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JOIN OUR PATIENT ADVISORY GROUP MEETING Thursday, May 15, 2025, 6:00pm-7:00PM

(in-person or via Zoom) 1000 Broad Street, Central Falls

All participants will receive a \$10 Walmart gift card (must attend entire meeting) and a light dinner will be served for in-person participants. <u>Click here</u> to learn more

Email us at <u>patientadvisorygroup@bvchc.org</u> or call <u>(401) 312-9878</u> to participate in the meeting.

BEGIN YOUR JOURNEY TODAY! You are not alone.

Make your mental health a priority with our extensive array of services and resources. Explore the tools and support essential for you to flourish and maintain a balanced lifestyle.

JOIN OUR WEEKLY SUPPORT GROUP

Coffee with Mayra and Cameron

Thursday 10:30 AM Spanish/English

Sharing ideas for change over a cup of coffee and pastries with Mayra Curran, CPRS and Cameron Landry, LCSW developed health habits to maintain sobriety.

Overcoming Adversity

Thursday 2:00 PM Spanish

Let's get together with Cruz Zapata, LCSW to discover different paths for self-care and learn to balance daily task and new skills to improve family dynamics that is impacting your emotional and physical health.

New Beginnings

Friday 10:30 AM Creole/Portuguese

Join Tirza Goncalves, LCSW and explore diverse perspectives to build supportive relationships and gain valuable skills to enhance your emotional and physical wellbeing.

To learn more, click here



April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, 2025 10:00 – 11:00 AM

River Island Park, 1425 High Street

Central Falls (meet in front of campground bridge)

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare providers, and meet new friends. The event is FREE and all are welcome!

Future walks will be held on the 2nd Saturday of every month.



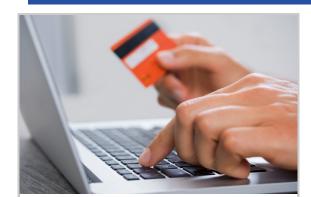
BLACKSTONE VALLEY
COMMUNITY HEALTH CARE

Questions: Email Dr. Carla Martin carla_martin@brown.edu

Scan and type in Central Falls

We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org

REMINDERS



NEW AND EASIER WAY TO PAY YOUR BILL

Blackstone Valley Community Health Care has made it easier to pay your medical/dental bill online.

Click here to get started.



EXPRESS HEALTH CARE

1000 Broad Street, CF

Monday & Tuesday 8:00am-8:00pm

Wednesday through Friday 8:00am-5:00pm

Saturdays

If you have any questions, call 401-312-9892

8:00am-4:30pm

No appointment required

401-722-0081

<u>Click here</u> for a list of services

#SaveOurHealthCenters

WE NEED YOUR HELP. PLEASE ACT NOW!

Rhode Island Community Health Centers provide essential care to more than 200,000 Rhode Islanders. But now we need your support. Protect Medicaid and the 340B Program to ensure Community Health Centers continue serving Rhode Island children and families. Without this approved legislation, Rhode Islanders will find it even harder to access the care they need. Visit #saveourhealthcenters.org to take action.



WE ARE ACCEPTING NEW PATIENTS

We offer a comprehensive range of services designed to meet the diverse needs of our patients, ensuring an integrated approach to high-quality care. We invite you to visit our website for detailed information on how you can become a patient and take advantage of the various services we provide.

For more information about our services and how to become a patient, click here

COMMUNITY UPDATES



The Empowerment Factory

Creativity • Self-Esteem • Civic Pride
Creatividad • Autoestima • Orgullo Cívico

Art in the Park

Tuesdays/Martes/Terças-Feiras 6-7 PM July/Julio/Julho 29, Aug. 5 & 12 Veterans Memorial Park 416 Hunt St, Central Falls





Talleres de la Comunidad Familiar Diviértete, crea arte y haz nuevos amigos.



Workshops da comunidade familiar Divirta-se, faça arte, faça novos amigos!



401-365-1010

Register online or call Inscríbase en línea o llame Registre-se on-line ou ligue















Blackstone Valley Community Health Care celebrating 30 years of offering the highest quality, lowest cost health care. Thank you for trusting us with your care.

Blackstone Valley Community Health Care | Website









Blackstone Valley Community Health Care | 39 East Avenue | Pawtucket, RI 02860 US

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