

MEAGHAN BENCE

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Re: Looking Upwards Parents as Teachers Playgroup
St. Michael's Church, Bristol, RI

To Whom it May Concern,

In the summer of 2025, my family and I moved to Bristol, RI after 15 years abroad. Despite growing up in New England, it was difficult to repatriate to a small town and settle our three children into the community. With two off to local elementary school, my youngest and I had a hard time finding local activities for learning and socialization since preschool was not in our budget.

I found the Looking Upwards Parents as Teachers playgroup from a local flyer at the children's library. Our first time was a bit of a bust as he was shy and found it tough to engage. We kept coming back. In going to these free playgroups, we found caring and likeminded families. The knowledge that the PAT staff have of child development and community awareness helped us to confidently establish ourselves in Bristol. So many of the other parents shared their experiences from healthcare to childhood development. This valuable information along with compassionate support was a tremendous help in getting the resources we needed to settle in, especially for my eldest child, who suffers from epilepsy.

The Parents as Teachers playgroup is not only a free playgroup, it is an essential resource for parents of birth – kindergarten entry children. It is a community knowledge base and support group fundamental to Bristol and the surrounding East Bay towns.

Warmest regards,



Meaghan Bence
