

Compassion Resources Directory

For

Little Rock & Pulaski County, Arkansas

(Resource Provider Edition)

Current, as of

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Clothing Resources:

First Presbyterian Church (501) 372-1804
800 Scott Street, Little Rock, AR, 72201

Open Thursday 12:00pm – 1:00pm. Adult clothing only.

Goodwill Industries Main Office (501) 372-5100
7400 Scott Hamilton Drive, Little Rock, AR, 72209,
www.goodwillar.org

Open by appointment for registered clients **ONLY**. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

Thrift stores do NOT provide free clothing without a referral from the main office.

Goodwill Benton Thrift Store (501) 776-1189
1716 Military Road, Benton, AR, 72015

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Bryant Thrift Store (501) 653-2209
5914 Highway 5-N, Bryant, AR, 72022

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Cantrell (The Ranch) Thrift Store (501) 673-1550
16924 Cantrell Road, Little Rock, AR 72223

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Industries Computer Store (501) 372-5151
7400 Scott Hamilton Drive, Little Rock, AR, 72209

Open Monday thru Saturday 10:00am – 6:00pm.

Goodwill Industries Outlet Center (501) 372-5151
7400 Scott Hamilton Drive, Little Rock, AR, 72209

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill JFK Blvd. Thrift Store (501) 835-5286
6929 John F. Kennedy Blvd. - Suite 112, North Little Rock, AR 72116

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Markham Thrift Store (501) 221-1018
109 Markham Park Drive, Little Rock, AR 72211

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Rodney Parham Thrift Store (501) 224-6221
9700 North Rodney Parham Road - Suite F, Little Rock, AR 72227

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill University Thrift Store (501) 568-5313
2904 South University Avenue, Little Rock, AR 72204

Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm..

- Greater Second Care Center** (501) 569-9988
 5615 Geyer Springs Road, Little Rock, AR 72209,
www.greatersecond.org
 Open appointment.
- Helping Hand of Greater Little Rock** (501) 372-4388
 1601 Marshal Street, Little Rock, AR 72202
www.helpinghand.com
 Open Monday thru Thursday, 9:00am – 1:00pm. Inexpensive thrift store clothing available.
- L.O.V.E. "Let Our Violence End" Inc.** (Healing Waters Outreach Center) (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 Clothing closet open 2nd, 3rd & 4th Sundays 12:00-2:00pm.
- Liberty Hill Baptist Church** (501) 374-8060
 1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
 Open 2nd Monday, 3:00pm – 6:00pm.
- Metro Worship Center** (501) 951-1333
 2914 South Cumberland Street, Little Rock, AR 72206
 Clothes closet 3rd Saturday each month, Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.
- River City Ministry** (501) 376-6694
 1021 East Washington Avenue, North Little Rock, AR 72214,
www.rivercityministry.org
 Clothing bus open 1st & 3rd Wednesdays of the month, 9:00am – ?.
- St. Francis House** (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72214
 Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm.
 Must provide photo ID.
- St. John Missionary Baptist Church Clothes Closet** (501) 975-2014
 2501 South Main Street, Little Rock, AR 72206
 Open Tuesday and Thursday 11:00am – 4:00pm and the 1st Saturday of each month 9:00am – 12:00pm, Must complete application, ID Required.
- Stew Pot** (501) 372-1804
 First Presbyterian Church
 800 Scott Street, Little Rock, AR 72201
 Clothing Closet open Thursday, 12:00pm – 1:00pm. Adult clothing only.
- Sylvan Hills Church of Christ** (501) 835-4141
 9305 Highway #107, North Little Rock, AR 72120
 Clothing Closet open by appointment.

The Van (The One Inc.) (501) 955-3444
P.O. Box #250061, Little Rock, AR 72225,
www.theoneinc.org
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Watershed (501) 378-0176
3701 Springer Blvd., Little Rock, AR 72206
Open Monday thru Friday, 8:00am – 5:00pm. Free clothing for infants to adults, household items when available, ID required.

Disabled/Disability Resources:

A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc. (501) 666-0246
105 East Roosevelt Road, Little Rock, AR 72206,
www.aeddinc.org
AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children's learning center preschool is located in North Little Rock.

ACCESS (501) 217-8600
10618 Breckenridge Drive, Little Rock, AR 72211,
www.accessgroupinc.org
ACCESS is committed to building new levels of confidence, competence and opportunity by empowering students with learning disabilities to define and achieve success throughout their lives.

Arc of Arkansas (501) 375-7770
2004 South Main Street, Little Rock, AR 72206,
www.arcark.org
The Arc of Arkansas provides support, housing, advocacy, education and leadership to people with disabilities and their families. The Arc assists and encourages individuals with disabilities in acquiring skills and support, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mainstream of community life. These personalized supports are outcome oriented, dependable, effective and flexible. Providing quality, affordable, accessible, integrated housing and support is a primary mission of Arc of Arkansas.

Arkansas Library for the Blind & Physically Handicapped (501) 682-1155
900 West Capitol Avenue - Suite #100, Little Rock, AR 72201,
www.library.arkansas.gov/libraryForTheBlind.org
Provide talking books and braille books on free loan and free download of books to thumb drive, IOS or Android device.

Arkansas Rehabilitation Service ICAN program (501) 666-8868

900 West 7th Street, Little Rock, AR 72201,
www.ar-ican.org

Arkansas Career Education's ICAN AT4ALL is Arkansas' statewide assistive technology program designed to make technology available and accessible for Arkansans who needs it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.

Arkansas Rehabilitation Services (501) 686-2800

900 West 7th Street, Little Rock, AR 72201,
www.arsinfo.org

Preparation for entering work force thru education, social, and accessibility support.

Arkansas Relay (501) 221-1285

900 South Shackleford Road, Suite #300, Little Rock, AR 72211,
www.arkansasrelay.com

Providing Free TEXT Telephone service for the deaf.

(501) 246-8227
(Videophone)
(501) 221-3279
(TTY)

Arkansas School for the Blind and Visually Impaired (501) 296-1810

2600 West Markham, Little Rock, AR 72203
www.arkansaschoolfortheblind.org

Serves ages Birth thru age 21: education, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.

Arkansas School for the Deaf (501) 324-9506

2400 West Markham, Little Rock, AR 72205,
www.arschoolforthe deaf.org

Sign language classes for community and families; family education, family support, community education and early intervention programs. For children enrolled in the school (ages 3 thru high school graduation), the following services are also provided to enrolled students: audiology services, developmental, speech and language, occupational therapy, physical therapy, and psycho-educational.

Arkansas Spinal Cord Commission (501) 296-1788

1501 North University Avenue - Suite #470, Little Rock, AR 72207,
www.ascc.arkansas.gov

Open Monday thru Fridays, 8:00am - 4:30pm, Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources.

(800) 459-1517

Best Buddies Arkansas (501) 975-1040

10310 West Markham Street, Ste. 211, Little Rock, AR 72205,
www.bestbuddies.org/find-programs/arkansas

Best Buddies offers job training, one-to-one friendships and leadership

opportunities for youth and adult participants. The organization helps to provide the necessary tools for people with intellectual and developmental disabilities to become more independent and more included in the community.

Camp Aldersgate (501) 225-1444

2000 Aldersgate Road, Little Rock, AR 72205,
www.campaldersgate.net

Camp Aldersgate provides year-round programming that includes summer and weekend camps for children with and without special needs, a specialized youth volunteer training program, and one of the area's longest running programs for senior adults. Camp Aldersgate is the only camp in Arkansas designed for children and youth with special needs.

Disability Rights Arkansas Inc. (501) 296-1775

1100 North University Avenue, Suite #201, Little Rock, AR 72207,
www.disabilityrightsar.org

Vigorously advocate for and enforce the legal rights of people with disabilities in Arkansas.

Division of Services for the Blind (DHS) (501) 682-5463

700 Main Street, Little Rock, AR 72203

Provides support and services to blind and visually impaired Arkansans.

Easter Seals of Arkansas (501) 227-3600

3920 Woodland Heights Road, Little Rock, AR 72212,
www.eastersealsar.com

The mission of Easter Seals Arkansas is to change the way the world defines and views disabilities by making profound and positive differences in people's lives every day. Easter Seals provides services including therapy, job placement and education for all ages so people with disabilities can reach the greatest level of independence possible.

Goodwill Industries Main Office (501) 372-5100

7400 Scott Hamilton Drive, Little Rock, AR 72209,
www.goodwillar.org

Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.

Mainstream (resources for people with disabilities) (501) 280-0012

300 South Rodney Parham - Suite #5, Little Rock, AR 72205

Providing resources and information. Mainstream is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas.

National Alliance on Mental Illness Arkansas (NAMI Arkansas) (501) 661-1548

1012 Autumn Road, Suite #1, Little Rock, AR 72211

(800) 844-0381

Provides support, education and advocacy to persons with mentally illness and their families.

- Pinnacle Pointe Hospital** (501) 223-3322
 11501 Financial Centre Parkway, Little Rock, AR 72211,
www.pinnaclepointehospital.com
 Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.
- Pride Industries** (501) 374-8087
 700 West Capitol Avenue #B-125, Little Rock, AR 72201
 Hires individuals with severe physical, mental, and developmental disabilities.
- Rock Region Metro, LINKS Paratransit (C.A.T.)** (501) 375-9607
 901 Maple Street, North Little Rock, AR 72114,
www.rrmetro.org/?page_id=61
 Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days.
- Special Olympics Arkansas** (501) 771-0222
 2115 Main Street, North Little Rock, AR 72114,
www.specialolyppicsarkansas.org
 Provides year around sports training and competitions for children and adults with intellectual disabilities.
- St. Luke's Respite Care Center** (501) 753-4281
 4106 JFK Blvd, North Little Rock, AR 72116
 Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving.
- TAP (Telecommunications Access Program)** (501) 686-9693
 P.O. Box #3781, Little Rock, AR 72203,
www.ace.arkansas.gov
 Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.
- The Allen School** (501) 664-2961
 824 North Tyler Street, Little Rock, AR 72205
 Providing education and day services for special needs children from birth to age 5.
- The Arkansas Disability Coalition** (501) 614-7020
 (800) 223-1330
 1501 North University Avenue, Suite #268, Little Rock, AR 72207,
www.adcpti.org
 The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also Family 2 Family health information center.

United Way (Heart of Arkansas)**(501) 376-4567**

516 Pershing Blvd., North Little Rock, AR 72114,
www.heartaruw.org

Heart of Arkansas United Way's mission is to advance the common good by focusing on health and human services throughout Arkansas. We do this by providing support to organizations that specialize in the specific needs of their community.

World Services for the Blind**(501) 664-7100**

2811 Fair Park Blvd., Little Rock, AR 72204,
www.lwsb.org

Assists blind individuals with life skills, career training, community access, and other services.

World Services for the Blind**(501) 664-7100**

2811 Fair Park Blvd., Little Rock, AR 72204,
www.wsblind.org

World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.

Education & Literacy Programs:

Arkansas Department of Career Education**(501) 296-1600**

Arkansas Rehabilitation Services, 525 West Capitol Avenue, Little Rock, AR 72201

Providing educational support and rehabilitation services for individuals with disabilities.

