



Governor's Workforce Board
Rhode Island
strategy • policy • funding • action

Education, Training, and Career Resource Guide for Young Adults



2025 Edition

GOVERNOR'S WORKFORCE BOARD

RHODE ISLAND DEPARTMENT OF LABOR AND TRAINING

1511 Pontiac Avenue, Cranston, RI 02920 | dlt.gwbinfo@dlt.ri.gov | www.gwb.ri.gov | 401-462-8860



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A Message from the Governor's Workforce Board

To Our Fellow Rhode Islanders,

We are pleased to provide you with this guide, which we hope you will find helpful as you embark on your career journey.

You are the future of our state and our nation, and we are committed to helping you find your calling, achieve financial independence, and build economic mobility.

We know this period in your life can feel overwhelming, so it is important for you to know that there are people and resources available to help you.

In this guide, you will find information about programs and services designed to assist you in identifying and reaching your education and career goals.

Some of these programs and services are federally funded, and others are supported by state, local, or combined dollars.

Our goal is to facilitate a system with no wrong point of entry and empower you with the knowledge and understanding of all that is available.

YOU are now in the driver's seat!

If you have any questions about the information contained in this guide, or the programs and services available to you, please do not hesitate to contact the Governor's Workforce Board.

Sincerely,




Michael Grey
Chairman




Alyssa A.C. Alvarado
Executive Director





Julissa Polanco Disu
Director of Youth Career
Readiness Programs

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Career Centers for Adults

Are you 18 years old or older and looking to get training or a job, but don't know where to start? A Job Coach can help you explore your options and figure out next steps.

In addition to receiving free career counseling, resume help and job search assistance, you may be eligible for an Individual Training Account (ITA) to help you enroll in a high-quality training program on the State's Eligible Training Provider List and/or support services to help you reach your goals!

To access services, you can meet with a Job Coach online or in-person at the following locations:



Online Career Services

Website: www.backtoworkri.com

Providence Career Center

Address: 50 Sims Avenue, Providence, RI 02909

Phone: (401) 680-5100

West Warwick Career Center

Address: 1330 Main Street, West Warwick, RI 02893

Phone: (401) 462-4100

Woonsocket Education Center

Address: 115 Main Street, Woonsocket, RI 02895

Phone: (401) 488-4101

Woonsocket Career Center

Address: 219 Pond Street, Woonsocket, RI 02895

Phone: (401) 235-1201

Visit a Career Center or www.backtoworkri.com today!



Community Youth Centers

A Youth Career Counselor can help you identify and progress on a career path through paid internships and work experiences, free adult education, workforce training, and/or college assistance, with support services and mentors to help you along the way!

Resume development, interview preparation and job search/application assistance are also available, and cash incentives for program participation may be given to those who qualify. These services are available to youth aged 14-24 and can be accessed at the following community organizations and youth centers:



Community Care Alliance

Location: Woonsocket

Phone: (401) 235-7000

Website: www.communitycareri.org



Comprehensive Community Action Program

Location(s): Cranston, Coventry, Pawtucket, Providence, Warwick, West Warwick

Phone: (401) 467-9610

Website: www.comcap.org



Foster Forward **Specialized in assisting current and former foster youth.*

Location: East Providence

Phone: (401) 438-3900

Website: www.fosterforward.net



East Bay Community Action Program

Location(s): Barrington, East Providence, Middletown, Newport, Tiverton, Warren

Phone: (401) 847-7821 (Newport) / (401) 437-1000 (all other locations)

Website: www.ebcap.org



Tri-County Community Action Agency

Location(s): North Kingstown, North Providence, Westerly

Phone: (401) 351-2750

Website: www.tricountyri.org



Military Career Information and Recruitment Centers

Military service offers benefits including vocational training, money for college, comprehensive healthcare, competitive pay, housing and/or housing allowances, retirement benefits, military discounts, and the chance to serve and protect the nation while fostering personal growth.

Each military branch has its own recruitment arm. Please visit a branch for additional information.



