### *Help YourSelf...!!!* **1**

#### – [www.helpyourselfdirectory.com](http://www.helpyourselfdirectory.com/) –



Volume 3 Number 1

**CLOTHING**

**Goodwill Industries Main Office** 7400 Scott Hamilton Drive, Suite #50, Little Rock, AR, 72209 [www.goodwillar.org](http://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.

##### (501) 372-5100

***Thrift stores do NOT provide free clothing with- out a referral from the main office.***

##### Goodwill Benton Thrift Store

1716 Military Road, Benton, AR, 72015

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

##### (501) 776-1189

**Goodwill Bryant Thrift Store**

5914 Highway 5-North, Bryant, AR, 72022 Open Monday thru Saturday 9:00am – 8:00pm Sunday 10:00am –6:00pm.

##### (501) 653-2209

**Goodwill Cantrell (The Ranch) Thrift Store** 16924 Cantrell Road, Little Rock, AR 72223 Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm.

##### (501) 673-1550

**Goodwill Industries Computer Store**

7400 Scott Hamilton Drive, Little Rock, AR, 72209

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

##### (501) 372-5100

**Goodwill Industries Outlet Center**

7400 Scott Hamilton Drive, Little Rock, AR, 72209

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

##### (501) 372-5100

**Goodwill JFK Blvd. Thrift Store**

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.

##### (501) 835-5286

**Goodwill Markham Thrift Store**

109 Markham Park Drive, Little Rock, AR 72211 Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm.

##### (501) 221-1018

**Goodwill Rodney Parham Thrift Store**

9700 North Rodney Parham Road - Suite F, Little Rock, AR 72227

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm. **(501) 224-6221**

##### Goodwill University Thrift Store

2904 South University Avenue,

Little Rock, AR 72204

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm. **(501) 568-5313**

##### Greater Second Care Center

5615 Geyer Springs Road, Little Rock, AR 72209, [www.greatersecond.org](http://www.greatersecond.org/)

Open by appointment. **(501) 569-9988**

##### Helping Hand of Greater Little Rock

1601 Marshal Street, Little Rock, AR 72202 [www.helpinghand.com](http://www.helpinghand.com/)

Open Monday thru Thursday, 9:00am – 12:45pm. Inexpensive clothing. **(501) 372-4388**

##### L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://www.letourviolenceend.com/)

Clothing closet open 2nd, 3rd & 4th Sundays 12:00-2:00pm. **(501) 516-1602**

##### Liberty Hill Baptist Church

1215 South Schiller Street, Little Rock, AR 72202, [www.libertyhbc.org](http://www.libertyhbc.org/)

Open 2nd Monday, 3:00pm – 6:00pm. Serving only the 72202 Zip Code area and must have proof of residence. **(501) 374-8060**

##### Metro Worship Center

2914 South Cumberland Street, Little Rock, AR 72206 [www.firstnlr.com/metro-little-rock](http://www.firstnlr.com/metro-little-rock)

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. **(501) 951-1333**

##### Mount Zion Baptist Church

924 Cross Street, Little Rock, AR 72202,

Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon. **(501) 374-5832**

##### River City Ministry

1021 East Washington Avenue, North Little Rock, AR 72214, [www.rivercityministry.org](http://www.rivercityministry.org/)

Clothing bus open 1st & 3rd Wednesdays of the month, 8:30am – ? **(501) 376-6694**

##### St. Francis House

2701 South Elm Street, Little Rock, AR 72214 [www.stfrancisministries.com](http://www.stfrancisministries.com/)

Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm.

Must provide photo ID. **(501) 664-5036**

##### St. John Missionary Baptist Church Clothes Closet

2501 South Main Street, Little Rock, AR 72206 [www.sjmbchurch.org](http://www.sjmbchurch.org/)

Open Tuesday and Thursday 11:00am – 4:00pm and the 1st Saturday of each month 9:00am – 12:00pm, Must complete application, ID Required. **(501) 975-2014**

**Stew Pot First Presbyterian Church** 800 Scott Street, Little Rock, AR 72201, [www.stewpot-littlerock.org](http://www.stewpot-littlerock.org/)

Clothing Closet open Thursday, 12:00pm – 1:00pm. Adult clothing only. **(501) 372-1804**

##### Sylvan Hills Church of Christ

9305 Highway #107, North Little Rock, AR 72120. [http://www.shcofc.org](http://www.shcofc.org/)

Clothing Closet open by appointment.

##### (501) 835-4141

**The Van (The One Inc.)** 8016 Faulkner Lake Road, North Little Rock, AR 72117, [www.theoneinc.org](http://www.theoneinc.org/)

Mobile homeless services, locating and serving unsheltered homeless neighbors on the fringes of Little Rock. Providing: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions. **(501) 955-3444**

##### Watershed

3701 Springer Blvd., Little Rock, AR 72206

Open Monday thru Friday, 8:00am – 4:00pm. Free clothing for infants to adults, household items when available, ID required. **(501) 378-0176**

**DISABLED/DISABILITY**

##### ACCESS

10618 Breckenridge Drive, Little Rock, AR 72211 [www.accessgroupinc.org](http://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. **(501) 217-8600**

##### A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc.

105 East Roosevelt Road, Little Rock, AR 72206, [www.aeddinc.org](http://www.aeddinc.org/)

AEDD provides services to children and adults with developmental disabilities and/or delays. Our ad- ministration office and adult skills training center are located in Little Rock, while the children’s learning center preschool is located in North Little Rock. **(501) 666-0246**

##### Arc of Arkansas

2004 South Main Street, Little Rock, AR 72206, [www.arcark.org](http://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 acquir- ing skills and support, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mainstream of commu- nity life. Providing quality, affordable, accessible,

**Resources**

Clothing Resources: 2

Disabled/Disability Resources: 2

Education & Literacy Programs: 4

Elder-Care Resources: 4

Employment Assistance: 5

EX-Offender/Reentry Programs: 5

Financial & Utility Assistance: 6

Food Pantries: 6

Furniture: 8

Health Care Services: 8

Dental Clinics: 9

Eye Clinics: 9

Housing & Shelters: 9

Immigrants/Undocumented Persons Resources: 10

Legal Services 12

LGBTQ Resources: 12

Libraries 12

Meals: 13

Mental Health Care/Treatment: 13

Substance Abuse Treatment & Recov- ery: 14

Inpatient Treatment Facilities: 14

Outpatient Treatment Facilities: 14

Native American Resources: 14

Transportation: 15

Veterans Programs: 15

Women’s Resources: 15

Youth Resources: 16

Miscellaneous: 17

Index of Resource Providers: 18

integrated housing and support is a primary mission of Arc of Arkansas. **(501) 375-7770**