Arkansas Home Visiting Network**(501) 364-3727**

415 South McKinley - Suite #610, Little Rock, AR 72205
www.arhomevisiting.org

The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. The focus is within the Central Little Rock Zip Codes 72202, 72204, 72206 & 72209

- Arkansas Rehabilitation Services** (501) 686-2800
 900 West 7th St., Little Rock, AR 72201
 Prepares people with disabilities to enter the work force thru education, social and accessibility support. Tuition, hearing aids and prostheses provided.
- Dr. Emma K. Rhodes Education Center** (501) 372-0277
 1815 Wright Avenue, Little Rock, AR 72202, and
Emmakrhodes@aol.com
 Providing adult education and GED preparation, Life Skills training, and the following Certificate programs; Certified Nursing Assistant, Home Health Aide, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, HVAC, Painting and Drywall Finishing. Also a licensed minister and provider of other community services. Personal Development for women.
- HIPPY (home instruction for parents)** (501) 364-3671
 Home Instruction for Parents of Preschool Youngsters,
 1 Children's Way, Slot 651, Little Rock, AR 72202,
www.archildren.org/community_outreach/hippy.asp
 Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with families in the home to support parents in their critical role as their child's first and most important teacher.
- Job Corps** (501) 618-2500
 6900 Scott Hamilton Drive, Little Rock, AR 72209,
www.littlerockjobcorps.gov
 Provides job training and remedial education for youth, ages 15 – 24.
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals.
- Literacy Action of Central Arkansas** (501) 372-7323
 100 Rock Street, 5th Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201,
www.literacyatlittlerock.org
 Teaching adults to read & English as a second language.
- Little Rock Adult Education Center** (501) 447-1850
 4800 West 26th Street (26th & Madison Street), Little Rock, AR 72204
 Offering community and adult education courses. Refresher classes, GED classes and English as a second language.
- Mosaic Templars Cultural Center** (501) 683-3593
 501 West 9th Street, Little Rock, AR 72201
 Museum related education program for pre-K through post graduate level. Primarily focusing on African-American history.

- Our House Learning Center** (501) 374-7383
 302 East Roosevelt, Little Rock, AR 72206, Ext. #210
www.ourhouseshelter.org
 Open to community members for GED prep, basic literacy classes, TABE / WAGE testing, career readiness certificate preparation and testing. Initial enrollment by appointment.
- S.T.E.P. Ministries** (501) 758-4054
 P.O. Box #122, North Little Rock, AR 72114
 Tutoring in the public schools for at risk children & Christian mentoring program.
- Single Parent Scholarship Fund of Pulaski County** (501) 301-7773
 200 River Market Avenue, Suite #100, Little Rock, AR 72201
 Providing scholarships and support for single parents in Arkansas.
- University of Arkansas, Little Rock (U.A.L.R.)** (501) 569-3127
 2801 South University Avenue, Little Rock, AR 72204,
www.apply.ualr.edu
 The University of Arkansas offers **FREE** tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.
- University of Arkansas, Little Rock (U.A.L.R.)** (501) 907-2470
ECO/TRIO Pre-College Outreach Center, 5820 Asher Avenue, Suite 800, Little Rock, AR 72204,
<http://ualr.edu/trioecets/eoc/>
 EOC email: eoc@ualr.edu, ETS email: ets@ualr.edu
 The Educational Opportunity Center is a federally funded TRIO program that assists adults of ages 19 or above and U.S. veterans to enroll in and complete a post-secondary education program. All services are provided free of charge to participants who meet the eligibility requirements. Services include: Academic Assistance, Career Exploration, Financial Aid, Counseling and Computer Lab.
- Veteran's Drop-In Day Treatment Center** (501) 257-4499
 1000 Main Street, Little Rock, AR 72201
 Comprehensive homeless center for veterans **ONLY**. Providing a broad range of education and special programs. Available to veterans **ONLY**.

Elder-Care Resources:

Alzheimer's Arkansas

201 Markham Center Drive, Little Rock, AR 72205,
www.alzark.org

Their mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementia are able to live with dignity and comfort until a cure is found.

(501) 224-0021

Arkansas Adult Protective Services

www.aradultprotection.com

Aging is a natural process, abuse is not. Elder mistreatment may be an act of commission (abuse) or omission (neglect). It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of inadequate knowledge, infirmity, or laziness on the part of the person responsible. Now is the time to stop it...Stop ignoring the abuse and neglect....*You can make a difference!*

(800) 482-8049
24-hour abuse
hot-line

Arkansas Aging and Adult Services

P.O. Box #1437, Slot S-530, Little Rock, AR 72203,
www.daas.ar.gov

The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans and adults with physical disabilities.

(501) 682-2441

Arkansas Relay

900 South Shackleford Road, Suite #300, Little Rock, AR 72211,
www.arkansasrelay.com

Providing Free TEXT Telephone service for the deaf.

(501) 221-1285
(501) 246-8227
(Videophone)
(501) 221-3279
(TTY)

Care Link

P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72119,
www.carelink.org

Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

(501) 372-5300
Information
(800) 482-6359

Central Arkansas Development Council (C.A.D.C.)

Weatherization Assistance Program, P.O. Box #580, Benton, AR 72018

Complete application for review to be wait-listed for assistance with weatherization projects.

(501) 776-8446

Choices in Living Resource Center

AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203, www.choicesinliving.ar.gov

Pre-screening for long term care Medicaid Waivers, providing options to help people remain in the community, in their own homes.

(866) 801-3435

- Good Shepherd Community** (501) 224-7200
 2701 Aldersgate Road, Little Rock, AR 72205,
www.goodshepherdcommunity.com
 Providing options in living from HUD subsidized housing to upscale suites to long term residential care.
- LifeQuest of Arkansas** (501) 225-6073
 600 Pleasant Valley Drive, Little Rock, AR 72227,
www.lifequestofarkansas.org/welcome.html
 Open Monday - Thursday: 9:00 am to 4:30 pm. We are located inside Second Presbyterian Church. Membership-based and volunteer-driven, LifeQuest of Arkansas provides a setting where adults can explore new options for their post-primary careers, where social interaction and intellectual stimulation thrive.
- Meals on Wheels** (501) 372-5300
 P. O. Box #5988, North Little Rock, AR 72119,
www.carelink.org
 Hot or frozen home-delivered meals for home-bound older Arkansans who are unable to shop for or prepare their own meals.
- Southern Baptist Disaster Relief Program** (501) 376-4791
 (In partnership with American Red Cross, Salvation Army)
 10 Remington Drive, Little Rock AR. 72204,
www.absc.org/missions
 Disaster related tree cutting done free for low income elderly persons.
 Disaster related small home repairs done as well.
- TAP (Telecommunications Access Program)** (501) 686-9693
 P.O. Box #3781, Little Rock, AR 72203
www.ace.arkansas.gov
 Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.
- University of Arkansas, Little Rock (U.A.L.R.)** (501) 569-3127
 2801 South University Avenue, Little Rock, AR 72204,
www.apply.ualr.edu
 The University of Arkansas offers **FREE** tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.

Employment Assistance:

- Arkansas Department of Career Education** (501) 682-1500
3 Capitol Mall, Little Rock, AR 72201,
www.ace.arkansas.gov
Provides education and employment support for Arkansans in the fields of technical education and adult education.
- Arkansas Department of Workforce Services** (501) 682-0228
5401 South University Avenue, Little Rock, AR 72209,
www.dws.arkansas.gov
Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX, phone, copy machine, computer lab job search related use only.
- Church at Rock Creek** (501) 221-1051
11500 West 36th Street, Little Rock, AR 72211,
www.churchatrockcreek.com
CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employer or career challenged individual. Men and Women are welcomed.
- Command Center (day labor)** (501) 372-7000
2125 Walnut Grove, Memphis TN 38111,
www.commandonline.com
Day labor coordinators. First fill out their on-line forms then follow instructions to find daily work.
- Goodwill Industries Main Office & Career Service Center** (501) 372-5151
7400 Scott Hamilton Drive, Little Rock, AR 72209,
www.goodwillar.org
Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration.
- Goodwill Career Service Center, Bryant** (501) 653-2209
5914 Highway 5-N, Bryant, AR 72022
- Goodwill Career Service Center, Little Rock** (501) 492-5550
1110 West 7th Street, Little Rock, AR 72201
- Goodwill Career Service Center, Little Rock** (501) 221-1018
109 Markham Park Drive, Little Rock, 72211
- Goodwill Adult Education Center, North Little Rock** (501) 835-5286
6929 John F. Kennedy Blvd., Suite #112, North Little Rock, AR 72116
- Hancock Staffing** (501) 246-4621
601 West 4th Street, North Little Rock, AR 72214,
www.hancockstaffing.com

Hancock Staffing is a Veteran owned and operated temporary staffing company concentrating in the right associates for Commercial Construction, Manufacturing, Landscaping, and Hospitality Services.

Hope Works of Greater Little Rock (501) 650-2787

620 Curtis Sykes Drive, North Little Rock, AR 72114

Career and Personal Development Center. A Christ centered adult education and employment assistance program. 8-week program, 4-hours a day 8:30-12:30 Tuesday thru Friday. Must be at least 18 years of age.

Integrity Staffing, Healing Waters (501) 650-4753

14036 Sardis Road, Shannon Hills, AR 72103,

www.letourviolenceend.com

If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as well to find a job that will help meet yours and your family's needs. Integrity Staffing is a traditional staffing/employment agency serving those in need of employment. Open Monday thru Friday 8:00am – 4:00PM

Labor Finders (501) 565-9632

P.O. Box #191803, Little Rock, AR 72219

Located at 7223 Geyer Springs Road. Day labor coordinators. First fill out their forms then arrive at 6:00am wait to find daily work as available.

Labor Ready (501) 562-6111

1400 South University Avenue, Little Rock, AR 72204

Day labor coordinators. Make an appointment to fill out their forms then wait to be assigned daily work.

Operation Restore (501) 712-5423

10411 West Markham Street, Little Rock, AR 72205

A temporary employment agency for returning citizens.

Premier Staffing - Dotación de Personal Premier (501) 223-8367

10901 Financial Centre Parkway, Little Rock, AR 72211

www.premierstaffinginc.com

Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/y una vez registrado comunicarse al telefono. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call.

Pride Industries (501) 374-8087

700 West Capitol Avenue, Suite #B-125, Little Rock, AR 72201

Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.

Watershed**(501) 378-0176**

3701 Springer Blvd., Little Rock, AR 72206

“Working to find work” Job guidance counseling, employment assistance.
Job preparedness classes Tuesday thru Thursday 10:00am – 12:00pm.

EX-Offender/Reentry Programs:**Approved transitional housing**

Facilities in the Little Rock, Pulaski County area for men and women
leaving prison, as of February 2016

www.dcc.arkansas.gov/images/uploads/THF_Facilities_Feb_16.pdf

Arkansas C.U.R.E.**(501) 580-4857**

Citizens United for the Rehabilitation of Errants (CURE), P.O. Box
#11554, Conway, AR 72034,

www.arkansascure.org

The state chapter of an international grass roots organization dedicated to
reducing crime through reform of the criminal justice system through
education and advocacy.

Arkansas Cares**(501) 661-0720**

Methodist Health Services, 2002 South Fillmore, Little Rock, AR 72204

(501) 661-7979

Transitional housing for women with children or who are pregnant with
substance abuse or mental health issues, who have completed an approved
OADAP residential treatment program.

Arkansas Department of Career Education**(501) 833-1490**

Arkansas Rehabilitation Services,
525 West capitol Avenue, Little Rock, AR 72201,
www.ace.arkansas.gov

Provides education and employment support for Arkansans with felony
backgrounds and diagnosed disabilities.

Arkansas Department of Workforce Services**(501) 682-0228**

5401 South University Avenue, Little Rock, AR 72209,
www.dws.arkansas.gov

Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX,
phone, copy machine, computer lab job search related use only.

Arkansas Time After Time**(501) 444-2828**

P.O. Box #11491, Conway, AR. 72034,
www.arkansastimeaftertime.org

The local chapter of a national advocacy group dedicated to addressing
issues specific to registered sex offenders.