U.S. Army

Location: 47 Eagle Street, Providence, RI 02909

Phone: (401) 831-6970 / 1-888-550-ARMY

Website: www.goarmy.com



U.S. Navy

Location: 47 Eagle Street, Providence, RI 02909

Phone: (617) 752-2828 / 1-800-USA-NAVY

Website: www.navy.com



U.S. Air Force

Location: 47 Eagle Street, Providence, RI 02909

Phone: (401) 274-0361 / 1-800-423-USAF

Website: www.airforce.com



U.S. Marines

Location: 47 Eagle Street, Providence, RI 02909

Phone: (401) 290-7830

Website: www.marines.com



U.S. Coast Guard

Location: 47 Eagle Street, Providence, RI 02909

Phone: (401) 421-1291

Website: www.gocoastguard.com

The Rhode Island National Guard offers many of the same benefits as full-time military service but allows you to serve part-time; supporting local communities during emergencies and serving as a reserve force for the purposes of national defense. Please visit a branch for more information.



Rhode Island Army National Guard

Location: 1016 Centerville Rd., Warwick, RI 02886

Phone: (401) 826-1504

Website: www.ri.ng.mil



Rhode Island Air National Guard

Location: 1235 Oaklawn Ave., Cranston, RI 02920

Phone: (401) 639-2566

Website: www.ri.ng.mil

Rhode Island Colleges and Universities

Rhode Island is home to numerous public and private colleges, universities, trade schools, and higher education centers offering various degree, certificate, and workforce training programs including, but not limited to the ones below.



Brown University

Main Campus: Providence, RI
Phone: (401) 863-1000
Website: www.brown.edu



Bryant University

Main Campus: Smithfield, RI
Phone: (401) 232-6000
Website: www.bryant.edu



Community College of Rhode Island

Multiple Campuses
Phone: (401) 825-2003
Website: www.ccri.edu



Empire Beauty School

Main Campus: Providence, RI
Phone: (401) 526-9513
Website: www.empire.edu



IYRS School of Technology & Trades

Main Campus: Newport, RI
Phone: (401) 848-5777
Website: www.iyrs.edu



Johnson & Wales University

Main Campus: Providence, RI
Phone: 1-800-342-5598
Website: www.jwu.edu



Lincoln Technical Institute

Main Campus: Lincoln, RI
Phone: (401) 334-2430
Website: www.lincolntech.edu



Motoring Technical Training Institute

RI Campus: East Providence, RI
Phone: (401) 434-4840
Website: www.mtti.edu



NEW ENGLAND TECH

New England Institute of Technology

Main Campus: East Greenwich, RI
Phone: (401) 739-5000
Website: www.neit.edu



New England Tractor Trailer Training School

(Main Campus: Pawtucket, RI)
Phone: (401) 386-3025
Website: www.nettts.com



Paul Mitchell School

Main Campus: Cranston, RI
Phone: (401) 946-9920
Website: www.paulmitchell.edu



Providence College

Main Campus: Providence, RI
Phone: (401) 865-1000
Website: www.providence.edu



Rhode Island College

Main Campus: Providence, RI
Phone: (401) 456-8000
Website: www.ric.edu



Rob Roy Academy

Main Campus: Woonsocket, RI
Phone: (401) 769-1777
Website: www.rob-roy.com



Rhode Island School of Design

Main Campus: Providence, RI
Phone: (401) 454-6100
Website: www.risd.edu



Roger Williams University

Main Campus: Bristol, RI
Phone: 1-800-458-7144
Website: www.rwu.edu



SALVE

Salve Regina University

Main Campus: Newport, RI
Phone: (401) 847-6650
Website: www.salve.edu



University of Rhode Island

Main Campus: Kingston, RI
Phone: (401) 874-1000
Website: www.uri.edu



Westerly Education Center

Main Campus: Westerly, RI
Phone: (401) 584-4931
Website: www.westerlyedcenter.org



Woonsocket Education Center

Main Campus: Woonsocket, RI
Phone: (401) 488-4101
Web: [woonsocketedcenter.org](http://www.woonsocketedcenter.org)

Note: The list above is not all-inclusive. There are more trade school options available.