##### Arkansas Library for the Blind & Physically Handicapped

900 West Capitol Avenue - Suite #100, Little Rock, AR 72201-3108,

[www.library.arkansas.gov/libraryForTheBlind.org](http://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. **(501) 682-1155**

**Arkansas Rehabilitation Service ICAN program** 900 West 7th Street, Little Rock, AR 72201, [www.ar-ican.org](http://www.ar-ican.org/)

Arkansas Career Education’s ICAN AT4ALL is Arkansas’ statewide assistive technology pro- gram 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. **(501) 666-8868 Arkansas Rehabilitation Services**

900 West 7th Street, Little Rock, AR 72201, [www.arcareered.org](http://www.arcareered.org/)

Preparation for individuals with disabilities to enter work force thru education, social, and accessibility support. **(501) 686-2800**

##### Arkansas Relay

900 South Shackleford Road, Suite #700, Little Rock, AR 72211, [www.arkansasrelay.com](http://www.arkansasrelay.com/)

Providing Free Telephone services for individuals who are deaf, hard of hearing and speech impaired. **(501) 221-1285 (501) 246-8227**

##### (Videophone) (501) 221-3279 (TTY)

**Arkansas School for the Blind and Visually Impaired**

2600 West Markham, Little Rock, AR 72203 [www.](http://www/) arkansasschoolfortheblind.org

Serves ages Birth thru age 21: Accredited K-12 school, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family sup- port and community education programs are also provided. **(501) 296-1810**

##### Arkansas School for the Deaf

2400 West Markham, Little Rock, AR 72205, [www.arschoolforthedeaf.org](http://www.arschoolforthedeaf.org/)

Sign language classes for community and families; family education, family support, community educa- tion 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, develop-

mental, speech and language, occupational therapy, physical therapy, and psycho-educational.

##### (501) 324-9506

**Arkansas Spinal Cord Commission**

1501 North University Avenue - Suite #470, Little Rock, AR 72207, [www.ascc.arkansas.gov](http://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 informa- tion and resources. **(501) 296-1788 (800) 459-1517**

##### Camp Aldersgate

2000 Aldersgate Road, Little Rock, AR 72205, [www.campaldersgate.net](http://www.campaldersgate.net/)

Camp Aldersgate provides year-round program- ming that includes summer and weekend camps for children with and without special needs, a special- ized 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. **(501) 225-1444**

##### Disability Rights Arkansas Inc.

400 West Capitol Avenue, Suite #1200, Little Rock, AR 72201, [www.disabilityrightsar.org](http://www.disabilityrightsar.org/)

Vigorously advocate for and enforces the legal rights of people with disabilities in Arkansas. **(501) 296-1775 (800) 482-1174**

##### Division of Services for the Blind (DHS)

700 Main Street, Little Rock, AR 72203 [www.humanservices.arkansas.gov/dsb/Pages/](http://www.humanservices.arkansas.gov/dsb/Pages/) default.aspx

Provides support and services to blind and visually

impaired Arkansans. **(501) 682-5463 Easter Seals of Arkansas**

3920 Woodland Heights Road, Little Rock, AR 72212, [www.eastersealsar.com](http://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 peo- ple’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.

##### (501) 227-3600

**Goodwill Industries Main Office**

7400 Scott Hamilton Drive, Little Rock, AR 72209, [www.goodwillar.org](http://www.goodwillar.org/)

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

##### (501) 372-5100

**HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center** (BEC) of Pulaski County

3805 West 12th Street, Suite #204, Little Rock, AR 72204, [www.houseaboutit.org](http://www.houseaboutit.org/)

Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome,

Friday by appointments ONLY

The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinat- ed community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the

primary focus being on enrollment in the following benefits programs:

Medicare Part D Extra Help (or Low Income Sub- sidy, LIS),

Medicare Savings Programs (MSP), Medicaid

Supplemental Nutrition Assistance Program (SNAP),

Low-Income Home Energy Assistance (LIHEAP) Referral **(501) 379-1549 (501) 379-1556**

##### Mainstream

300 South Rodney Parham - Suite #5, Little Rock, AR 72205 [www.mainstreamilrc.com](http://www.mainstreamilrc.com/)

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.

##### (501) 280-0012 (800) 371-9026

**National Alliance on Mental Illness Arkansas (NAMI Arkansas)**

1012 Autumn Road, Suite #1, Little Rock, AR 72211 [www.namiarkansas.org](http://www.namiarkansas.org/)

Provides support, education and advocacy for persons with mentall illness and their families. **(501) 661-1548 (800) 844-0381**

##### Pinnacle Pointe Hospital

11501 Financial Centre Parkway, Little Rock, AR 72211, [www.pinnaclepointehospital.com](http://www.pinnaclepointehospital.com/)

Pinnacle Pointe Hospital is Arkansas’ largest behav- ioral 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

***HELP YOURSELF***

COMMUNITY RESOURCES DIRECTORY FOR LITTLE ROCK & PULASKI COUNTY

**VOLUME 3, NUMBER 1**

## HeIp Yourself Publishing, the original publisher of “Help YourSelf: Community Resources Directory” is under transition. Due to high demand, Stewart Whaley and Vince Morris have published this issue for our community.

Help Yourself Directory

P.O.Box 45701, Little Rock, AR 72214 (501) 508-5858

[hydirector](mailto:hydirectory@gmail.com)[y@gmail.com](mailto:y@gmail.com) Stewart Whaley Vince Morris

EDITORIAL & ADVERTISING POLICY: The publisher reserves the right to decline listings and reject advertising deemed as inflammatory, accusatory, demeaning, derogatory, bias, bigoted, inciting fear or assaulting the character of any human being.

PUBLICATION & DISTRIBUTION CALENDAR: “Help YourSelf: Community Resources Directory” is a 20-page full color tabloid with 20,000 printed copies published at the will of the publisher and freely distributed throughout Little Rock and Pulaski County by and through listed service providers and at various other locations which are easily accessible to those who may benefit most directly from the resource info contained.

COPIES & SUBSCRIPTIONS: Single copies available (while supplies last) by mail (U.S. addresses only) @ $4 each, postage paid. Payment must accompany request. Bulk copies (50) @$50 per bundle, plus S&H. Contact us for payment details, shipping, subscription and/or International rates.

COPYRIGHT: Reproduction or use in full or in part of contents without the written permission of the publisher is prohibited. Unsolicited manuscripts or artwork will not be returned and publisher assumes no responsibility for care. All letters sent to Help YourSelf Directory, no matter how delivered, are treated as intended for publication and are subject to our unrestricted right to edit or comment editorially. All articles and graphics © 2018 by publisher or by originating author/source.