- Center for Women in Transition** (501) 372-5522
P.O. Box #3461, Little Rock, AR 72203,
www.cwitlr.org
Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline.
- Chance Sobriety** (501) 851-8484
12127 Gabriel Lane, North Little Rock, AR 72118
Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Sex offenders welcome. Call for fees.
- City of Faith** (501) 615-1090
1401 South Garfield, Little Rock, AR 72204
Transitional housing facility for men and women released from **Federal** prison.
- Compassion in Action** (501) 517-8079
4314 Landers Road, Bldg. #2 North Little Rock, AR 72117,
www.compassioninactionofar.org
Compassion In Action is a re-entry program which provides structure, training, education, and mentoring to ex-offenders who are preparing to reenter society, and who are already in society that are in need of the mission of “Compassion In Action”. They provide a 12 week, 12 Principles to Success program, job searches, and other resources needed to decrease the recidivism rate by teaching these men and woman how to cope with reentering society, and teaching ex-offenders ways to maximize their God given potential in productive ways.
- F.E.I.P.A., Watershed** (support for ex-offenders & family) (501) 378-0176
Friends and Family of Ex-offenders and Incarcerated Persons Association, Watershed, 3701 Springer Boulevard, Little Rock, AR 72206. Call for times and location.
- Goodwill Industries Reentry Services Program** (501) 372-5100
7400 Scott Hamilton Drive, Little Rock, AR 72209,
www.goodwillar.org
Assistance for reentering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity (TEO) program: a 16-week paid training program for reentering citizens without violent or sexual charges on their background.
- Gyst House** (501) 568-1682
8101 Frenchmans Lane, Little Rock, AR 72209,
www.gysthouseinc.com
Transitional housing for men and women with substance abuse issues.
- Hoover Center** (501) 663-4774
3604 West 12th Street, Little Rock, AR 72204
Transitional housing for men and women with substance abuse issues.

- Hope House of Recovery** (501) 351-5164
 3517 West 25th Street, Little Rock, AR 72204
 Transitional housing for Women only.
- Integrity Staffing (Healing Waters Outreach Center)** (501) 650-4753
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as well to find a job that will help meet yours and your family's needs. Integrity Staffing is a traditional staffing/employment agency serving those in need of employment Open Monday thru Friday 8:00am – 4:00PM
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 Working with women returning from incarceration.
- Operation Restore** (501) 712-5423
 10411 West Markham Street, Little Rock, AR 72205
 A temporary employment agency for returning citizens.
- Our House Reentry Program** (501) 374-7383
 302 East Roosevelt, Little Rock, AR 72206,
www.ourhouseshelter.org
 Ext. #218
 The Reentry Program at Our House serves Learning Center students and others via referral. In addition to the job skills, life skills and adult education programming, reentry participants receive one-on-one guidance in building a career plan and navigating potential obstacles to employment.
- Phoenix Recovery Center** (501) 725-4907
 104 North battery, Little Rock, AR 72205
 Transitional housing for women only.
- Quality Living Center, Men's** (501) 663-3490
 3925 Asher Avenue, Little Rock, AR 72204
 Transitional housing for men only.
- Quality Living Center, Women's** (501) 663-3490
 2900 South Cedar Street, Little Rock, AR 72204
 Transitional housing for women only.
- Recovery Center of Arkansas, Riverbend** (501) 614-4607
 1201 River Road, North Little Rock, AR 72114
 Transitional housing for men and women.
- Recovery Center of Arkansas, Williamsburg** (501) 614-4900
 6301 Father Tribou, Little Rock, A 72205
 Transitional housing for men and women with substance abuse issues.

- Safe Harbor of Little Rock** (501) 374-5399
 4800 Springer Blvd., Little Rock, AR 72206
 Transitional housing for men with substance abuse issues.
- Sober Living** (501) 562-0507
 4201 John Barrow Road, Little Rock, AR 72204
 Transitional housing for men and women with substance abuse issues.
- St. Francis House** (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72209
 Transitional housing for Veterans ONLY, referred from the VA Day Treatment Center.
- Transitional Faith-based Therapeutic Community** (501) 475-5705
 7615 Dan Thomas Drive, Little Rock, AR 72205,
www.transitionsfbtc.org
 Transitional housing for men only. Working with drug courts, reentry programs and work release.
- Veteran's Day Treatment Center** (501) 244-1900
 1000 Main Street, Little Rock, AR 72201
 Incarcerated veterans' re-entry program. Provides case-management following release from prison. For veterans **ONLY**. Veteran's Drop-In Day Treatment Center.

Financial & Utility Assistance:

- Central Arkansas Development Council (C.A.D.C.) Little Rock** (501) 603-0909
 5401 South University Avenue, Little Rock, AR 72209,
www.cadc.com
 Providing assistance with utility bills and emergency conservation.
- Centerpoint Energy (Gas)** (800) 992-7552
 Customer Service
- Entergy (Electricity)** (800) 368-3749
 Customer Service
- Pulaski County Tenant-Based Rental Assistance Program** (501) 340-6157
 201 South Broadway, Suite #220, Little Rock, AR 72201
 (TBRA) Tenant Based Rental Assistance, **NOT** section-8, rental assistance program on a funds available basis.
- River City Ministry** (501) 376-6694
 1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
 Assistance with North Little Rock Water bills only. Call Wednesdays at 8:30am to check on availability of funds.

St. Francis House (501) 664-5036
2701 South Elm Street, Little Rock, AR 72209
Assistance with utility bills must have shut-off notice. NO rental assistance available. Call between 8:30 – 10:00am. Must provide photo ID, Social Security card, and proof of income.

Watershed (501) 378-0176
3701 Springer Blvd., Little Rock, AR 72206
Assistance with utility bills (gas, electric, water), rent, funeral expenses, **No phone bill assistance available.** Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred. Must have photo ID.

Food Pantries:

Amboy Community Food Pantry (501) 753-2777
100 Auburn Drive, North Little Rock, AR 72118
Open Monday & Thursday 9:00am – 12:00noon. Proof of North Little Rock residency, and photo ID required.

Bullock Temple (501) 375-1581
1513 South Park Street, Little Rock, AR 72202
Open Monday 1:00 – 2:00pm Thursdays 5:00-7:00pm, appoints preferred, ID required.

Central Baptist Church of North Little Rock (501) 680-1427
4500 North Hills, North Little Rock, AR 72116
Food pantry, open Wednesdays, 3:30 – 5:00pm. Located off North Hills, **NOT** at the church. Serving North Little Rock & Sherwood residents only. Photo ID Required.

Christ Temple Outreach Center (501) 376-1664
1919 South Arch Street, Little Rock, AR 72206
Open Tuesday & Thursday 10:00am – 12:00noon.

Church at Rock Creek (501) 221-1051
11500 West 36th Street, Little Rock, AR 72211,
www.churchatrockcreek.com
Open Tuesday, thru Friday. Call in the mornings between 8:00 & 11:30am to schedule an afternoon appointment. Services available for each person/family at intervals of 5-weeks, 1 service per household. Serving Little Rock and Saline County residents ONLY.

- El Zocalo Immigrant Food Pantry** (501) 758-1525
 5500 Geyer Springs Road, Little Rock, AR 72209
 (inside Geyer Springs United Methodist Church)
www.zocalocenter.com
 El Zocalo Immigrant Food Pantry organized by El Zocalo and Interfaith Arkansas. 1 box of food per month for low income immigrant families or families affected by immigrant detention. No ID necessary.
- First Baptist Church** (501) 225-5656
 2015 Main Street, North Little Rock, AR 72114
 Open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.
- First Christian Church Food Pantry** (501) 835-5505
 1500 North Mississippi Street, Little Rock, AR 72207
 Open Fridays, 10:30am – 12:00noon. Photo ID required.
- First Christian Church of Sherwood** (501) 758-3090
 2803 East Kiehl Avenue, Sherwood, AR 72120
 Open Friday 10:30am – 12:00noon. Photo ID Required, services for families in Sherwood and Jacksonville.
- First Pentecostal Church Food Pantry** (501) 835-2201
 1401 Calvary Road, North Little Rock, AR 72116
 Open Fridays, 1:00pm – 5:00pm. Photo ID required.
- First United Methodist Church** (501) 374-9520
 6701 John F. Kennedy Blvd., North Little Rock, AR 72116
 Open Tuesday 9:30 – 11:00am. Serves North Little Rock and Sherwood residents **ONLY!** Photo ID and one other form of ID required. Vouchers only, for Walmart.
- Gardner Memorial Methodist Food Pantry** (501) 565-3175
 1723 Schaer Street, North Little Rock, AR 72114
 Open Tuesday & Thursday 1:00pm – 3:00pm. Photo ID Required.
 Serves residents of North Little Rock **ONLY.**
- Geyer Springs United Methodist Church** (501) 569-9988
 5500 Geyer Springs Road, Little Rock, AR 72209
 Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72209, 72206 & 72103 Zip Code area **ONLY.** Photo ID required.
- Greater Second Care Center** (501) 372-4388
 5615 Geyer Springs Road, Little Rock, AR 72209,
www.greatersecond.org
 Third Thursdays 10:00am – 12:00noon, Picture I.D. Required.
- Helping Hand of Greater Little Rock** (501) 376-3071
 1601 Marshall Street, Little Rock, AR 72202
www.helpinghand.org
 Open Monday thru Thursday 9:00am – 12:30pm. Must bring Social Security Card. May only access food once each month. Food and inexpensive thrift store clothing available.

- Immanuel Baptist Church** (501) 945-1314
 10500 West Markham Street, Suite #107, Little Rock, AR 72211
 Open Tuesday 10:00am – 2:00pm. ID and proof of residence required.
 For children, must provide proof of guardianship. Serving the following
 Zip Code areas only: 72201, 72202, 72203, 72205, 72207, 72210, 72211,
 72212, 72223 and 72227.
- In Your Hands Ministries, Inc.** (501) 982-4647
 3905 Highway #161 North, North Little Rock, AR 72117,
www.inyourhandsministries.com
 Open Tuesdays 8:00am – 12:00noon. Present photo ID, Once a month
 per household.
- Jacksonville Care Channel** (501) 565-5536
 201 North Elm Street, Jacksonville, AR 72076
 Open Monday, Wednesday, & Friday 10:00am – 1:00pm. Serves
 residents of Jacksonville, 72076 zip code area **ONLY**. To qualify one
 must be on food stamps. Must bring proof of Jacksonville residency,
 Social Security card or birth certificates of each listed family member,
 pay stubs, and food stamp approval letter.
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 455-0900
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 Connecting Streams Family Food Pantry open 2nd, 3rd & 4th Sundays
 12:00-2:00pm.
- Lakeshore Drive Baptist Church** (501) 296-9114
 21 Lakeshore Drive, Little Rock, AR 72204
 Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the
 72204 Zip Code area **ONLY**.
- Liberty Hill Baptist Church** (501) 562-3336
 1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
 Open 2nd Monday, 3:00pm – 6:00pm, Photo ID Required.
- Little Rock Church** (501) 374-5832
 10701 West Baseline Road, Little Rock, AR 72209
 Open every other Monday 5:00pm – 6:30pm.
- Little Rock Compassion Center** (501) 663-9407
 3618 West Roosevelt, Little Rock, AR 72204
 Open Tuesday and Thursday 9:00am – 11:00am.
- Mosaic Church of Central Arkansas** (501) 753-1109
 6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204
 Open Tuesday 2:00pm – 3:30pm, must reside in the 72204 area, First
 come first served.

- Mount Zion Baptist Church** (501) 570-0048
 924 Cross Street, Little Rock, AR 72202
 Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon.
- Oak Forest United Methodist Church** (501) 664-3600
 2415 Fair Park Blvd., Little Rock, AR 72204,
www.oakforrestumc.com
 Open 1st and 3 Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area only.
- Park Hill Christian Church** (501) 375-1600
 4400 John F. Kennedy Blvd., North Little Rock, AR 72116
 Open Tuesday 9:30am – 12:30pm. Serving North Little Rock residents.
- Promiseland Church Ministries** (501) 376-6694
 4520 South University, Little Rock, AR 72204,
www.attheland.org
 Open Wednesdays 5:30pm – 7:00pm. Must complete application. ID Required.
- Pulaski Heights United Methodist Church** (501) 664-5036
 4823 Woodlawn Drive, Little Rock, AR 72205
 Saturday food delivers to those within the Little Rock City limits who have been referred from DHS and school counselors.
- Quapaw Quarter United Methodist Church** (501) 753-4318
 1601 South Louisiana Street, Little Rock, AR 72206
 Groceries are distributed between 1:00pm – 3:00pm on the first and third Tuesdays of each month, except August.
- River City Ministry** (501) 537-8658
 Day Services for the Homeless,
 021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
 Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only, Must provide photo ID.
- Salvation Army** (501) 223-2323
 1505 West 18th Street, North Little Rock, AR 72115,
www.SalvationArmyCentralArkansas.org
 Food Pantry open Monday, Wednesday, and Friday, 9:30am – 12:00 and 1:00 – 3:00pm. Bring photo ID, proof of income, proof of expenses and lease or rental agreement. Serving the North Little Rock area.
- Second Baptist Church** (501) 835-1612
 1709 John Barrow Road, Little Rock, AR 72204
 Open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00noon. Photo ID and utility bill, or current vehicle registration required.
- St. Francis House** (501) 565-4966
 2701 South Elm Street, Little Rock, AR 72209
 Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card.