Adult Education Programs

Rhode Island has many programs across the state that provide:

- General Education Development (GED) Certificate Training
- English for Speakers of Other Languages (ESOL)
- Preparation for the U.S. Citizenship Exam
- Basic Education (math and literacy skills)

To locate programs, scan the QR code or visit: www.enrollri.org/adulted

Note: A counselor at a Community Youth Center can help (see page 6).



Real Skills for Youth

Real Skills for Youth is a program for Rhode Island youth aged 14-24 to learn about different careers and participate in paid internships and other work-based learning opportunities.

There are more than twenty Real Skills for Youth partnerships across Rhode Island with programs during the summer and school year focused on a variety of skills, industries, and occupations.

For a complete list of Real Skills for Youth opportunities, scan the QR code at left or visit: www.gwb.ri.gov/programs-services/real-skills-youth.



Rhode Island Government Internship Program

Rhode Island offers credit-bearing and/or paid internship opportunities to residents aged 18 or older enrolled in college, graduate, or law school, as well as non-residents enrolled in a college, graduate, or law school in Rhode Island. Internship opportunities are in the Legislative, Executive, and Judicial branches of government, as well as in state departments, municipal agencies and community and non-profit organizations.

They may be in-person, remote, project-based, or hybrid.

For more information, visit: www.rilegislature.gov/internship



Rhode Island Student Loan Authority

The Rhode Island Student Loan Authority (RISLA) is a non-profit, quasi-state agency that provides low-cost education loans and an array of college planning services including financial aid education and scholarship opportunities.

Make an appointment to visit the RISLA College Planning Center online or by phone at: (401) 736-3170

For additional information, scan the QR code or visit: www.risla.com





Rhode Island Promise at CCRI

Just graduated from high school and want to pursue an associate degree at the Community College of Rhode Island (CCRI) tuition-free? Consider the RI Promise Program! To qualify, you must enroll at CCRI the semester (school year) immediately following high school graduation and attend full-time.

General Education Development (GED) recipients are also eligible if they enroll at CCRI in the semester immediately following GED completion and are younger than 19 when they complete the GED program.

For more information, visit: www.ccri.edu/ripromise



Hope Scholarship Program at RIC

If you're interested in starting or completing a bachelor's degree at Rhode Island College, the Hope Scholarship may be able to help fund the final two years of study. To qualify, you must be a Rhode Island resident, attend school full-time, and stay on track to graduate within 4 years.

There are exceptions for approved leaves, military service, developmental education, double majors, and professional programs requiring extended time for degree completion, and for those with ADA accommodations.

For more information, scan the QR code or visit: www.ric.edu/admissions-financial-aid/undergraduate-admissions/first-year-students/hope-scholarship



RI Reconnect

RI Reconnect helps Rhode Islanders change careers, learn a new trade, or get on the path to a degree or certificate. Navigators offer free services to help you:

- Identify college education or workforce training programs
- Enroll or re-enroll in college
- Complete financial aid applications including the FAFSA
- Address financial barriers or other barriers to education/training

To find a Navigator, scan the QR code or visit: www.rireconnect.org



Wavemaker Fellowship

The Wavemaker Fellowship provides up to four (4) years of student loan repayment assistance for college graduates who choose to pursue a career or start a business in Rhode Island in the fields of science, technology, engineering, math, design, healthcare, and other sectors.

In addition to the financial benefit, fellows are invited to participate in various personal and professional development programs, social and professional networking opportunities, and more.

For more information, visit: <https://wavemaker.commerceri.com>



Apprenticeship Opportunities

Apprenticeship is a proven model of career training that combines full-time employment with related instruction to progressively increase workers' skill levels and wages. It is an effective way for employers to recruit, train and retain highly skilled workers, and a career pathway with **immediate employment, free or reduced-cost skills training, regular pay increases, and a nationally recognized credential** for apprentices.

To learn more about local apprenticeship opportunities, scan the QR code or visit: <https://dlt.ri.gov/individuals/become-apprentice>



Real Jobs Rhode Island

The Real Jobs Rhode Island Program funds training programs that can prepare you for REAL well-paying job opportunities with local employers. You can participate for FREE if you are an eligible candidate and receive wrap-around supports to help you succeed.

Why enroll in a Real Jobs RI program? Because 80% of Real Jobs participants successfully complete training and find related employment!