*We do everything humanly possible to keep contact and program information published herein current and accurate ... however, sometimes things change and sometimes errors happen. In either instance, we apologize for the inconvenience and ask that you please contact us with corrections, updates, revisions, reports on your experiences as a service provider or client, useful tips, recommendations, and good ideas.*

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. **(501) 223-3322**

##### Pride Industries

700 West Capitol Avenue #B-125, Little Rock, AR 72201 [www.prideindustries.com](http://www.prideindustries.com/)

Hires individuals with severe physical, mental, and developmental disabilities. **(501) 374-8087**

##### Rock Region Metro, LINKS Paratransit (C.A.T.)

Administrative Offices, 901 Maple Street, North Little Rock, AR 72114,

Travel Center, 310 E. Capitol Avenue, Little Rock, AR 72201 [www.rrmetro.org](http://www.rrmetro.org/)

Handicapped accessible LINKS buses cost $2.70 one way, $5.40 round trip. Must apply to the LINKS system, the application process takes 21 days. **(501) 375-9607**

##### Special Olympics Arkansas

2115 Main Street, North Little Rock, AR 72114, [www.specialolyppicsarkansas.org](http://www.specialolyppicsarkansas.org/)

Provides year-round sports training and competi- tions for children and adults with intellectual disabili- ties. **(501) 771-0222**

##### St. Luke’s Respite Care Center

4106 JFK Blvd, North Little Rock, AR 72116, [www.stlukeepiscopal.org](http://www.stlukeepiscopal.org/)

Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving. **(501) 753-4281**

##### TAP (Telecommunications Access Program)

P.O. Box #3781, Little Rock, AR 72203, [www.ace.arkansas.gov](http://www.ace.arkansas.gov/)

Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education. **(501) 686-9693**

##### The Allen School

824 North Tyler Street, Little Rock, AR 72205 [www.theallenschool.org](http://www.theallenschool.org/)

Providing education and day services for special needs children from birth to age 5. **(501) 664-2961**

##### The Arkansas Disability Coalition

1501 North University Avenue, Suite #221, Little Rock, AR 72207,

[www.adcpti.org](http://www.adcpti.org/)

The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, sup- port, resources, and training. Also Family 2 Family health information center. **(501) 614-7020**

##### United Way (Heart of Arkansas)

516 Pershing Blvd., North Little Rock, AR 72114, [www.heartaruw.org](http://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.

##### (501) 376-4567

**World Services for the Blind**

2811 Fair Park Blvd., Little Rock, AR 72204, [www.wsblind.org](http://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. **(501) 664-7100**

**EDUCATION & LITERACY PROGRAMS**

**Arkansas Department of Career Education** Arkansas Rehabilitation Services, 525 West Capitol Avenue, Little Rock, AR 72201, [www.arcareereducation.org/about/arkansas-reha-](http://www.arcareereducation.org/about/arkansas-reha-) bilitation-services

Providing educational support and rehabilitation ser- vices for individuals with disabilities. **(501) 296-1600**

**Arkansas Home Visiting Network** 415 South McKinley - Suite #610, Little Rock, AR 72205, [www.arhomevisiting.org](http://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 par- ents 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 environ- ments, resources and referral access, literacy and school readiness. **(501) 364-5461**

##### Arkansas Rehabilitation Services

900 West 7th Street, Little Rock, AR 72201, [www.arcareereducation.org/about/arkansas-reha-](http://www.arcareereducation.org/about/arkansas-reha-) bilitation-services

Prepares people with disabilities to enter the work force thru education, social and accessibility sup- port. Tuition, hearing aids and prostheses provided. **(501) 686-2800**

**Dr. Emma K. Rhodes Education Center** 1815 Wright Avenue, Little Rock, AR 72202, [www.](http://www/) Emmakrhodes.wixsite.com/erec

Providing adult education and GED preparation, Life Skills training, and the following Certificate pro- grams; 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 com- munity services. Personal Development for women. **(501) 372-0277**

##### HIPPY

Home Instruction for Parents of Preschool Young- sters,

1 Children’s Way, Slot #651, Little Rock, AR 72202, [www.hippyarkansas.org](http://www.hippyarkansas.org/)

Home Instruction for Parents of Preschool Young- sters (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. **(501) 364-3671**

##### Job Corps

6900 Scott Hamilton Drive, Little Rock, AR 72209, [www.littlerockjobcorps.gov](http://www.littlerockjobcorps.gov/)

Provides job training and remedial education for youth, ages 15 – 24. **(501) 618-2500**

##### L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://www.letourviolenceend.com/)

GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals. **(501) 516-1602**

##### Literacy Action of Central Arkansas

100 Rock Street, 5th Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201, [www.literacyactionar.org](http://www.literacyactionar.org/)

Teaching adults to read & English as a second language. **(501) 372-7323**

##### Little Rock Adult Education Center

4800 West 26th Street (26th & Madison Street), Little Rock, AR 72204 http://schools.lrsd3.org/?q=content/adult-educa- tion-center

Offering community and adult education courses. Refresher classes, GED classes and English as a second language.

##### (501) 447-1850

**Mosaic Templars Cultural Center**

501 West 9th Street, Little Rock, AR 72201 [www.mosaictemplarscenter.com](http://www.mosaictemplarscenter.com/)

Museum related education program for pre-K through post graduate level. Primarily focusing on African-American history. **(501) 683-3593**

##### Our House Career Center

302 East Roosevelt Road, Little Rock, AR 72206, [www.ourhouseshelter.org](http://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.

##### (501) 374-7383 Ext. #210

**Pulaski County Special School District (PCSSD)** 925 East Dixon Road, Little Rock, AR 72206 [www.pcssd.org](http://www.pcssd.org/)

The Pulaski County Special School District (PCSSD) is committed to creating a nationally recognized school district which assures that all students, K -12, achieve at their maximum potential through the collaborative, supportive and continu- ous efforts of all stakeholders. **(501) 234-2000**

##### S.T.E.P. Ministries

P.O. Box #122, North Little Rock, AR 72114 [www.stepministries.org](http://www.stepministries.org/)

Tutoring in the public schools for at risk children & Christian mentoring program. **(501) 758-4054**

##### Single Parent Scholarship Fund of Pulaski County

1. River Market Avenue, Suite #100, Little Rock, AR 72201 [www.spsfpulaski.org](http://www.spsfpulaski.org/)

Providing scholarships and support for single parents in Arkansas. **(501) 301-7773**

**University of Arkansas, Little Rock (U.A.L.R.) ECO/TRIO Pre-College Outreach Center** 5820 Asher Avenue, Suite #800,

Little Rock, AR 72204, [www.ualr.edu/trioeocets/eoc](http://www.ualr.edu/trioeocets/eoc)

EOC email: [eoc@ualr.edu,](mailto: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 pro- gram. All services are provided free of charge to participants who meet the eligibility requirements. Services include: Academic Assistance, Career Exploration, Financial Aid and Counseling.