- St. John Missionary Baptist Church Unto Others Food Pantry** (501) 374-3528
 2501 South Main Street, Little Rock, AR 72206
 Open the 2nd & 4th Thursday of each month, 9:00am – 3:00pm. Must complete application, photo ID Required. During winter weather months open only once a month.
- Sylvan Hills Community Church, Crisis Corner** (501) 955-3444
 8019 Hwy #107, Sherwood, AR 72120
 Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood residents only.
- Temple Baptist Church – Food Pantry** (501) 378-0176
 10710 Interstate #30, Little Rock, AR 72209
 Open every other Monday 6:00pm. Must register with the food pantry with each use.
- The Van (The One Inc.)** (501) 374-8060
 P.O. Box #250061, Little Rock, AR 72225,
www.theoneinc.org
 Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.
- Union A.M.E. Church Food Cooperative** (501) 301-4652
 1825 South Pulaski Street, Little Rock, AR 72206
 Open 2nd Wednesday of each month, 1:00 - 3:30pm. Call to confirm time.
Bilingual
- Watershed** (501) 516-1602
 3701 Springer Blvd., Little Rock, AR 72206
 Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure food is available. Appointments and referrals are preferred. Social Security card or number is preferred. Must have photo ID.

Furniture:

- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 Used furniture please call for availability.
- St. Francis House** (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72209
 Open Monday thru Friday 8:30 – 11:30am & 1:00 – 3:00pm. Must provide photo ID, Social Security card.

Sylvan Hills Church of Christ Furniture Ministry (501) 835-4141
9305 Hwy 107, Sherwood, AR 72120
Visit the church between 8:00am and 4:00pm, Monday thru Friday to fill out the needs form and meet with staff. Must have photo ID

Watershed (501) 378-0176
3701 Springer Blvd., Little Rock, AR 72206
Open Monday thru Friday 8:00am – 5:00pm. Call before coming to insure furniture is available. Must have photo ID.

Health Care Services:

12th Street Health and Wellness Center (501) 614-2492
4010 West 12th Street, Little Rock, AR 72204,
www.healthon12th.uams.edu
Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support, Chronic disease management (Hypertension, Diabetes, and Cholesterol.) Medical counseling and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling.

Arkansas Children's Hospital (501) 364-1202
General Pediatric & After Hours Clinic
1 Children's Way, Little Rock, AR 72202
Children's after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am – 7:45pm.

Clínica el Samaritano (501) 350-2518
7002 Baseline Road, Little Rock, AR 72209
Open the 1st and 3rd Tuesdays 5:30pm.
Bilingual

Clínica el Samaritano (501) 350-2518
El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209
Appointment only, the sign up is usually put on front door night before. Limit 15 appointments perday. \$10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm (subject to change) Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios)

College Station Clinic (501) 490-2440
4206 Frazier Pike, College Station, AR 72053
Open Mondays thru Friday, 8:00am – 5:00pm. Saturday 8:00 - 12:30pm, appointments recommended, proof of income, Social Security card required. Minimum co-pay of \$15.00 depending on income.

- Community of Grace Health Clinic** (501) 916-2340
 En edificio de Tyler Street Annex (in Tyler Street Annex Building)
 2106 South Tyler Street, Little Rock 72204
 Must be uninsured and live in 72204. Medical and gynecological clinics.
 Proof of address required. Spanish interpreters available. \$5/visit. Sólo
 atienden a personas sin seguro médico que viven en 72204. Requieren
 prueba de dirección. Hay interpretes. Clínica médica y de ginecología.
 \$5/visita.
- Esperanza “Hope” Neighborhood Clinic (Spanish)** (501) 562-1114
 2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209 **Bilingual**
 Primary care clinic, open Thursday, 5:15am – 8:00pm, closed the 5th
 Thursday of each month, primarily serving clients in the 72209 Zip code
 area. Entrance around the back. By appointment **ONLY**. \$5.00 co-pay.
 Have Spanish interpreters available.
- Harmony Health Clinic** (501) 375-4400
 201 East Roosevelt Road, Little Rock, AR 72206
 Open Monday thru– Friday, 9:00am - 1:00pm to pick-up and return
 application packet. Appointments required to see doctors. NO WALK-INS.
- Hospice Home Care, Inpatient Center** (501) 221-3338
 2200 South Bowman, Little Rock, AR 72211,
www.hospicehomecare.com
- Hospice Home Care** (501) 296-9043
 12120 Colonel Glenn Road Suite 6400 LR AR 72210,
www.hospicehomecare.com
 When someone you love has an advanced life-limiting illness, Hospice
 Home Care staff and volunteers are there to offer options that maximize
 comfort and maintain dignity. Hospice treats the person instead of the
 disease; focuses on the family instead of just the individual; and
 emphasized the quality of life instead of its duration. Hospice care allows
 terminally ill patients and their families to experience the end of life
 together in the comfort and security of a homelike setting.
- Jacksonville Health Unit** (501) 982-7477
 3000 North 1st Street, Jacksonville, AR 72076
 Open Monday thru Friday, 8:00am – 4:30pm, appointments required,
 proof of income and ID required. Free or low cost health screenings,
 birth control, STD, HIV / AIDS testing and referrals. No physicals.
- John L. McClellan Veterans Hospital** (501) 257-1000
 4300 West 7th Street, Little Rock, AR 72205
 Medical care and treatment for veterans **ONLY**.
- Liberty Hill Baptist Church** (501) 374-8060
 1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
 Health screening Nurse available 2nd Monday, 3:00pm – 6:00pm.

- Maumelle Medical Center** (501) 803-9990
 501 Millwood Circle, Suite E, Maumelle, AR 72113
 Open Monday thru Thursday, 8:00am – 5:00pm, Friday 8:00am – 12:00noon.
- North Little Rock City Health Department** (501) 791-8551
 2800 North Willow Street, North Little Rock, AR 72114
 Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings, minimum \$5.00 fee. Birth control, STD, HIV / AIDS testing immunizations, and referrals. No physicals.
- Open Hands Clinic** (501) 244-2121
 1225 Martin Luther King Jr. Drive, Little Rock, AR 72202
 Open Monday 8:00am – 7:00pm, Tuesday and Wednesday 8:00am – 5:00pm, Thursday 8:00 – 12:00noon, Friday 8:00am – 5:00pm.
 Appointments preferred, Social Security card & ID required must be homeless, in shelter, or in transitional housing.
- Pulaski County Central Health Unit** (501) 280-3100
 3915 West 8th Street, Little Rock, AR 72204
 Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.
- Pulaski County S.T.D. Clinic** (501) 280-3100
 3915 West 8th Street, Little Rock, AR 72204
 Open Monday thru Friday, 8:00am – 4:30pm, appointments required, photo ID required. Free or low cost STD, HIV / AIDS testing and referrals. \$5.00 records maintenance fee without Medicaid.
- River City Ministry** (501) 376-6694
 Day Services for the Homeless,
 1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
 By appointment only, Call Monday, Wednesday or Friday at exactly 10:00am for appointments, serving adults. \$5.00 cash required at each visit. Cash Only.
- Shepherds Hope** (501) 614-9523
 Neighborhood Health Center, 2404 Tyler Street, Little Rock, AR 72204,
www.oakforrestumc.com
 By appointment only, open Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required.
- St. Francis House** (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72204
 Prescription refills. Open Monday & Wednesday 9:00 – 11:00am. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide photo ID, Social Security card.

- St. Vincent - Gardner Memorial Community Clinic** (501) 552-3241
 1723 Schaer Street, North Little Rock, AR 72114
 Walk-ins accepted must be present on Mondays between 7:00am and 7:30am. Doors open at 8:00am. Serves uninsured **ONLY**.
- St. Vincent - Glenview Community Clinic** (501) 552-3241
 4800 East 19th Street, North Little Rock, AR 72117
 Appointments required, call 552-3241. Appointments available Thursdays, begin at 8:00am. Proof of income required.
- St. Vincent Health Clinic East** (501) 552-4710
 2500 East 6th Street, Little Rock, AR 72202
 Open Monday thru Thursday, 8:00am – 4:30pm, Friday, 8:00am – 12:00pm, fees based on sliding scale, Office visit \$230.00 with proof of income. Labs \$5.00 ach. Call for appointment. No walk-ins.
- St. Vincent Health System - St. Francis House Clinic** (501) 552-3241
 2701 South Elm Street, 3rd floor, Little Rock, AR 72204
 Appointments required, call 552-3241. Appointments available Tuesdays and Wednesdays, beginning at 8:00am. Proof of income required.
- Stew Pot** (501) 372-1804
 First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201
 Medical screenings with a nurse Friday, 12:00pm – 1:00pm. With a Dr. and/or nurse the third Thursday 12:00pm – 1:00pm.
- Towbin Healthcare & VA Medical Center** (501) 257-1000
 2200 Fort Roots Drive, North Little Rock, AR 72114
 Ext. #3
 Medical care, treatment and domicile available to veterans **ONLY**.
- U.A.M.S. Clinic (Appointments)** (501) 686-8000
 4301 West Markham, Little Rock, AR 72205
 Ext. #2
www.uams.edu
 Open Monday thru Friday, 7:30am – 5:00pm, appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of \$50.00 required.
- Watershed** (501) 378-0176
 3701 Springer Blvd., Little Rock, AR 72206
www.nebowatershed.com
 Assistance with medications. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred.
- Westside Free Medical Clinic** (501) 664-0340
 2000 Camp Aldersgate Road, Little Rock, AR 72205
 Ext. 356 English
 Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available.
 Ext. 335 Spanish

Dental Clinics:

- 12th Street Health and Wellness Center** (501) 614-2492
4010 West 12th Street, Little Rock, AR 72204
www.healthon12th.uams.edu
Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support.
Dental hygiene, extractions, screenings and referrals.
- Harmony Health Clinic** (501) 375-4400
201 East Roosevelt Road, Little Rock, AR 72206
Call for information.
- River City Ministry** (501) 376-6694
Day Services for the Homeless
1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
By appointment only. For Pulaski County residents only. \$5.00 cash
payment required per visit.
- Shepherds Hope** (501) 614-9523
Neighborhood Health Center, 2404 Tyler Street, Little Rock, AR 72204
www.oakforrestumc.com
By appointment only, serving the 72204 and 72209 zip codes.
Extractions only. Proof of residency required. Appointments Tuesday
5:30 – 8:30pm Call Tuesdays at 1:00pm for a same day appointment.
- St. Vincent Health Clinic East** (501) 552-4710
2500 East 6th Street, Little Rock, AR 72202
Open Monday thru Thursday 8:00 – 10:30am, 1:00 – 2:30pm, Friday 8:00 –
12:00noon. Appointments preferred, walk-ins accepted. Simple extractions \$55,
surgical extractions \$100. Fillings \$50 - \$80. Cleaning \$60.
- U.A.M.S. Dental Hygiene Student Clinic** (501) 686-5733
4301 West Markham, Little Rock, AR 72205
Allows students to perform x-rays and teeth cleaning for \$25.00 per visit.
Provides many basic services: Examination, Cleaning, X-rays, Pit &
Fissure Sealant. Hours vary. Call for appointment.

Eye Clinics:

- River City Ministry** (501) 376-6694
Day Services for the Homeless
1021 East Washington, North Little Rock, AR 72114
www.rivercityministry.org
By appointment only. Call for appointments, serving adults. \$5.00 cash
payment required at each visit.

Shepherds Hope (501) 614-9523
Neighborhood Health Center
2404 South Tyler Street, Little Rock, AR 72204
www.oakforrestumc.com

By appointment only, serving the 72204 & 72209 zip code. Proof of residency required. Located in the basement of the fellowship hall of the church. Enter through the back door by the playground.