To access current training opportunities, scan the QR code at left or visit: www.dlt.ri.gov/free-or-reduced-cost-training-programs



State Eligible Training Provider List

The State Eligible Training Provider List (ETPL) is a list of high-quality job training programs with approved local providers that can help you obtain or advance in a career.

You may be eligible for an Individual Training Account (ITA) to help you enroll in a program on the ETPL.

To view current ETPL opportunities and learn more about accessing an ITA, scan the QR code at left or visit: www.dlt.ri.gov/free-or-reduced-cost-training-programs



Year Up

Year Up is a non-profit organization offering 1-year pathways to well-paying jobs through a curriculum consisting of free workforce training, college courses and paid internships. Current program areas include:

- Business Fundamentals
- Helpdesk/Desktop Support
- Investment Operations

For additional information or to apply, scan the QR code at left or visit: www.yearup.org/locations/ri-providence



Skills for Rhode Island's Future

Skills for Rhode Island's Future (SkillsRI) is a non-profit organization that breaks down barriers to economic opportunity by connecting unemployed and underemployed Rhode Islanders to jobs with socially responsible, civic-minded employers.

Why apply through SkillsRI? Because SkillsRI works directly with employers' hiring teams to assist you throughout the entire process, and workABILITY specialists can assist jobseekers with disabilities.

To view job postings, scan the QR code or visit: www.skillsforri.com



Caring Careers Rhode Island

Interested in career opportunities in healthcare? If you are interested in exploring career opportunities and pathways in the healthcare sector, the Caring Careers Rhode Island website is an excellent resource.

The site features information on current job and training opportunities, including advancement pathways for workers already in the field.

To view job postings and training opportunities, scan the QR code at left or visit: www.caringcareers.ri.gov



State and Municipal Job Opportunities

Considering a career in public service? If you are interested in a career in public service, there are a wide variety of opportunities available within state government, local (municipal) government, public colleges, and quasi-public agencies/universities.

To access these opportunities, scan the QR code at left or visit: www.dlt.ri.gov/individuals/rhode-island-state-jobs

Note: To apply for a job with the State of Rhode Island, you will need to create an account at www.apply.ri.gov



U.S. Government Job Opportunities

Looking to work for the U.S. Government? USAJOBS connects jobseekers with federal employment opportunities across the United States and around the world.

The site is managed by the U.S. Office of Personnel Management (OPM) to recruit and retain world-class talent and is the central place to find opportunities in hundreds of federal agencies and organizations.

To view and apply for federal job opportunities, scan the QR at left or visit: www.usajobs.gov

Accessing Public Transportation

The Rhode Island Public Transportation Authority (RIPTA) is the state's bus system and can help you get to your next destination if a car or other mode of transportation is unavailable to you. You can map out a route to your school, job, or even the beach, as long as it's close to a bus route.



How do I ride the bus?

To learn how to ride, visit: www.ripta.com/how-to-ride

Does the bus run in my city/town?

To see if the bus runs in your area, visit: www.ripta.com/community

How do I pay for the bus?

To learn how to pay, visit: www.ripta.com/wave

I'm a student, are there any discounts for me?

If you are a college student, visit: www.ripta.com/students

I have a disability; can I use these services?

If you have a disability, visit: www.ripta.com/riders-with-disabilities

Getting a BCI Background Check

If you applied for a job or internship that requires a background check, you will need to visit to the Rhode Island Attorney General's Office in-person with a valid government-issued photo ID.



Rhode Island Attorney General's Office

Address: 4 Howard Avenue, Cranston, RI 02920

Hours: Monday to Friday 8:30am-4:30pm (Closed on State Holidays)

NO APPOINTMENTS: Walk-in service only (fingerprinting ends at 4:00pm)

Service Fees: BCI-\$5/National Background Check with Fingerprints-\$45

Payment: Debit or Credit Card Only (credit card transaction fees apply)