##### (501) 907-2470

**Veteran’s Day Treatment Center**

1000 Main Street, Little Rock, AR 7220, Comprehensive homeless center for veterans **ONLY**. Providing a broad range of education and special programs. Available to veterans **ONLY**. **(501) 244-1900**

**ELDER CARE**

##### Alzheimer’s Arkansas

1. Markham Center Drive, Little Rock, AR 72205, [www.alzark.org](http://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](http://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 inten- tional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of in- adequate 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**

Division of Provider Services and Quality Assurance

P.O. Box #1437, Slot S-530, Little Rock, AR 72203, [www.daas.ar.gov](http://www.daas.ar.gov/)

The mission of the Division of Aging and Adult Ser- vices is to promote the health, safety, and indepen- dence 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](http://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 72114, [www.carelink.org](http://www.carelink.org/)

Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource infor- mation, 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, [www.CADC.com](http://www.CADC.com/)

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

##### (501) 776-8446

**Choices in Living Resource Cente**r

AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203, [www.choicesinliving.ar.gov](http://www.choicesinliving.ar.gov/)

Pre-screening for long term care Medicaid Waivers, providing options to help people remain in the com- munity, in their own homes. **(866) 801-3435**

##### Good Shepherd Community

2701 Aldersgate Road, Little Rock, AR 72205, [www.goodshepherdcommunity.com](http://www.goodshepherdcommunity.com/)

Providing options in living from HUD subsidized housing to upscale suites to long term residential care. **(501) 224-7200**

##### HOUSEABOUTIT, Community Economic De- velopment Agency, Benefit Enrollment Center (BEC) of Pulaski County

3805 West 12th Street, Suite #204, Little Rock, AR 72204, <http://houseaboutit.org/home.html>

Little Rock, AR 72204, 8:30am – 4:00pm, Monday

– Thursday, Walk-Ins Welcome, Friday by appoint- ments ONLY

The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinat- ed community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:

Medicare Part D Extra Help (or Low Income Sub- sidy, LIS),

Medicare Savings Programs (MSP), Medicaid

Supplemental Nutrition Assistance Program (SNAP),

Low-Income Home Energy Assistance (LIHEAP)

Referral **(501) 379-1549**

##### (501) 379-1556

**LifeQuest of Arkansas**

600 Pleasant Valley Drive, Little Rock, AR 72227, [www.lifequestofarkansas.org](http://www.lifequestofarkansas.org/)

Open Monday - Thursday: 9:00 am to 4:30 pm. We are located inside Second Presbyterian Church.

Volunteer-driven, LifeQuest provides a setting where adults explore social interaction and intellec- tual stimulation thrive. **(501) 225-6073**

##### Meals on Wheels

P.O. Box #5988, North Little Rock, AR 72119, [www.carelink.org](http://www.carelink.org/)

Hot or frozen home-delivered meals for home- bound older Arkansans over 60 who are unable to shop for or prepare their own meals.

##### (501) 372-5300

**Southern Baptist Disaster Relief Program**

(In partnership with American Red Cross, Salvation Army)

10 Remington Drive, Little Rock AR. 72204, [www.absc.org/missions](http://www.absc.org/missions)

Disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well. **(501) 376-4791**

##### TAP (Telecommunications Access Program)

P.O. Box #3781, Little Rock, AR 72203, [www.ace.arkansas.gov](http://www.ace.arkansas.gov/)

Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education. **(501) 686-9693**

**University of Arkansas, Little Rock (U.A.L.R.)** 2801 South University Avenue, Little Rock, AR 72204,

[www.apply.ualr.edu](http://www.apply.ualr.edu/)

The University of Arkansas offers **FREE** tuition for Arkansas residents over the age of 60. Older resi- dents 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. **(501) 569-3127**

**EMPLOYMENT ASSISTANCE**

**Arkansas Department of Career Education** 3 Capitol Mall, Little Rock, AR 72201, [www.ARCarreerEd.org](http://www.ARCarreerEd.org/)

Provides education and employment support for

Arkansans in the fields of technical education and adult education. **(501) 682-1500**

##### Arkansas Department of Workforce Services

[www.dws.arkansas.gov](http://www.dws.arkansas.gov/)

Jacksonville Office, 2 Crestview Plaza, Jacksonville, AR 72076, (501) 982-3835

Little Rock Office, 5401 South University Avenue, Little Rock, AR 72209, (501) 682-7719

North Little Rock Office, 324 Pershing Blvd., Suite 1, North Little Rock, AR 72114,

(501) 376-4119

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

##### (501) 682-0228

**Church at Rock Creek**

11500 West 36th Street, Little Rock, AR 72211, [www.churchatrockcreek.com](http://www.churchatrockcreek.com/)

CareerLink Workshops: 4-week Life/Job Skills train- ing for the unemployed, under-employer and those in a career transition. Free for men and women 18 and over. **(501) 221-1051**

##### Command Center

601 West 4th Street, North Little Rock, AR 72214, [www.commandonline.com](http://www.commandonline.com/)

Command Center is a temporary staffing company finding the right associates for Construction, Manu- facturing, Landscaping, and Hospitality.

##### (501) 246-4621

**Employers Choice**

760 Edgewood Dr, Maumelle, AR 72113,

Temporary employment Agency

##### (501) 851-4111

**Goodwill Adult Education Center, North Little Rock**

6929 John F. Kennedy Blvd., Suite #112,

North Little Rock, AR 72116 **01) 835-5286**

##### Goodwill Industries Main Office & Career Service Center

7400 Scott Hamilton Drive, Little Rock, AR 72209, [www.goodwillar.org](http://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 agen- cies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration. **(877) 372-5151**

##### Goodwill Career Service Center, Bryant

5914 Highway 5-N, Bryant, AR 72022

##### (501) 653-2209

**Goodwill Career Service Center, Little Rock** 1110 West 7th Street, Little Rock, AR 72201 **(501) 492-5550**

**Goodwill Career Service Center, Little Rock** 109 Markham Park Drive, Little Rock, 72211 **(501) 221-1018**

##### Integrity Staffing, Healing Waters

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://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 Mon- day thru Friday 8:00am – 4:00PM **(501) 650-4753**

##### Labor Finders

7223 Geyer Springs Road, Little Rock, AR 72209,

[www.laborfinders.com](http://www.laborfinders.com/)

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.