Housing & Shelters:

A.B.B.A. House (501) 666-9718
1002 South Oak Street, Little Rock, AR 72204

Provides shelter for homeless and/or pregnant women, Non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.

Center for Women in Transition (501) 372-5522
P.O. Box #3461, Little Rock, Arkansas 72203
www.cwitlr.org

Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline.

Centers for Youth and Families, Youth Emergency Shelter (501) 666-7233
6425 West 12th Street, Little Rock, AR 72204

Shelter for homeless and runaway youth, ages 8 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients.

Cumberland Towers (501) 340-4724
311 East 8th Street, Little Rock, AR 72202
Must be over 50 years of age with no dependents.

Dorcas House (501) 374-4022
A Division of Union Rescue Mission
823 South Park Street, Little Rock, AR 72202
www.urmission.org

Women's domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are **NOT** permitted to remain with women in Recovery Program. Wheelchair accessible.

Empowerment Village (501) 663-7223
3604 West 12th Street, Little Rock, AR 72204
Ext. #210

For Arkansans with special needs, ie.: limited income, homeless or has disability affecting their income and need for supportive services.

- Family Promises of Pulaski County** (501) 372-0733
 222 East 8th Street, Little Rock, AR 72202
www.familypromisepc.org
 Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18.
- Firm Foundation Ministries** (501) 945-7412
 2200 East Broadway, North Little Rock, AR 72114
 Shelter for men, age 45 and above.
- Fred W. Paris Towers** (501) 340-4752
 1800 South Broadway, Little Rock, AR 72206
 Must be over 50 years of age with no dependents.
- Freewill Baptist Family Ministries** (501) 663-3129
 3600 West 11th Street, Little Rock, AR 72204
 Emergency shelter for DHS involved children ages 6 to 17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school.
- Gaines House** (501) 376-4015
 1702 Gaines Street, Little Rock, AR 72206
 Transitional home for women with disabilities. Call for cost and other information.
- Hand Up Housing of Arkansas** (501) 658-1449
 620 Curtis Sykes Drive, North Little Rock, AR 72114
 Homeless and transitional housing. The first step in graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency.
- Hoover Treatment Center** (501) 663-4774
 3604 West 12th Street, Little Rock, AR 72204
 Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees.
- Jesse Powell Towers** (501) 340-4766
 1010 Wolfe Street, Little Rock, AR 72202
 Must be over 18 years of age with no dependents.
- Little Rock Compassion Center (Men's)** (501) 296-9114
 3618 West Roosevelt Road, Little Rock, AR 72204
 Men's homeless shelter must have ID and be over 18. No weapons, must be sober, no medical services available.
- Little Rock Compassion Center (Women's)** (501) 663-2972
 4210 Asher Avenue, Little Rock, AR 72204
 Women's homeless shelter must have an ID and be over 18. Check-in after 3:00pm.

- Metropolitan Housing Alliance** (formerly Little Rock Housing Authority) (501) 340-4821
 100 Arch Street, Little Rock, AR 72201
 Must meet HUD and Public Housing Authority requirements as to income, and citizenship status. Those with a violent /drug related misdemeanor conviction are not eligible to apply for 3 years and those with a violent /drug related felony conviction are not eligible to apply for 7 years. No sex offenders.
- Nehemiah House** (501) 374-1108
 A Division of Union Rescue Mission
 2921 Springer Blvd, Little Rock, AR 72216
www.urmission.org
 Men's homeless shelter, 4-free days per month, free if the weather is below freezing, after that \$6.00 per day (includes breakfast and dinner.) You must be out of the building daily by 7:00am. Once in at night you cannot leave and re-enter. Weapons, tobacco, cell phones, drugs and alcohol not permitted on the property. Work Program – 36-bed facility for working homeless – This program is 6 months and for the working homeless. Facility and campus are tobacco free. \$6-day cost after 4 free days per month. Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Wheelchair accessible.
- Our House** (501) 375-2416
 302 East Roosevelt, Little Rock, AR 72206 (501) 374-7383
www.ourhouseshelter.org
 Working shelter for men, women, and families, wheelchair accessible, long term shelter available (up to 2-years). Many educational programs, meals, clothing and classes available, domestic violence recovery. Must be working a minimum of 32 hours a week soon after moving in.
- P.A.T.H. Human Trafficking Statewide Crisis Helpline** (501) 301-4357
 Número para víctimas de trata de blancas (501) 993-1641
 P.O. Box #20166, Little Rock, AR 72221
 Providing shelter for women who are victims of human trafficking.
- Project Based Section-8 Apartments:** (Based on Income - No Voucher Needed)
 Section-8 Accepted
- Asbury Park** (501) 225-1931
 8500 Michael Court, Little Rock, AR 72204
- Auxora Arms Apartments** (501) 562-8593
 101 Auxor Road, Little Rock, AR 72209
- Brook Valley Apartments** (501) 227-5894
 1100 Brookside Drive, Little Rock, AR 72227
- Buffington Towers** (501) 372-6434
 224 East 7th Street, Little Rock, AR 72202
- Eastview Terrace** (501) 372-6606
 1200 Geyer Street, Little Rock, AR 72202

Fair Oaks Apartments 9600 West 36 th Street, Little Rock, AR 72204	(501) 227-5466
Terrace Green Housing 8223 Scott Hamilton Drive, Little Rock, AR 72209	(501) 565-1309
Westbridge I & II 2123 Labette Manor Drive, Little Rock, AR 72205	(501) 224-3122
Salvation Army 1111 West Markham, Little Rock, AR 72201 www.SalvationArmyCentralArkansas.org Emergency shelter for men, women, and families, opens at 6:15pm.	(501) 374-9296 (501) 374-8636 After 5:00pm
Sober Living 4201 John Borrow Road, Little Rock, AR 72204 In patient drug and alcohol abuse transitional housing facility for men and women. Minimum stay of six (6) months, fee based programs. Court approved alternative to incarceration.	(501) 562-0507
St. Francis House 2710 South Elm Street, Little Rock, AR 72204 Residential placement for veterans thru the Veterans Day Treatment Center.	(501) 664-5036
Veteran's Day Treatment Center 1000 Main Street, Little Rock, AR 72201 Provides access for veterans to VA programs including the St. Francis House listed above.	(501) 257-4499
Women and Children First Address Withheld, Little Rock, AR www.wcfarkansas.org Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education.	(501) 376-3219 Toll Free Hot-Line 800-332-4443

Immigrants and Undocumented Persons Resources:

Arkansas Coalition Against Domestic Violence

1401 West Capitol - Suite #170, Little Rock, AR 72201,

www.domesticpeace.com

www.domesticpeace.com/shelters.html (local info)

The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger** call 911, Your local hotline (see local info, above) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamos al 800-269-4668 ó a la línea nacional 800-799-7233.

(501) 907-5612

(800) 269-4668

Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos

P.O. Box #9296, Fayetteville, AR 72703

www.arkansasassociations.org

The Arkansas United Community Coalition (Arkansas Unidos) is an immigrants rights organization that was founded to bring together Arkansas-based organizations and individuals, with the mission to promote meaningful immigrant integration at the local and state levels.

(501) 326-1779

(479) 763-2822

ARKids – seguro médico para niños / medical insurance for children

www.arkidsfirst.com/home

Lunes a viernes Monday through Friday 8:00am - 4:30pm

(888) 474-8275

Catholic Immigration Services — Little Rock

2500 North Tyler Street, Little Rock, AR 72207

By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immigration-related needs. Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants. Counseling for immigrant victims of domestic violence and trafficking.

(501) 664-0340

Ext. #314

Clínica el Samaritano

El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209

Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) Appointment only, the sign up is usually put on front door night before. Limit 15 appointments/day. \$10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm (subject to change)

(501) 350-2518

Community of Grace Health Clinic**(501) 916-2340**

En edificio de Tyler Street Annex (in Tyler Street Annex Building)
2106 South Tyler Street, Little Rock 72204

Sólo atienden a personas sin seguro médico que viven en 72204.
Requieren prueba de dirección. Hay intérpretes. Clínica médica y de ginecología. \$5/visita. Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. \$5/visit

El Consulado de México en Little Rock**(501) 372-6933**

3500 South University Avenue, Little Rock, AR 72204
consulmexlir@comcast.net

Lunes a Viernes, 8:00am - 5:00pm. A través del Programa de Protección y Asistencia a las Víctimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido víctimas de:

- Violencia doméstica
- Discriminación laboral
- Violación de derechos laborales
- Abuso a menores
- Secuestro de menores
- Abuso sexual

El Zocalo Immigration Resource Center**(501) 301-4652**

5500 Geyer Springs Road, Little Rock, AR 72209
(inside Geyer Springs United Methodist Church)
www.zocalocenter.com ~ lrimmigrantcenter@gmail.com

El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. May call for additional assistance with accessing resources. El Zócalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. También ofrecen educación para los inmigrantes y lo demás. Se puede contactar para más información.

Esperanza “Hope” Neighborhood Clinic (Spanish)**(501) 562-1114**

2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209

Solo por cita. Principalmente para 72209. \$5/visita. Hay intérpretes. Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209. \$5/visit. Spanish interpreters available. Thurs 5:15pm-8:00pm, closed the 5th Thursday of each month. By appointment **ONLY**. \$5.00 co-pay. Spanish interpreters available.

Human Trafficking Statewide Crisis Hotline (P.A.T.H.)**(501) 301-4357**

Número para víctimas de trata de blancas

(501) 993-1641

P.O. Box #20166, Little Rock, AR 72221

(888) 373-7888

PATH is part of a growing network of non-profit organizations confronting human trafficking head on.

Latino Clinic (in Arkansas Children's Hospital)

1 Children's Way, Little Rock 72202

(501) 364-4000**Ext. #9**

Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas de bajos ingresos. Personal bilingüe. Requieren una referencia de un médico. Los viernes por la tarde. Treatment for children with complex medical conditions and whose families speak Spanish. Also has a low-income legal office. Bilingual staff. Must have a physician referral. Friday afternoons.

Legal Aid of Arkansas – Ayuda Legal de Arkansaswww.arlegalservices.orgwww.laalitc.org – tax help**(501) 376-3423****(800) 952-9243**

Ayuda en prepara impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, beneficios públicos, veteranos/militares y sucesiones testadas e intestadas. Para impuestos/

Número Nacional de Crisis/Para Prevención del Suicidio

National Suicide/Crisis Hotline

(888) 628-9454**en Español****(800) 273-8255****in English****Premier Staffing - Dotación de Personal Premier**

10901 Financial Centre Parkway, Little Rock, AR 72211,

www.premierstaffinginc.com**(501) 223-8367**

Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web y una vez registrado comunicarse al telefono.

Westside Free Medical Clinic (Spanish)

2000 Camp Aldersgate Road, Little Rock, AR 72205

(501) 664-0340**Ext. 356 English**

Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available.

Ext. 335 Spanish

Legal Services:

American Civil Liberties Union (A.C.L.U.)

(501) 374-2660

904 West 2nd Street, Suite #1, Little Rock, AR 72201,
www.acluarkansas.org

The ACLU Provides legal representation in selected cases involving a violation of Civil Liberties. The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, Intersexual) rights, and reproductive freedom.

Center for Arkansas Legal Services

(501) 376-3423

1300 West 6th Street, Little Rock, AR 72201
www.arlegalservices.org

(800) 950-5817

Free legal assistance to low income people in civil, non-criminal cases. Call help line Monday thru Friday, 9:00 – 11:00am & 1:00 – 3:00pm Find legal documents for self-representation on website.

Disability Rights Center

(501) 296-1775

1100 North University Avenue, Suite #201, Little Rock, AR 72207

(800) 482-1174

Advocacy group supporting the rights of the disabled. Monday thru Friday 9:00am – 5:00pm.

On-Line Information on Free Legal Services in Arkansas

www.usattorneylegalservices.com/free-legal-aid-Arkansas.html

U.A.L.R. William H. Bowen, School of Law Legal Clinic

(501) 324-9441

1201 McMath Avenue, Room #105, Little Rock, AR 72202

Litigation, Mediation, Consumer Protection, and Tax Clinics. Usually available in January or August (at the beginning of each semester). Special mediation clinic for special education students and their families.

