanders who are pregnant, breastfeeding, or post-partum and/or have a child up to age 5 may participate in the WIC program. WIC benefits allow individuals and families to purchase necessary items like formula, diapers, food and more to help support their children and themselves. Learn more at <https://health.ri.gov/find/services>.

Community Programs

Child & Family Rhode Island

With state-of-the-art community centers in both Middletown and Providence, Child & Family provides important services and programs to thousands of children, teens, families and elders throughout Rhode Island each year. Learn more at <https://childandfamilyri.com/>.

BrightStars Rhode Island

BrightStars helps families in Rhode Island access quality child care, early learning, and school-age programs and helps child care providers learn about best practices in early learning. BrightStars gives parents information to make choices about their children's care and education. Learn more at <https://brightstars.org/>.

Connecting for Children & Families

Connecting Children & Families (CCF) offers a wide range of family support initiatives, educational programs, and social services for children and families in Woonsocket and northern Rhode Island communities. CCF is a membership organization, made up of parents, community leaders, service providers, and business representatives, working together to transform lives. Learn more at <https://www.ccfcenter.org/about>.

Project Undercover

Project Underwear provides diapers, socks, wipes, and underwear free of charge to thousands of children living in poverty in Rhode Island. Learn more at <https://www.projectundercover.org/get-help>.



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Non-Profit Support Organizations

Family Service of Rhode Island

Family Service of Rhode Island (FSRI) provides services and programs such as foster care, early intervention, outpatient counseling, trauma therapy and more.

Learn more about FSRI and their programs at

<https://www.familysericri.org/>.

Parent Support Network RI

The Parent Support Network (PSN) is a group of parents, family members, transition age youth, and adults with behavioral health lived experience who are committed to supporting and assisting peers. PSN works with families through their family support, wellness, substance abuse, fatherhood and other programs to teach, support and direct families towards more sustainable and independent living situations. All services are also provided in Spanish. Learn more at <https://psnri.org/who-we-are/>.

Government Support Programs

Child Care Assistance Program

The Starting Right Child Care Assistance Program (CCAP) can subsidize the cost of child care for Rhode Island families. CCAP is available for children who are US citizens or legal residents and under age 13. The age can be extended to 18, if the child has special needs. Learn more about eligibility and how to apply at <https://dhs.ri.gov/programs-and-services/child-care>.

CollegeBound Saver

CollegeBound Saver is a tax-advantaged 529 savings plan that allows Rhode Islanders to save for education expenses affordably and conveniently. Savings can be used at schools, for apprenticeship expenses, and credentialing program expenses. You can even use the savings to pay K-12 tuition and expenses. There are also many options for using any funds in your account remaining after you've paid for the education of your beneficiary, including rolling over funds to your beneficiary's Roth IRA account. Learn more at www.collegeboundsaver.com.

Family Violence Option Advocacy

The Family Violence Option Advocacy Program (FVOAP) assists DHS clients who are victims and survivors of domestic violence. The FVOAP works with various government programs to advocate for survivors in receiving the Child Care Waiver, the RI Cash Assistance Waiver, and to receive additional services to foster financial and personal independence. Learn more at <https://ocss.ri.gov/resources-0>.