##### (501) 565-9632

**Operation Restore**

10411 West Markham Street, Little Rock, AR 72205,

[www.cityconnectionsinc.org/operation-restore.html](http://www.cityconnectionsinc.org/operation-restore.html) A temporary employment agency for returning citizens. **(501) 376-1686**

##### People Ready

1400 South University Avenue, Little Rock, AR 72204, [www.peopleready.com](http://www.peopleready.com/)

Day labor coordinators. Open Monday - Friday; 5:30 am - 6:00 pm

Saturday; 6:00 - 8:00 am and 5:00 - 5:30 pm. Make an appointment to fill out their forms then wait to be assigned daily work. **(501) 562-6111**

##### Premier Staffing - Dotación de Personal Premier

10901 Financial Centre Parkway, Little Rock, AR 72211, [www.premierstaffinginc.com](http://www.premierstaffinginc.com/)

Open Monday - Friday 8:00am - 500pm. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call. Premier Staffing es una agencia de contratación que conecta candida- tos 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](http://www.premierstaffinginc.com/y) una vez registrado comunicarse al telefono **501-223- 8367. (501) 223-8367**

##### Pride Industries

700 West Capitol Avenue, Suite #B-125, Little Rock, AR 72201 [www.prideindustries.com](http://www.prideindustries.com/)

Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and develop- mental disabilities. **(501) 374-8087**

##### Watershed

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.

##### (501) 378-0176

**EX-OFFENDER/RE-ENTRY PROGRAMS**

**Approved transitional housing**

Facilities in the Little Rock, Pulaski County area for men and women leaving prison, as of November 2017

[www.dcc.arkansas.gov/images/uploads/THF\_Fa-](http://www.dcc.arkansas.gov/images/uploads/THF_Fa-) cilities\_Feb\_16.pdf

##### Arkansas C.U.R.E.

Citizens United for the Rehabilitation of Errants (CURE), P.O. Box #1045, Mayflower, AR 72106,

[www.arkansascure.org](http://www.arkansascure.org/)

The state chapter of an international grass roots or- ganization dedicated to reducing crime by reforming

of the criminal justice system through education and advocacy. **(501) 519-0064**

##### Arkansas Cares

2002 South Fillmore, Little Rock, AR 72204 [www.methodistfamily.org](http://www.methodistfamily.org/)

Substance abuse treatment center and transition- al 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. **(501) 906-4928**

##### Arkansas Department of Career Education, Arkansas Rehabilitation Services,

525 West Capitol Avenue, Little Rock, AR 72201, [www.ace.arkansas.gov](http://www.ace.arkansas.gov/)

Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities. **(501) 296-1600**

##### Arkansas Department of Workforce Services

5401 South University Avenue, Little Rock, AR 72209, [www.dws.arkansas.gov](http://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.

##### (501) 682-0228

**Arkansas Time After Time**

P.O. Box #11491, Conway, AR. 72034, [www.arkansastimeaftertime.org](http://www.arkansastimeaftertime.org/)

The local chapter of a national advocacy group ded- icated to addressing issues specific to registered sex offenders. **(501) 444-2828**

##### Chance Sobriety

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. **(501) 851-8484**

##### City of Faith

1401 South Garfield Drive, Little Rock, AR 72204, [www.cityoffaith.org](http://www.cityoffaith.org/)

Transitional housing facility for men and women released from **Federal** prison. **(501) 615-1090**

##### Compassion in Action

300 South Spring St., Suite #604, Little Rock, AR 72201,

4314 Landers Road, North Little Rock, AR, 72117 [www.compassioninactionofar.org/#home](http://www.compassioninactionofar.org/#home) “Compassion In Action” reentry is a re-entry pro- gram 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 Ac- tion”. They provide a 12 week, 12 Principles to Suc- cess 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.

##### (501) 420-3803

**Goodwill Industries Reentry Services Program** 7400 Scott Hamilton Drive, Little Rock, AR 72209, [www.goodwillar.org](http://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. **(501) 372-5100**

##### Gyst House

8101 Frenchmans Lane, Little Rock, AR 72209, [www.gysthouseinc.com](http://www.gysthouseinc.com/)

Transitional housing for men and women with sub- stance abuse issues. **(501) 568-1682**

##### Hoover Center

3604 West 12th Street, Little Rock, AR 72204, [www.bcdinc.org/index-9.html](http://www.bcdinc.org/index-9.html)

Transitional housing for men and women with sub- stance abuse issues. **(501) 663-4774**

##### Hope House of Recovery

P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://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 meet- ings 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 $110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved. **(501) 565-4673**

##### Integrity Staffing (Healing Waters Outreach Center)

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://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.

Open Monday thru Friday 8:00am – 4:00PM

##### (501) 650-4753

**L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)**

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://www.letourviolenceend.com/)

Working with women returning from incarceration.

##### (501) 516-1602

**Operation Restore**

10411 West Markham Street, Little Rock, AR 72205,

[www.cityconnectionsinc.org/operation-restore.html](http://www.cityconnectionsinc.org/operation-restore.html) A temporary employment agency for returning citizens. **(501) 376-1686**

##### Our House Reentry Program

302 East Roosevelt, Little Rock, AR 72206, [www.ourhouseshelter.org](http://www.ourhouseshelter.org/)

The Reentry Program at Our House is open Monday - Thursday 8:00am - 8:00pm and Friday 8:00am – 5:00pm. In addition to the job skills, life skills and adult education programing offered at the career Center, reentry participants receive one-on- one guidance in building a career plan and navigat- ing potential obstacles to employment, housing and the legal system. **(501) 374-7383 Ext. #218**

##### Phoenix Recovery Center

104 North Battery, Little Rock, AR 72205,<http://www.phoenixarkansas.com/phoenix-recov-> ery-center-for-women/

Transitional housing for women only.

##### (501) 725-4907

**Quality Living Center, Men’s**

3925 Asher Avenue, Little Rock, AR 72204, [http://qualitylivingcentertreatment.net](http://qualitylivingcentertreatment.net/)

Transitional housing for men only. **(501) 663-3490**

##### Quality Living Center, Women’s

2900 South Cedar Street, Little Rock, AR 72204, [http://qualitylivingcentertreatment.net](http://qualitylivingcentertreatment.net/)

Transitional housing for women only.

##### (501) 663-3490

**Recovery Center of Arkansas, Riverbend**

1201 River Road, North Little Rock, AR 72114, [www.rcofa.org](http://www.rcofa.org/)

Transitional housing for men and women.

##### (501) 372-4611

**Recovery Center of Arkansas, Williamsburg** 6301 Father Tribou Road, Little Rock, A 72205, [www.rcofa.org](http://www.rcofa.org/)

Transitional housing for men and women with sub- stance abuse issues. **(501) 372-4611**

##### Rock City Reentry

5401 South University, Little Rock, A 72209 (Inside Workforce Services)

Comprehensive, d reentry program, Must be within 180 days of release. **(501) 682-0228**

##### Safe Harbor of Little Rock

4800 Springer Blvd., Little Rock, AR 72206, [http://safeharborlittlerock.org](http://safeharborlittlerock.org/)

Transitional housing for men with substance abuse issues. **(501) 374-5399**

##### Sober Living

4201 John Barrow Road, Little Rock, AR 72204, Transitional housing for men and women with sub- stance abuse issues. **(501) 562-0507**

##### St. Francis House

2701 South Elm Street, Little Rock, AR 72209, [www.stfrancisministries.com](http://www.stfrancisministries.com/)

Transitional housing for Veterans **ONLY**, referred from the VA Day Treatment Center. **(501) 664-5036**

##### Transitional Faith-based Therapeutic Community

7615 Dan Thomas Road, Little Rock, AR 72205, [www.transitionsfbtc.org](http://www.transitionsfbtc.org/)

Transitional housing for men only. Working with drug courts, reentry programs and work release.

