

C3 Customized. Comprehensive. Community-Based.

C3 Wellbeing supports health and resilience through comprehensive, evidence-based prevention and early intervention services.

Our collaborative Community Prevention Services work to prevent or reduce substance use for Kent and South County community members—with evidence-based interventions targeting:

- Alcohol
- Cannabis
- Tobacco/nicotine
- Opioids
- Prescription medication misuse
- Emerging substance use trends

Impact

65,463 Individuals served annually

14 Towns supported

11 school districts partnered with

Our Mission

With deep local roots and a national reach, C3 Wellbeing fosters healthier, more resilient environments that support mental health, prevent substance use, and nurture a culture of equity and wellbeing.

Through evidence-based programs, prevention strategies, consultation, and personalized support, we empower people to be and do their best at school, at work, and in their communities. C3 Wellbeing is a 501(c)3 Charitable Organization.



Tel: 401-732-9444

c3wellbeing.org



Community
Prevention
Services



Harnessing the Power of Community

C3's Community Prevention Services provide key prevention strategies and mental health resources—and help advocate for policies that support safe, healthy communities.

Local Partnerships

- Monthly regional meetings for South and Kent County
- Individual municipal coalition meetings
- Prevention networking events
- Advocacy groups

Education

- Evidence-based interventions that address a wide range of prevention subjects, including media literacy, responsible beverage service, prescription medication safety, parenting, and professional development

Substance-Free Alternatives

- After-school youth activities
- Youth leadership opportunities

Community Resource Sharing

- Public service campaigns
- Social media
- Newsletters
- Community outreach

Environmental Approaches

- Collaboration with local law enforcement agencies and businesses
- Medication safety lock bags
- Local substance prevention signage

Rhode Island Regional Prevention Coalitions

We're part of a statewide network of coalitions with prevention efforts focused in Kent and South Counties, where we support community members of all ages.

Young Children

- Skill strengthening for parents and educators
- Media literacy and prevention-focused skill-building
- Activities that foster wellness and community connection

Young Adults

- Prevention education that promotes positive decision-making
- Healthy coping skill development
- Partnerships that help prevent underage access to substances

Families

- Youth substance use risk and prevalence awareness
- Skill- and confidence-building
- Insight into substance use trends

Active Older Adults

- Education on non-opioid pain management alternatives
- Overdose risk prevention awareness, including education on Naloxone
- Safe medication management and storage practices