LGBT Resources: (Lesbian, Gay, Bisexual, Transgender)

Arkansans for Equality (501)-444-2575
P.O. Box 13066, Maumelle, AR 72113
Arkansansforequality@gmail.com

AFE is an organization supporting equality for all Arkansans.

Arkansas Coalition Against Domestic Violence (501) 907-5612
1401 West Capitol, Suite #170, Little Rock, AR 72201
www.domesticpeace.com (800) 269-4668

The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger** call 911, Your [local hotline](#) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: 866-331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamos al 800-269-4668 ó a la línea nacional 800-799-7233.

Arkansas Transgender Equality Coalition
805 N. Buchanan, Little Rock, AR 72205
www.artranscoalition.org

A statewide transgender organization led by transgender people collaborating with supporters in advancing needed education, resources and inclusion in AR.

Center for Artistic Revolution (CAR) (501) 244-9690
P.O. Box #2300, North Little Rock, AR 72114
www.car4ar.org

Providing programs and advocacy for the Arkansas LGBTQI community.

Central Arkansas Integrity

Christ Episcopal Church, 509 Scott Street, Little Rock, AR 72201

Integrity's mission is to inspire and equip the LGBT community and their allies to proclaim and embody God's all-inclusive love for LGBTQ persons and those who love them. Integrity's vision of its success is that all thrive as a beacon of love, justice, and compassion, where everyone is equally embraced and empowered.

Central Arkansas Pride (CAP) (501) 213-6543
P.O. Box #250096, Little Rock, AR 72225
www.centralarkansaspride.com

CAP organizes the annual Little Rock Pride Parade and Festival in October as well as helps organize local programming and the PFLAG Pride scholarship fund. The mission of Central Arkansas Pride is to raise awareness of diversity in the community and recognize the positive contributions of the LGBT community in Arkansas through celebration and education.

Diverse Youth for Social Change (D.Y.S.C.) (501)-244-9690
800 Scott Street, Little Rock, AR 72201
(Located inside the First Presbyterian Church)
www.car4ar.org

Meets every Friday night at 6:30pm, for youth ages 13-22.

Human Rights Campaign (HRC) Arkansas (501) 650-5644
PO Box 251703, Little Rock, AR 72225
hrcarkansas@hrc.org

The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual and transgender equality. HRC envisions a world where LGBT people are embraced as full members of society at home, at work and in every community

Lucie's Place (855) 582-4377
300 South Spring Street, #803, Little Rock, AR 72201
www.luciesplace.org

Lucie's Place works with homeless Lesbian, Gay, Bisexual & Transgender young adults in the Central Arkansas area. They can currently assist with free counseling, food, toiletries, bus passes, phone minutes, cell phones, etc. for LGBT homeless young adults. Their hotline is open 24/7 for individuals to call for support & they are working to open housing for LGBT homeless young adults.

Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock (501)-291-2507
800 Scott Street, Little Rock, AR 72201

Meets first Friday of each month. Call for location.

The Trevor Project (866) 488-7386
www.thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Meals Available:

Broadway Bridge Project
708 West 2nd Street

Serving dinner Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm.

Canaan Missionary Baptist Church (501) 374-0485
1700 South State Street, Little Rock, AR 72206

Serving the homeless and hungry each 4th Saturday of the month from 12:30 - 1:00pm, under the parking deck on 8th & Main.

- Canvas Community** (501) 492-6815
 1111 W 7th Street, Little Rock, AR 72201
www.welovelittlerock.org
 Dinner and a Movie Wednesdays 3:30 – 7:30pm. Lunch served Saturdays
 11:30 – 12:30. Art program Fridays 2:00 – 4:00pm.
- Community Chapel PCG** (501) 758-8787
 5205 Standridge Road, North Little Rock, AR 72118
 Lunch served Wednesday's 11:00am – 1:00pm.
- Covenant of Zion Cathedral Church** (501) 773-0623
 3023 West 12th Street, Little Rock, AR 72204
 The Lords Plate. Every Tuesday and Thursday from 11:30am to 1:00pm
 lunch is served to the homeless and less fortunate. This ministry focuses
 on the whole person.
- Feed the Hungry**
 1111 West Markham, Little Rock, AR 72201
robertj1940@hotmail.com
 Serving breakfast Mon-Fri at 7:00 am, 52 weeks a year, holidays
 included, at the Salvation Army. Feeding about 110 meals daily for more
 than ten years.
- From His Throne Ministries** (501) 944-1209
 1101 West Markham. Little Rock, AR 72201
 Serving lunch Sundays, 11:00am. Following a church service.
- In Your Hands Ministries, Inc.** (501) 945-1314
 3905 Highway #161 North, North Little Rock, AR 72117,
www.inyourhandsministries.com
 Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch
 12:00pm - 1:00pm. Food distribution every Tuesday, 7:00am - 12:00pm.
- Jericho Way, Homeless Day Resource Center** (501) 297-0991
 3000 Springer Blvd., Little Rock, AR 72206
www.depaulusa.org
 Homeless day center, open Monday thru Friday, 7:30am - 3:00pm.
 Breakfast served at 7:30am Lunch served at 11:00am, Monday thru Friday.
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
 Meals served to children in the afterschool program. Meals served to the
 hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm
- Metro Worship Center** (501) 951-1333
 2914 South Cumberland Street, Little Rock, AR 72206
 Lunch and clothes closet 3rd Saturday each month, Church bus picks-up at
 10:00am at Canvas Community Church, at the downtown public library
 and at the Little Rock bus depot.

- New Life Ministries** (501) 730-1904
 12506 Highway #165, North Little Rock, AR 72117
www.newlifelnr.com
 Serving dinner in the parking lot behind the Little Rock city hall,
 Sundays, 5:30pm.
- Pleasant Valley Church of Christ** (501) 319-4754
 10900 Rodney Parham, Little Rock, AR 72212
 Meals served the first Sunday at 12:00noon at From His Throne
 Ministries, 1101 West Markham, Little Rock, AR 72201.
- Quapaw Quarter United Methodist Church** (501) 375-1600
 1601 South Louisiana Street, Little Rock, AR 72206
 Meal service Sundays only, Community Breakfast at 9:00am – 10:00am
 and Stone Soup Dinner at 3:00pm.
- River City Ministry** (501) 376-6694
 1021 East Washington Avenue, North Little Rock, AR 72214
www.rivercityministry.org
 Monday thru Friday, following the 11:30 Devotional. Sunday's food and
 fellowship 2:00pm.
- Saint Mark Baptist Church** (501) 663-3955
 5722 West 12th Street, Little Rock, AR 72204
 Serving 4th Saturday of each month 10:00am – 1:00pm.
- Salvation Army** (501) 374-9296
 1111 West Markham Street, Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org
 Breakfast served daily, 7:00 – 7:30am. Dinner served daily, 5:30 –
 6:00pm.
- Stew Pot** (501) 372-1804
 First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201
 Free lunch served Monday thru Friday, 12:00 – 1:00pm. Not handicapped
 accessible.
- The Van (The One Inc.)** (501) 955-3444
 P.O. Box #250061, Little Rock, AR 72225
www.theoneinc.org
 Mobile homeless services, locating and serving unsheltered homeless on
 the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as
 sundries and materials to enhance basic living conditions.

Mental Health Care/Treatment:

- Bridgway Hospital** (501) 771-1500
21 Bridgway Road, North Little Rock, AR 72113
Private inpatient hospital, most insurance accepted. Payment required.
- Centers for Youth and Families** (501) 666-8686
6601 West 12th Street, Little Rock, AR 72204
Outpatient clinic for youth 20 and under.
- Family Service Agency** (501) 372-4242
628 West Broadway, Suite #300, North Little Rock, AR 72114
www.helpingfamiliesfirst.org
Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees.
- Jacksonville (501) 982-7515
 - Sherwood (501) 835-4174
 - North Little Rock (501) 955-7600
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Licensed mental health professionals on staff, call for fees and appointments.
- Little Rock Community Mental Health Center** (501) 686-9300
1100 North University Avenue, Suite #200, Little Rock, AR 72207
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done in person same day or next day. Medicare, Medicaid and insurance accepted. Call Monday thru Friday, 8:00am – 5:00pm.
- Network of Wellness** (501) 221-7238
700 South Schiller Street, Little Rock, AR 72201
Open Monday thru Friday 1:00 – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.
- Professional Counseling Associates** (501) 221-1843
3601 Richards Road, North Little Rock, AR 72117
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics at:
- U.A.M.S. Walker Family Clinic (Appointments)** (501) 526-8200
4301 West Markham, Little Rock, AR 72205
www.uamshealth.com
Open Monday thru Friday, 7:30 – 5:00pm, appointments required, proof of income and ID required, co-pay required.

Substance Abuse Treatment & Recovery:

AA World Service Office (212) 870-3400
www.aa.org/pages/en_US/find-local-aa

Contact information, place, date and times for AA meetings worldwide.

Al-Anon and Alateen (501) 372-5234
www.ar.al-anon.alateen.org

Al-Anon groups offer fellowship for relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. They believe that alcoholism is a family illness and that changed attitudes can aid in recovery.

Arkansas AA Central Service Office (501) 664-7303
7509 Cantrell Road, #106, Little Rock, AR 72207
www.arkansascentraloffice.org

Providing contact information, place date and times for Alcoholics Anonymous meetings throughout Arkansas.

Cocaine Anonymous (C.A.) (501) 301-4827
www.caarkansas.org

C.A. is concerned solely with the personal recovery and continued sobriety of individual drug addicts who turn to our Fellowship for help. We do not engage in the fields of drug addiction research, medical or psychiatric treatment, drug education, or propaganda in any form — although members may participate in such activities as individuals.

Family Service Agency (501) 372-4242
628 West Broadway, Suite #300, North Little Rock, AR 72114
www.helpingfamiliesfirst.org

Substance abuse counseling programs There is a sliding scale fee structure, call for fees.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center) (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com

“Victory over addiction” 12-step meetings every Thursday evening, starting at 7:00pm.

Narcotics Anonymous (N.A.) (501) 373-8683
c/o Central Arkansas ASC, P.O. Box #165205, Little Rock, AR 72216
www.caasc.org

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean and maintain complete abstinence from all drugs. The only requirement for membership is the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program principles are written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

Inpatient Treatment Facilities:

Arkansas Cares

Methodist Health Services, 2002 South Fillmore, Little Rock, AR 72204

(501) 661-0720

(501) 661-7979

Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program.

Baptist Medical Center

9601 Interstate #630, Little Rock, AR 72205

(501) 202-2893

Inpatient detox and dual diagnosis treatment. All drugs and alcohol. NO METHADONE. Fees: Medicaid, Medicare, or private insurance needed. Cannot go in asking for detox—present to ER w/ symptoms and allow psych screener or ER staff to make that referral for indigent clients. Private insurance for substance abuse or \$5,500 cash payment required.

Bridgway Hospital

21 Bridgway Road, North Little Rock, AR 72113

(501) 771-1500

Inpatient detox and dual diagnosis treatment. All drugs and alcohol including methadone. Fees: Medicare and private insurance ONLY. Must ensure that client's private insurance covers substance abuse otherwise they are indigent for this type of treatment.

Chance Sobriety

12127 Gabriel Lane, North Little Rock, AR 72118

(501) 851-8484

Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Fee: Call for fees.

Compassion Center

3618 West Roosevelt Road, Little Rock, AR 72204

(501) 296-9114

Long term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability 75% of income will be saved for client. Chores done in shelter in exchange for fee if unemployed.

Dorcas House: A Division of Union Rescue Mission

823 South Park Street, Little Rock, AR 72202

(501) 374-4022

www.urmission.org

Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: \$75 deposit which is returned if client completes program.

Gyst House

8101 Frenchman's Lane, Little Rock, AR 72209

(501) 568-1682

www.gysthouseinc.com

Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. \$250 entry fee.