##### (501) 475-5705

**Veteran’s Day Treatment Center**

1000 Main Street, Little Rock, AR 72202, Incarcerated veterans’ re-entry program.2 Provides case-management following release from prison. For veterans **ONLY**. Veteran’s Day Treatment Cen- ter. **(501) 244-1900**

**FINANCIAL & UTILITY ASSISTANCE**

##### Central Arkansas Development Council (C.A.D.C.) Little Rock

5401 South University Avenue, Little Rock, AR 72209, [www.cadc.com](http://www.cadc.com/)

Providing assistance with utility bills and emergency conservation when funds are available.

##### (501) 603-0909

**Centerpoint Energy (Gas)** [www.centerpointenergy.com](http://www.centerpointenergy.com/) Customer Service **(800) 992-7552**

##### Entergy (Electricity)

[www.entergy-arkansas.com](http://www.entergy-arkansas.com/) Customer Service **(800) 368-3749**

##### St. Francis House

2701 South Elm Street, Little Rock, AR 72209, [www.stfrancisministries.com](http://www.stfrancisministries.com/)

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. Assistance as funds are available. **(501) 664-5036**

**FOOD PANTRIES**

##### Amboy Community Food Pantry

100 Auburn Drive, North Little Rock, AR 72118, Open Monday & Thursday 9:00am – 12:00noon. Proof of North Little Rock or Maumelle residency,

and photo ID required. **(501) 753-2777 Bullock Temple**

1513 South Park Street, Little Rock, AR 72202, Open Monday 1:00 – 2:00pm Thursdays 4:30- 6:00pm, appoints preferred, ID required.

##### (501) 375-1581

**Central Baptist Church of North Little Rock**

9650 Highway 107, Sherwood, AR 7212,

Food pantry, open Wednesdays, 10:00 – 11:45am. Serving Sherwood residents only. Photo ID Re- quired. **(501) 680-1427**

##### Christ Temple Outreach Center

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

##### Church at Rock Creek

11500 West 36th Street, Little Rock, AR 72211, [www.churchatrockcreek.com](http://www.churchatrockcreek.com/)

Open Tuesday, thru Friday. Call in the mornings between 8:00 & 10:00am to schedule an after- noon appointment. Services available for each person/family at intervals of 5-weeks, 1 service per household. Serving Little Rock and Saline County residents ONLY. **(501) 221-1051**

##### El Zocalo Immigrant Food Pantry

5500 Geyer Springs Road, Little Rock, AR 72209,

Inside Geyer Springs United Methodist Church [www.zocalocenter.com](http://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. **(501) 301 –4652**

##### First Baptist Church

2015 Main Street,

North Little Rock, AR 72114,

Open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.

##### (501) 758-1525

**First Christian Church of Sherwood**

2803 East Kiehl Avenue, Sherwood, AR 72120,

[www.sherwoodfcc.org/default.asp?sec\_](http://www.sherwoodfcc.org/default.asp?sec_) id=180002962

Open Friday 10:30am – 12:00noon. Photo ID Required, services for families in Sherwood and Jacksonville. **(501) 835-5505**

##### First Pentecostal Church Food Pantry

424 East 17th Street,

North Little Rock, AR 72114,

Open Fridays, 1:00pm – 5:00pm. Photo ID required. **(501) 758-3090**

##### Gardner Memorial United Methodist Church Food Pantry

1723 Schaer Street, Little Rock, AR 72114, [www.gardnermemorialumc.org](http://www.gardnermemorialumc.org/)

Open Tuesday & Thursday 1:00pm – 3:00pm. Photo ID Required. Serves residents of North Little Rock **ONLY**

##### (501) 374-9520

**Geyer Springs United Methodist Church**

5500 Geyer Springs Road, Little Rock, AR 72209,

[www.geyerspringsumc.org/default.asp?sec\_](http://www.geyerspringsumc.org/default.asp?sec_) id=180012503

Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72206, 72209 & 72103 Zip



Code area **ONLY**. Photo ID required.

##### (501) 565-3175

**Greater Second Care Center** 5615 Geyer Springs Road, Little Rock, AR 72209, [www.greatersecond.org](http://www.greatersecond.org/)

Open third Wednesday 10:00am – 12:00noon.

##### (501) 569-9988

**Helping Hand of Greater Little Rock**

1601 Marshall Street, Little Rock, AR 72202, [www.helpinghand.org](http://www.helpinghand.org/)

Open Monday thru Thursday 9:00am – 12:30pm. May only access food once each month. Food and inexpensive thrift store clothing available. Photo ID required.

##### (501) 372-4388

**Immanuel Baptist Church**

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.

##### (501) 376-3071

**In Your Hands Ministries, Inc.** 3905 Highway #161 North, North Little Rock, AR 72117, [www.inyourhandsministries.com](http://www.inyourhandsministries.com/)

Open Tuesdays 7:00am – 11:00noon. Present photo ID, Once a month per household. **(501) 945-1314**

**Jacksonville Care Channel** 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 bring proof of Jacksonville residency, Social Security number or Photo ID for each listed family member, pay stubs, and food stamp approval letter.

##### (501) 982-4647

**L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)**

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://www.letourviolenceend.com/)

Family Food Pantry open 2nd, 3rd & 4th Sundays 12:00-2:00pm. **(501) 516-1602**

##### Lakeshore Drive Baptist Church

21 Lakeshore Drive, Little Rock, AR 72204, [www.facebook.com/LakeshoreLit-](http://www.facebook.com/LakeshoreLit-) tleRock/?rf=113369145364049

Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the 72204 Zip Code area **ONLY**. **(501) 565-5536**

##### Liberty Hill Baptist Church

1215 South Schiller, Little Rock, AR 72202, [www.libertyhbc.org](http://www.libertyhbc.org/)

Open 2nd Monday, 3:00pm – 6:00pm, Photo ID Required. **(501) 374-8060**

##### Little Rock Church

10701 West Baseline Road, Little Rock, AR 72209, https://littlerockchurch.org

Open every other Monday 4:30 – 6:30pm.