For more information, scan the QR code at left or visit:

www.riag.ri.gov/i-want/get-background-check



Child Care Assistance Program

The Child Care Assistance Program (CCAP) is available for low-income workers or prospective workers with children up to age 13, or children with a documented disability up to age 18. For more information, scan the QR code at left or visit:

www.dhs.ri.gov/programs-and-services/child-care



Disabilities Employment Resources

The Rhode Island Office of Rehabilitation Services (ORS) offers a variety of programs and services to assist individuals with disabilities. These include vocational rehabilitation, disability determination services, and assistive technology. For more information, scan the QR code at left or visit: www.ors.ri.gov/programs



Getting a Rhode Island Driver's License or ID Card

Any Rhode Island resident 18 years of age or older who has never been issued a driver's license must apply for a driving instruction permit (also known as a "learner's permit") by taking a computerized knowledge exam at the Division of Motor Vehicles (DMV) located in Cranston.

Taking a Driver's Education course is not required for persons over 18, however, familiarity with the Rhode Island Driver's Manual is essential.

Adults are eligible to take the driver's license road test after holding a learner's permit for at least 30 days.

Rhode Island residents may obtain an Identification Card (ID) if they do not have a driver's license.

For additional information, scan the QR code above or visit: www.dmv.ri.gov/licenses-permits-ids



Registering with the Selective Service

Individuals aged 18-25 who were assigned male at birth and are U.S. citizens, immigrants, or refugees living in the United States are required to register with the Selective Service.

Citizens must register within 30 days of turning 18. Immigrants and refugees must register within 30 days of arriving in the United States.

Males in the United States on student, visitor, or diplomatic visas and males who are incarcerated are not required to register.

For more information, scan the QR code or visit: www.sss.gov/register

Note: Selective Service registration is required for participation in some workforce programs and to receive any type of federally funded financial aid for education.

Comprehensive Support Services/United Way 211

The United Way of Rhode Island can help you find and access comprehensive support services 24 hours a day, 7 days a week via 2-1-1. Areas where they can provide support include:

- Domestic Violence
- Family and Caregiver Support
- Financial Assistance
- Finding and Affording Childcare
- Food Insecurity/Hunger & Clothing
- Free/Low-Cost Health, Dental & Eye Care
- Health Insurance
- Housing and Homelessness
- Immigration Assistance
- Legal Services & Tax Assistance
- Mental Health Services
- Services for Veterans and Individuals with Disabilities
- Substance Abuse/Addiction Recovery
- Transportation Assistance



Call the United Way at 211 or visit: www.unitedwayri.org/get-help/2-1-1



Mental Health and Substance Use Resources/BH Link

BH Link's mission is to ensure all Rhode Islanders experiencing mental health and substance use crises receive the services they need as quickly as possible and in an environment that supports their recovery.

They can provide immediate, confidential assistance to a person in crisis by providing innovative crisis intervention services and connecting people to ongoing treatment and care.

If you are feeling overwhelmed by feelings or issues related to mental health or substance use, the compassionate staff at BH Link can help.

BH Link Services include:

- 24/7 access to crisis assessment via the crisis/suicide hotline at **401-414-LINK (5465)**
- 24/7 walk-in/drop-off services at the BH Link Triage Center; a community-based facility where clinicians connect people to immediate, stabilizing emergency behavioral health services:

BH Link Triage Center
975 Waterman Avenue
East Providence, RI 02914

- Referral and transportation to 24/7 residential services, if needed
- Mental health and substance use disorder education and awareness
- Mobile crisis services
- Peer specialist services
- Referrals to domestic violence resources
- Referrals to housing and basic needs resources
- Referrals to local veteran support resources
- Short-term psychiatric services
- Substance use disorder assessment and referral (excluding court ordered assessments)

For additional information, scan the QR code above or visit: www.bhlink.org

***For immediate assistance, call or text 988 to chat with a specialist.**

Free Healthcare Services, Vaccines, and Employment Physicals

If you do not have health insurance, there are several places to go for health care. These places also provide care regardless of a person's immigration status.