- Hoover Treatment Center** (501) 663-4774
 3604 West 12th Street, Little Rock, AR 72204
 Inpatient / long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry & fees.
- Nehemiah House:** A Division of Union Rescue Mission (501) 376-8470
 3000 Springer Blvd, Little Rock, AR 72216
www.urmission.org
 Long term treatment for men. Must complete interview with facility before entering. 12-month program. Fee: \$80 non-refundable application fee. Must have valid state ID, Social Security card and proof of insurance. No sex offenders.
- Quality Living Center** (501) 663-3490
 3925 Asher Avenue, Little Rock, AR 72204
 CoEd campus, separate residence for men and women. Call for fees.
- Quapaw House** (501) 686-9393
 7600 Enmar Drive, Little Rock, AR 72209
 Inpatient initial detox center for the State of Arkansas. 3-5 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. NO METHADONE. Must call to complete phone screening prior to admittance. No walk ins are accepted. Assessment ranges from \$25.00 to \$150.00. Call for screening. Fees: assessment fee plus \$125 for suboxone OPIATE detox. Must have ID and proof of income. If client has history of DT's or other medical problems when detoxing, refer to ER or hospital as this is a "drying center" and has no medical capabilities. Will not accept clients who are suicidal. If client has mental illness or other physical illness, must have own medications.
- Recovery Centers of Arkansas, Riverbend** (501) 372-4611
 1201 River Road, North Little Rock, AR 72114
www.rcofa.org
 Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.
- Sober Living** (501) 562-0507
 4201 John Borrow Road, Little Rock, AR 72204
 Transitional housing with drug and alcohol services. Fees: call for fees.
- The Hope House of Recovery** (501) 565- 4673
 P.O. Box #190431, Little Rock, AR 72219
www.hopehousearkansas.com
 Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery

meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$100.00 a week or \$360.00 a month. There are no time limits to living in the house. Hope House has two facilities one in Little Rock and one in Benton. Go to website to fill out an application or call (501) 565-4673 for admission requirements.

Outpatient Treatment Facilities:

- Catar Clinic** (501) 664-7833
4260 Stockton Drive, North Little Rock, AR 72117
Outpatient opiate addiction treatment.
- Recovery Centers of Arkansas, Steeplechase** (501) 614-4907
6225 Father Tribou, Little Rock, AR 72205
www.rcofa.org
Steeplechase Apartments provide private chemical-free apartments to those individuals who have successfully completed treatment programming.
- Recovery Centers of Arkansas, Williamsburg** (501) 372-4611
6301 Father Tribou, Little Rock, AR 72205
www.rcofa.org
Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.
- U.A.M.S. Psychiatric Research Institute Methadone Clinic** (501) 526-8410
4301 West Markham, Little Rock, AR 72205
www.uamshealth.com
Outpatient opiate treatment.
- Veteran's Substance Abuse Treatment Services** (501) 257-2846
2200 Fort Root Drive, North Little Rock, AR 72114
Walk-in clinic open from 9:00am -1:00pm, Monday – Friday. Accessible to Veterans eligible for services.

Native American Resources:

American Indian Center of Arkansas

(501) 666-9032

1100 N University Ave # 143, Little Rock, AR 72207,
www.arindianctr.org

The purpose of the American Indian Center of Arkansas is to make a positive difference in the Native American population of Arkansas primarily by providing services and partnerships that offer education, welfare, and employment services while striving to promote a fuller awareness of the benefits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Americans in the state of Arkansas.

Arkansas Studies Institute

(501) 320-5700

401 President Clinton Avenue, Little Rock, AR 72201,
www.butlercenter.org/contact.html

Open Monday thru Saturday 9:00am – 6:00pm on the 2nd floor in the Research Room & Genealogy Collections Dawes Commission records and Native American rolls may be researched. Monthly Genealogy Course: Finding Family Facts Every second Monday 3:30pm – 5:00 p.m., Room 204.

Federally Recognized Indian Tribes and Resources for Native Americans

www.usa.gov/tribes

Find information about and resources for Native Americans regarding:

- Federally Recognized Indian Tribes
- Cultural Resources for Native Americans
- Housing Help: Resources for Native Americans
- Legal Resources for Native Americans

Historic Arkansas Museum

(501) 324-9351

200 East 3rd Street, Little Rock, AR 72201
www.historicarkansas.org

We Walk In Two Worlds: The Caddo, Osage & Quapaw in Arkansas. Free, on the second floor. Open Monday thru Saturday, 9:00am – 5:00pm, Sundays 1:00pm – 5:00pm. We Walk in Two Worlds tells the story of Arkansas's first people, the Caddo, Osage and Quapaw Indian tribes from early times to today. The exhibit is told through objects and research. Approximately 158 objects, such as pottery, clothing and weapons, are on exhibit. The exhibit has six thematic areas arranged chronologically. Along with objects and a historical time-line are passages of relevant research from archaeologists, historians and ethnographers.

Sequoyah National Research Center

(501) 569-3000

2801 South University Ave, Little Rock, AR 72204,
www.ualr.edu/sequoyah

The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the peoples themselves. Open 8:00am — 5:00pm, Monday — Friday

Transportation:

- Care Link** (51) 372-5300
(800) 482-6359
P.O. Box #5988, North Little Rock, AR 72119
www.carelink.org
Care Link can provide limited transportation for the elderly.
- Jericho Way, Homeless Day Resource Center** (51) 297-0991
3000 Springer Blvd., Little Rock, AR 72206
www.depaulusa.org
Homeless day center, transportation services Monday thru Friday 7:30am – 3:00pm. Transportation to and from shelters and to Medical and employment appointments.
- Rock Region Metro Little Rock City Bus System** (51) 375-1163
310 East Capitol Street, Little Rock, AR 72202
www.rrmetro.org
Open 7:00am – 6:00pm daily. One ride \$1.35, \$1.40 with transfer, all day pass \$3.75, all month pass (31 - day) \$36.00.
- Rock Region Metro, LINKS (C.A.T.)** (51) 375-9607
901 Maple Street, North Little Rock, AR 72114
www.rrmetro.org/
Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days.
- S.O.A.R. Network** (51) 255-0529
Call to make an appointment for free shuttle service for job interviews, doctor's appointments, DHS or SSI interviews. Must be approved or referred by an agency in the SOAR Network. Call for more information.
- Veteran's Day Treatment Center** (51) 257-6604
1000 Main Street, Little Rock, AR 72202
Shuttle service available by appointment for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities **ONLY**.
- Watershed** (51) 378-0176
3701 Springer Blvd., Little Rock, AR 72206
Bus passes available on an as available basis through interview. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make an appointment for screening.

Veterans Programs:

A Vet's Best Friend

(501) 422-8310

P.O. Box #329, Cabot, AR 72023

www.servicedogforptsd.org, gregsporner@yahoo.com

A Veteran's Best friend is a grass roots Christian ministry serving Arkansas Veterans utilizing a service dog, a chaplain, a PTSD support group, and a dog trainer to heal Veterans with PTSD at no cost to the Veteran. Apply on-line and you will be contacted for an orientation meeting. Canines are trained to interrupt nightmares and provide a calming effect. Canines are public access trained so Vets can heal from isolation, fear, and avoidance. Canines are trained to alert the presence of other people to minimize hyper-vigilance.

ARVets

(501) 246-5341

4704 West Commercial Drive, Suite B, North Little Rock, AR 72116,

www.arvets.org

The mission of ARVets is to enhance the overall quality of life for military personnel, veterans and their families by improving access to resources and strengthening support systems through all phases of the military life cycle. ARVets will proactively offer more innovative ideas and methods to deliver services and focus on a grassroots case-management approach.

John L. McClellan Veterans Hospital

(501) 257-1000

4300 West 7th Street, Little Rock, AR 72205

Medical care and treatment for veterans **ONLY**.

National Association of Black Veterans, (NABVETS)

(501) 295-5031

Little Rock Chapter #0108, P.O. Box #4662, Little Rock, AR 72214

St. Francis House

(501) 664-5036

2701 South Elm Street, Little Rock, AR 72214

Veteran's residential treatment accessed only thru Veteran's Day Treatment Center.

Towbin Healthcare & VA Medical Center

(501) 257-1000

2200 Fort Roots Drive, North Little Rock, AR 72114

Medical care, treatment and domicile available to veterans **ONLY**.

VA National Call Center for Homeless Veterans

(877) 424-3838

www.va.gov/homeless

Veteran's Day Treatment Center

(501) 244-1900

1000 Main Street, Little Rock, AR 72202

Comprehensive homeless center for veterans **ONLY**. Providing laundry & shower facilities, shuttle service, breakfast & lunch, case management and a broad range of special programs including therapeutic groups and other clinical services. Available to veterans **ONLY**. **NOT A SHELTER!**

Women's Resources:

A.B.B.A. House

1002 South Oak Street, Little Rock, AR 72204

Provides shelter for homeless and/or pregnant women, Non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.

(501) 666-9718

Arkansas Cares

Methodist Health Services, 2002 South Fillmore, Little Rock, AR 72204

Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program.

(501) 661-0720

(501) 661-7979

Arkansas Coalition Against Domestic Violence

1401 West Capitol - Suite #170, Little Rock, AR 72201,

www.domesticpeace.com

The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamos al 800-269-4668 ó a la línea nacional 800-799-7233.

(501) 907-5612

(800) 269-4668

Arkansas Women's Outreach

www.arcansaswomensoutreach.org

Center for Women in Transition

P.O. Box #3461, Little Rock, Arkansas 72203, www.cwitlr.org

Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline.

(501) 372-5522

Dorcas House

A Division of Union Rescue Mission

823 South Park Street, Little Rock, AR 72202

www.urmission.org

Women's domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are **NOT** permitted to remain with women in Recovery Program. Wheelchair accessible.

(501) 374-4022

Gaines House

1702 Gaines Street, Little Rock, AR 72206

Transitional home for women with disabilities. Call for cost and other information.

(501) 376-4015

- Little Rock Compassion Center (Women's)** (501) 663-2972
 4210 Asher Avenue, Little Rock, AR 72204
 Women's homeless shelter must have an ID and be over 18. Check-in after 3:00pm.
- P.A.T.H. Human Trafficking Statewide Crisis Helpline** (501) 993-1641
 Número para víctimas de trata de blancas (501) 301-4357
 P.O. Box #20166, Little Rock, AR 72221
 Providing shelter for women who are victims of human trafficking.
- Phoenix Recovery Center** (501) 725-4907
 104 North battery, Little Rock, AR 72205
 Transitional housing for women only.
- The Hope House of Recovery** (501) 565-4673
 P.O. Box #190431, Little Rock, AR 72219
www.hopehousearkansas.com
 Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$100.00 a week or \$360.00 a month. There are no time limits to living in the house. Hope House has two facilities one in Little Rock and one in Benton. Go to website to fill out an application or call for admission requirements. ACC approved.
- Women and Children First** (501) 376-3219
 Address Withheld, Little Rock, AR
www.wcfarkansas.org
 Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education
Toll Free Hot-line: 800-332-4443

Youth Services:

- Arkansas Advocates for Children and Families** (501) 371-9678
 1400 West Markham, Suite #306, Little Rock, AR 72201,
www.aradvocates.org
 For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children, and we have never been afraid to lead the way when the need arose. Working at the legislative level rather than one-on-one.
- Arkansas Child Abuse Prevention Hotline** (800) 482-5964

- Arkansas Children’s Hospital, General Pediatric & After Hours Clinic** (501) 364-1202
 1 Children's Way, Little Rock, AR 72202
 Children’s after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm,
 Saturday & Sunday, 9:00am – 7:45pm.
- Arkansas Coalition Against Domestic Violence** (501) 907-5612
 (800) 269-4668
 1401 West Capitol, Suite #170, Little Rock, AR 72201,
www.domesticpeace.com
 The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger** call 911, Your [local hotline](#) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: 866-331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233.
- Arkansas DHS / Division of Children and Family Services** (501) 682-8772
 P.O. Box 1437, Slot S-569, 700 Main Street, Little Rock, AR 72203,
www.stoparchildabuse.com
www.humanservices.arkansas.gov
 Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children's emotional, physical, and developmental needs and protect their children from harm.
- Arkansas Home Visiting Network** (501) 682-9528
 415 South McKinley - Suite #610, Little Rock, AR 72205
www.arhomevisiting.org
 The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. The focus is within the Central Little Rock Zip Codes 72202, 72204, 72206 & 72209
- Arkansas National Guard Youth Challenge Program** (501) 212-5565
 16414 North Dakota Avenue, NLR 72199
 Mailing address: Camp Robinson #16414, North Little Rock, AR 72199
www.aryouthchalange.org
 The Arkansas National Guard Youth ChalleNGe Program is a preventive rather than remedial at-risk youth program. The program targets participants who are drug-free with no felony convictions and 16 to 18 years of age. You must not be older than 18 upon entry, however, you may turn 19 while in the program. Core components of the program are; responsible citizenship, academic excellence (GED/High School Diploma attainment) life-coping skills, service to community health and hygiene,

job skills training, leadership, physical training. The 22 week Residential Phase, which includes a 2-week Acclimation Period, is followed by a year-long mentoring relationship with a specially trained member from each youth's community.