##### (501) 455-0900

**Little Rock Compassion Center**

3618 West Roosevelt, Little Rock, AR 72204,

[www.lrcompassioncenter.org](http://www.lrcompassioncenter.org/)

Open Tuesday and Thursday 8:00 – 11:00am. Photo ID required. Serving the 72204 Zip code area only. **(501) 296-9114**

**Mosaic Church of Central Arkansas** 6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204, [www.mosaicchurch.net](http://www.mosaicchurch.net/)

Open Tuesday 2:00 – 3:30pm, must be from 72204 area, 1st come 1st served.

##### (501) 562-3336 Bilingual

**Mount Zion Baptist Church**

924 Cross Street, Little Rock, AR 72202,

Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon. **(501) 374-5832**

**Oak Forest United Methodist Church** 2415 Fair Park Blvd., Little Rock, AR 72204, [www.oakforrestumc.com](http://www.oakforrestumc.com/)

Open 1st and 3rd Thursday 11:00am – 1:00pm, serving 72204 Zip Code.

##### (501) 663-9407

**Park Hill Christian Church**

4400 John F. Kennedy Blvd., North Little Rock, AR 72116,

[http://parkhillchristian.org](http://parkhillchristian.org/)

Open Tuesday 9:30am – 12:00noon. Serving North Little Rock, Sherwood and Maumelle residents. **(501) 753-1109**

**Pulaski Heights United Methodist Church** 4823 Woodlawn Drive, Little Rock, AR 72205, [www.phumc.com](http://www.phumc.com/)

Open first Wednesday morning of each month at 8:30am. **(501) 664-3600**

##### Quapaw Quarter United Methodist Church

1601 South Louisiana Street, Little Rock, AR 72206,

[www.umc.org/find-a-church/church/62626](http://www.umc.org/find-a-church/church/62626) Groceries are distributed between 1:00 – 3:00pm on the first and third Tuesdays of each month, except August. **(501) 375-1600**

##### River City Ministry

Day Services for the Homeless, 1021 East Washington,

North Little Rock, AR 72114, [www.rivercityministry.org](http://www.rivercityministry.org/)

Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only, Must provide photo ID. **(501) 376-6694**

##### Salvation Army

Salvation Army North Little Rock Food Pantry 5100 North Locust Street,

North Little Rock, AR 72113, [www.SalvationArmyCentralArkansas.org](http://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. **(501) 313-2405**

**Second Baptist Church** 1709 John Barrow Road, Little Rock, AR 72204,

Open Wednesdays & Thursdays 10:00am – 12:00noon. Photo ID and utility bill required to have matching name & address.

##### (501) 223-2323

**St. Francis House** 2701 South Elm Street, Little Rock, AR 72204,

[www.stfrancisministries.com](http://www.stfrancisministries.com/)

Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card for each recipient. **(501) 664-5036**

##### St. John Missionary Baptist Church Unto Others Food Pantry

2501 South Main Street,

Little Rock, AR 72206, [www.sjmbchurch.org](http://www.sjmbchurch.org/)

Open the 2nd & 4th Thursday of each month, 9:00am

– we run out. Must complete application, photo ID Required. During winter weather months open only once a month. **(501) 537-8658**

##### St. Marks Episcopal Church Food Pantry

1500 North Mississippi Street, Little Rock, AR 72207,

<http://st-marks.com/serving/st-marks-food-pantry> Open Thursdays, 9:15 – 10:45am. Photo ID required. **(501) 225-4203**

**Sylvan Hills Community Church, Crisis Corner** 8019 Hwy #107, Sherwood, AR 72120, [www.sylvanhillscommunitychurch.com](http://www.sylvanhillscommunitychurch.com/)

Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood resi- dents only. Photo ID required. **(501) 835-1612**

##### Temple Baptist Church – Food Pantry

10710 Interstate #30, Little Rock, AR 72209,

Open 1st & 3rd Monday of each month 6:00pm. Must register with the food pantry with each use. **(501) 565-4966**

##### The Van (The One Inc.)

P.O. Box #250061, Little Rock, AR 72225, [www.theoneinc.org](http://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.

##### (501) 955-3444

**Union A.M.E. Church Food Pantry**

1825 South Pulaski Street, Little Rock, AR 72206, [www.unionamec.com](http://www.unionamec.com/)

Open 2nd Wednesday of each month, 1:00 - 3:00pm. Call to confirm time.

##### (501) 374-3528

**Watershed**

3701 Springer Blvd., Little Rock, AR 72206, Open Monday thru Friday 8:00am – 4:00pm. 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.

##### (501) 378-0176

**FURNITURE**

**Sylvan Hills Church of Christ Furniture Ministry**

9305 Hwy 107,

Sherwood, AR 72120, [www.shcofc.org](http://www.shcofc.org/)

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 **(501) 835-4141**

##### Watershed

3701 Springer Blvd., Little Rock, AR 72206, Open Monday thru Friday 8:00am – 4:00pm. Call before coming to insure furniture is available. Must have photo ID. **(501) 378-0176**

**HEALTH CARE SERVICES**

##### 12th Street Health and Wellness Center

4010 West 12th Street, Little Rock, AR 72204,

[www.healthon12th.uams.edu](http://www.healthon12th.uams.edu/)

Open Monday and Wednesday 4:00pm – 8:00pm, Thursday 4:00 – 7:00pm. Free medical support, Chronic disease management (Hyperten- sion, Diabetes, and Cholesterol.) Medical counsel- ing and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling.

##### (501) 614-2492

**ARCare**

1111 West 7th Street, Little Rock, AR 72201, General Medical clinic and referrals. Open Wednesday 10:00 – 3:00pm

##### (501) 455-2712

**Arkansas Children’s Hospital, General Pediatric & After Hours Clinic**

1 Children’s Way, Little Rock, AR 72202, [www.archildrens.org](http://www.archildrens.org/)

Children’s after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am

– 7:45pm. **(501) 364-1202**

##### Clínica el Samaritano

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 per-day.

$10/visit. Spanish interpreters available. Small pharmacy. Open 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 far- macia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios)

##### (501) 350-2518 Bilingual

**College Station Clinic**

4206 Frazier Pike, College Station, AR 72053, [www.jccsi.org](http://www.jccsi.org/)

Open Mondays thru Friday, 8:00am – 5:00pm. Sat- urday 8:00 – 12:00pm, appointments recommend- ed, proof of income, Social Security card required. Minimum co-pay of $20.00 depending on income. **(501) 490-2440**

##### Esperanza “Hope” Neighborhood Clinic (Spanish)

2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209, [http://esperanzahopeclinic.org](http://esperanzahopeclinic.org/)

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.

