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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. [Click here](#) to learn more

Email us at patientadvisorygroup@bvchc.org or call [\(401\) 312-9878](tel:(401)312-9878) 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](#)



**Central Falls
Chapter 27851**

**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

[Click here](#) 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](https://www.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



Mental Health Awareness Fair

WEDNESDAY MAY 14, 2025
5:00 PM TO 8:00 PM
RIC WORKFORCE DEVELOPMENT HUB
934 DEXTER ST, CENTRAL FALLS

Workshops, free resources, raffles, kids entertainment and more...,
Talleres, recursos gratuitos, sorteos, entretenimiento infantil y más...

Win 1 of 5



*Have to attend 3 out of the 4
workshops to enter the raffle.

*Hay que asistir a 3 de los 4
talleres para entrar en el sorteo.





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



Family Community
Workshops
Have fun, make art,
make new friends!

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

Inscríbese en línea o llame

Registre-se on-line ou ligue

Look out for...
Cuidado con...
Fique atento a...
**Healthy Living
Community Event**

**PAWTUCKET
ARTS FEST**

Sept. 6th-7th



BRISTOL COUNTY
SAVINGS BANK™



RHODE ISLAND
FOUNDATION



*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](#)



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