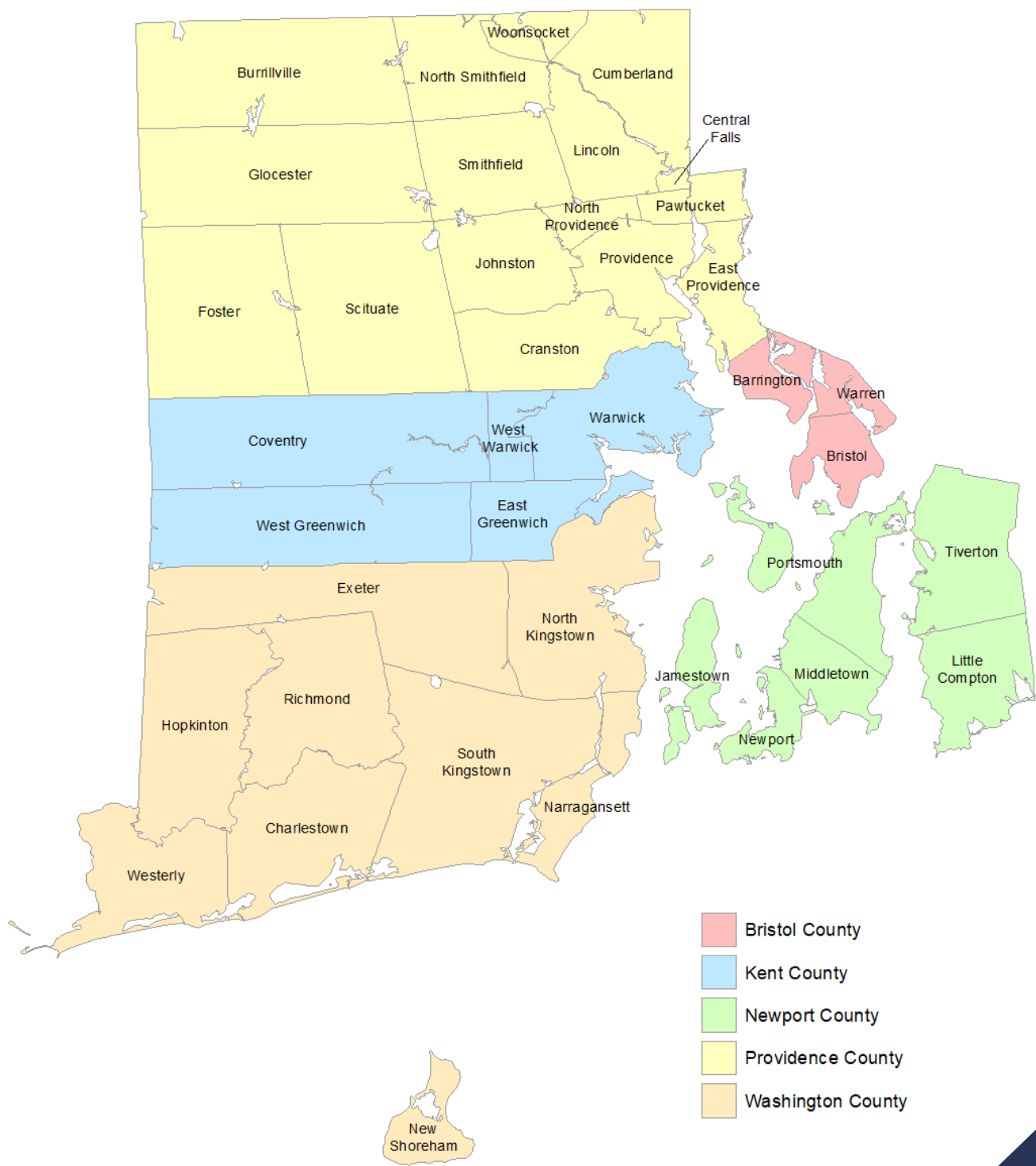


- **Community Health Centers** (for adults and children)
Call (401) 274-1771 for assistance finding a center near you.
- **Rhode Island Free Clinic** (for adults only)
Call (401) 274-6374 for an eligibility appointment.
- **Clínica Esperanza/Hope Clinic** (for adults only)
Call (401) 347-9093

For more information, visit: www.health.ri.gov/find/rightplacerrightcare

State Map for Locating Services

It is helpful to understand the state’s geography to identify the closest location(s) to access some of the in-person programs and services contained in this guide. A Rhode Island map with city/town geography and county breakdown is below.





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