ARKids First

(888) 474-8275

700 Main Street, Little Rock, AR 72201

www.arkidsfirst.com/home.htm

ARKids First health insurance provides two coverage options for Arkansas children who otherwise might have gone without. Open Monday – Friday 8:00am – 4:30pm.

Beth Chisum Stephens Community Center

(501) 664- 4268

1200 South Cleveland Street, Little Rock, AR 72204

Big Brothers Big Sisters of Central Arkansas

(501) 374-6661

312 West Pershing Blvd. North Little Rock, AR 72114

www.bbbsca.org

Their mission is to provide children facing adversity with strong and enduring, professional supported one-to-one relationships that change their lives for the better, forever.

Break the Silence – Speak Out America

(501) 804-0747

P.O. Box #21978, Little Rock, AR 72223

Dedicated to preventing child sexual abuse.

Catholic Adoption Services

(501) 664-0340

2500 North Tyler Street, Little Rock, Arkansas 72207

Ext. #347 or #334

Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child thru adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal protections, privacy, and are able to select the future adoptive parents for their child.

Centers for Youth and Families Residential Services

(501) 660-6880

6501 West 12th Street (EMAC) & 6601 West 12th Street (EMCC)

Little Rock, AR 72204

www.centersforyouthandfamilies.org

Child Support Enforcement Office

(501) 371-5400

322 South Main Street, Suite #100, Little Rock, AR 72203

Enforces court orders involving non-custodial parental child support.

Cru Inner City

(501) 219-0219

1320 South Schiller Street, Little Rock, AR 72202

Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (school backpacks with school supplies).

- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 After school program, 3:00 – 6:00pm weekdays, with meals.
- National Center for Missing / Exploited Children** (800) 843-5678
www.missingkids.com
- Centers for Youth and Families** (family counseling center) (501) 666-4949
 6601 West 12th Street: Attn. OS, Little Rock, AR 72204
 Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 20. Parent Center offers parenting classes, support groups and a Parent Resource Center. Community Center not only offers a fitness center and swimming pool but an excellent locale for community meetings, classes and activities.
- Pinnacle Pointe Hospital** (501) 223-3322
 11501 Financial Centre Parkway, Little Rock, AR 72211,
www.pinnaclepointehospital.com
 Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to our patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.
- Pulaski County Cooperative Extension, 4-H** (501) 340 -6650
 Pulaski County 4-H, 2901 West Roosevelt Road, Little Rock, AR 72204
 4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, and Cooperative Extension Service.
- Pulaski County Youth Services** (501) 340-8250
 201 South Broadway, Suite #220, Little Rock, AR 72201
<http://pulaskicounty.net/pulaski-county-youth-services/>
 County Youth Services is an organization dedicated to providing quality enrichment and educational programs for the youth of Pulaski County.
 Our mission is to establish and strengthen the county-wide effort of mobilizing resources for quality enrichment and educational programs for Pulaski County youth..
- Recycle Bikes for Kids** (501) 207-1696
 1212 East 6th Street, Little Rock, AR 72202
www.facebook.c/recyclebikesforkids
 Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call for appointments, times, and requirements.

The First Tee (life-skills for youth) (501) 562-4653
1 First Tee Way, Little Rock, AR 72204
Youth development program teaching life skills through the game of golf.

Miscellaneous:

Arkansas Community Dispute Resolution Centers, Inc. (501) 379-1501
3805 West 12th Street - Suite #201, Little Rock, Arkansas 72204,
www.acdrc.net

Providing family/child support/visitation mediation services, neighborhood dispute resolution services, landlord/tenant disputes, consumer disputes, business disputes, facilitation services, conflict resolution training for individuals, neighbors, families, consumers, churches, schools, businesses, groups/organizations, police and government entities.

Arkansas Community Organization (A.C.O.) (501) 376-7151
2101 South Main Street, 1st floor, Little Rock, AR 72206

Empowering low income families thru credit counseling, home ownership counseling, income tax preparation, financial literacy and counseling.

American Red Cross of Greater Arkansas (501) 748-1000
401 South Monroe Street, Little Rock, AR 72205 (800) 733-2767
www.redcross.org/arkansas

Emergency Assistance Information, health and safety training (CPR & first aid) emergency military notification.

Cell-phone charging locations:

- University Libraries
- University of Arkansas, Little Rock student union
- All Public Libraries

City of Little Rock Neighborhood Resource Centers (NRC): *phone numbers below*

11 Neighborhood Resource Centers located throughout Little Rock.
www.littlerock.org/citydepartments/housing_programs/alertcenters/locations_staff.aspx

Neighborhood Resource Centers have become hubs of decentralized city services. Code enforcement officers, community oriented police officers and neighborhood facilitators staff each Resource Center.

Baseline Alert NRC (501) 565-4669
Shaun Smith, 4600 Baseline Road, Little Rock, AR 72209

Capitol View - Stiff Station NRC (501) 372-3856
Kathleen Countryman, 2715 West 7th Street, Little Rock, AR 72205

Central High NRC Valerie Conway, 1108 South Park, Little Rock, AR 72202	(501) 376-7610
East Broadway NRC Bert Butler, 500 East 21 st Street, Little Rock, AR 72206	(501) 565-1499
Oak Forest NRC Larry Johnson, 2823 Tyler Street, Little Rock, AR. 72204	(501) 376-3406
South End NRC Arnuard Crump, 1100 West 33 rd Street, Little Rock, AR. 72206	(501) 666-0916
Southwest Little Rock NRC Valeria Tate, 5621 Valley Drive, Little Rock, AR. 72209	(501) 370-9537
Wakefield NRC Iglorida Conley, 7414 Doyle Springs Road, Little Rock, AR 72209	(501) 562-0042
West Baseline NRC Linda Williams, 9209 Mann Road, Little Rock, AR 72209	(501) 565-7119
West Central NRC Chris Porter, 4200 John Barrow - Suite B & C, Little Rock, AR. 72204	(501) 565-4807
Willie Hinton Alert Center 3805 West 12 th Street, Little Rock AR. 72204	(501) 379-1515
Wright Avenue NRC Willie Carpenter, 1813 Wright Avenue, Little Rock, AR 72202	(501) 244-0900

Computer and Internet Access:

- University Libraries
- Public Libraries
- AR State Library
- AR unemployment office, job search only

Family Service Agency ~ Central Little Rock Promise **(501) 372-4242**
628 W Broadway Street - Suite 610, North Little Rock, AR 72114,
www.helpingfamiliesfirst.org/index.html
www.littlerockpromise.org

Hours: Monday thru Friday 8:00am – 5:00pm. Affordable Housing, Drug & Alcohol Safety Education Program, Consumer Credit Counseling Service, Counseling, Employee Assistance, Prevention Services, Substance Abuse, Trans-Parenting Violence Intervention. Focus within Central Little Rock Promise Neighborhood, serving Zip codes 72202, 72204 and 72206. For families with children prenatal to 5 years,

Food Stamps (S.N.A.P. Program): Arkansas Department of Human Services **(501) 682-6728**
P.O. Box 1437, Slot S-569, 700 Main Street, Little Rock, AR 72203

There are several different locations in Pulaski County: apply according to your zip code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded.

- Internal Revenue Service (I.R.S.)** (501) 324-5111
 700 West Capitol - Room 1412, Little Rock, AR 72201 (800) 829-1040
www.irs.gov
 Open Monday thru Friday 8:30 – 4:30pm. Visit in person to find free tax preparation sites in Pulaski County.
- Laundry Love** (501) 374-2039
laundrylove@arcentralchurch.org
www.facebook.com/LaundryLoveGreaterLittleRock
 Wash laundry free each month, January – October 6:00 – 8:00pm, 3rd Friday of the month at the Funwash Laundry Center, 3702 S. University, Little Rock (across from UALR.). Last Friday of the month at Funwash Laundry Center, 116 East 15th Street & Curtis Sykes Drive, North Little Rock. Three (3) loads per visit. Provided by the Central Church of Christ
- Mail Service: Little Rock Downtown Post Office** (501) 375-5155
 600 East Capitol Avenue, Little Rock, AR 72202
 Have your incoming mail addressed to: your name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock, AR 72202. Ask for your mail at the counter. Your mail will be held for 30 days.
- Pet Needs: Quapaw Quarter United Methodist Church Pet Food Ministry** (501) 375-1600
 1601 South Louisiana Street, Little Rock, AR 72206
 Cat and dog food is distributed between 1:00 – 3:00pm on the third Tuesday of each month, except in August.
- Plasma Donation: D.C.I. Biologicals** (501) 374-6371
 824 South Spring Street, Little Rock, AR 72201
 Earn up-to \$280.00 per month, proof of residency, ID and Social Security card required also must pass social and health screening. Monday, thru Friday 7:00am – 7:00pm. Saturday and Sunday 8:00am – 3:00pm.
- Plasma Donation: Octapharma Plasma Center** (501) 812-0440
 5121 Warden Road, North Little Rock, AR 72116
 Earn up-to \$55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday 7:00am – 7:00pm. Saturday and Sunday 7:00am – 7:00pm.
- Plasma Donation: Talecris Plasma Resource Center** (501) 565-6275
 6227 Colonel Glenn Road, Little Rock, AR 72204,
www.talecrisplasma.com
 Earn up-to \$65.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday, 8:00am – 6:00pm. Saturday, 8:00am – 4:00pm. Closed Sunday.
- Social Security Administration** (800) 772-1213
www.socialsecurity.gov
 For general information and services, call 7:00am – 7:00pm. Provides information on Social Security cards and social security benefits.

Little Rock Social Security Office (866) 593-0933
700 West Capitol - Room #1201, Little Rock, AR 72201
Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm.
Open Wednesdays 9:00 – 12:00noon, Closed federal holidays

Sherwood Social Security Office (877) 512-3854
3608 East Kiehl Avenue, Sherwood, AR 72120
Open Monday, Tuesday, Thursday and Friday 9:00 – 4:00pm.
Open Wednesdays 9:00 – 12:00noon, Closed federal holidays.

Social Services, Department of Human Services (D.H.S.)

www.humanservices.arkansas.gov/Pages/DHSOffices.aspx

Provides access to food stamps, Medicaid, & support for women and families.

East Little Rock D.H.S. (501) 371-1300
1424 East 2nd Street, Little Rock, AR 72203

Jacksonville D.H.S. (501) 371-1200
2636 West Maine, Jacksonville, AR 72078

North Little Rock D.H.S. (501) 682-0100
1900 East Washington, North Little Rock, AR 72119

South Little Rock D.H.S. (501) 682-9200
1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72203

Southwest Little Rock D.H.S. (501) 371-1100
6801 Baseline Road, Little Rock, AR 72219

The Van (The One Inc.) (501) 955-3444
P.O. Box 250061, Little Rock, AR 72225
www.theoneinc.org

Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Unemployment Office: Arkansas Department of Workforce Services (501) 682-0228
5401 South University Avenue, Little Rock, AR 72209
Open Monday thru Friday, 8:00 – 4:30pm, unemployment office, FAX, phone, copy machine, job search related computer lab.

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