##### (501) 562-1114 Bilingual

**Harmony Health Clinic**

201 East Roosevelt Road, Little Rock, AR 72206, [www.harmonyclinicar.org](http://www.harmonyclinicar.org/)

Open Monday thru– Friday, 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see doctors. NO WALK-INS. **(501)**

##### 375-4400

**Hospice Home Care**

12120 Colonel Glenn Road Suite #10000 Little Rock, AR 72210, [www.hospicehomecare.com](http://www.hospicehomecare.com/)

When someone you love has an advanced life-limit- ing 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. **(501) 296-9043**

##### Hospice Home Care, Inpatient Center

2000 South Bowman, Little Rock, AR 72210,

[www.hospicehomecare.com](http://www.hospicehomecare.com/)

##### (501) 221-3338

**HOUSEABOUTIT, Community Economic De- velopment Agency, Benefit Enrollment Center (BEC) of Pulaski County**

3805 West 12th Street, Suite #204, Little Rock, AR 72204, <http://houseaboutit.org/home.htm>

Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome, Friday by appointments ONLY The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinat- ed community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:

Medicare Part D Extra Help (or Low Income Sub- sidy, LIS),

Medicare Savings Programs (MSP), Medicaid

Supplemental Nutrition Assistance Program (SNAP),

Low-Income Home Energy Assistance (LIHEAP)

Referral **(501) 379-1549**

##### (501) 379-1556

**Jacksonville Health Unit** 3000 North 1st Street, Jacksonville, AR 72076,

[www.healthy.arkansas.gov/health-units/detail/pulas-](http://www.healthy.arkansas.gov/health-units/detail/pulas-) ki-county-health-unit-jacksonville

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. **(501) 982-7477**

##### John L. McClellan Veterans Hospital

4300 West 7th Street, Little Rock, AR 72205, [www.littlerock.va.gov/locations/directions.asp](http://www.littlerock.va.gov/locations/directions.asp) Medical care and treatment for veterans **ONLY**. **(501) 257-1000**

##### Liberty Hill Baptist Church

1215 South Schiller, Little Rock, AR 72202, [www.libertyhbc.org](http://www.libertyhbc.org/)

Health screening nurse available 2nd Monday, 3:00pm – 6:00pm. **(501) 374-8060**

**Maumelle Medical Center** 501 Millwood Circle, Suite E, Maumelle, AR 72113,

[http://maumellemedicalcenter.com](http://maumellemedicalcenter.com/)

Open Monday thru Thursday, 8:00am – 5:00pm, Friday 8:00am – 12:00noon.

##### (501) 803-9990

**North Little Rock City Health Department**

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. Birth control, STD, HIV/AIDS testing immunizations, and referrals. No physicals. **(501) 791-8551**

##### Open Hands Clinic

1225 Martin Luther King Jr. Drive, Little Rock, AR 72202,

<http://health-centers.healthgrove.com/l/2954/>

Homeless-Open-Hands

Open Monday 8:00am – 7:00pm, Tuesday and Wednesday 8:00am – 5:00pm, Thursday 8:00

– 12:00noon, Friday 8:00am – 5:00pm. Appoint- ments preferred, Social Security card & ID required must be homeless, in shelter, or in transitional housing. **(501) 244-2121**

##### Pulaski County Central Health Unit

3915 West 8th Street, Little Rock, AR 72204, [www.healthy.arkansas.gov/health-units/detail/pulas-](http://www.healthy.arkansas.gov/health-units/detail/pulas-) ki-county-health-unit-central-little-rock

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. **(501) 280-3100**

##### Pulaski County S.T.D. Clinic

3915 West 8th Street, Little Rock, AR 72204, <http://std-clinics.healthgrove.com/l/289/Pulaski-> County-Health-Unit-North-Little-Rock

Open Monday thru Friday, 8:00am – 4:30pm, ap- pointments required, photo ID required. Free or low cost STD, HIV/AIDS testing and referrals. $5.00 records maintenance fee without Medicaid.

##### (501) 280-3100

**River City Ministry**

Day Services for the Homeless 1021 East Washington,

North Little Rock, AR 72114, [www.rivercityministry.org](http://www.rivercityministry.org/)

By appointment only, Call for appointments, serving adults. Insurance or $5.00 cash required at each visit. **(501) 376-6694**

##### Shepherds Hope

Neighborhood Health Center, 2404 S. Tyler Street, Little Rock, AR 72204, <http://www.oakforestumc.com/ministries>

By appointment only, open Tuesday and Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required. **(501) 614-9523**

##### St. Francis House

2701 South Elm Street, Little Rock, AR 72204, [www.stfrancisministries.com](http://www.stfrancisministries.com/)

Prescription refills. Open Monday & Wednesday 9:00 – 11:00am. Will provide vouchers for prescrip- tions or refills from the bottles if refills are warranted. Must provide photo ID, Social Security card.

##### (501) 664-5036

**St. Vincent - Gardner Memorial Community Clinic**

1723 Schaer Street,

North Little Rock, AR 72114, [www.gardnermemorialumc.org/health\_clinic.html](http://www.gardnermemorialumc.org/health_clinic.html) Walk-ins accepted must be present on Mondays between 7:00 and 7:30am. Doors open at 8:30am. Serves uninsured **ONLY**. **(501) 552-3241**

##### St. Vincent - Glenview Community Clinic

4800 East 19th Street,

North Little Rock, AR 72117,

Appointments required, call 552-3241. Appoint- ments available Thursdays, begin at 8:00am. Proof of income required.

##### (501) 552-3241

**St. Vincent Health Clinic East**

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 $20.00 with proof of income.

Labs $5.00 each. Call for appointment. No walk-ins.

##### (501) 552-4710

**St. Vincent Health System - St. Francis House Clinic**

2701 South Elm Street, 3rd floor, Little Rock, AR 72204,

Appointments required, call 552-3241. Appoint- ments available Tuesdays beginning at 8:00am. Proof of income required.

##### (501) 552-3241

**Stew Pot First Presbyterian Church**

First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201,

[www.stewpot-littlerock.org](http://www.stewpot-littlerock.org/)

Medical screenings with a nurse Friday, 12:00pm

– 1:00pm. With a Dr. and/or nurse the third Friday 12:00pm – 1:00pm.

##### (501) 372-1804

**Towbin Healthcare & VA Medical Center** 2200 Fort Roots Drive, North Little Rock, AR 72114,

[www.littlerock.va.gov/locations/northlittlerock.asp](http://www.littlerock.va.gov/locations/northlittlerock.asp) Medical care, treatment and domicile available to veterans **ONLY**. **(501) 257-1000**

##### U.A.M.S. Clinic (Appointments)

4301 West Markham, Little Rock, AR 72205, [www.uams.edu](http://www.uams.edu/)

Open Monday thru Friday, 7:30am – 5:00pm, appointments required, pre-approved indigent dis- count possible with proof of income and ID, co-pay of $50.00 required. **(501) 686-8000 Ext. #2**

##### Watershed

3701 Springer Blvd., Little Rock, AR 72206, Assistance with medications. Open Monday thru Friday 8:00am – 4:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred. **(501) 378-0176**

**Westside Free Medical Clinic** 2000 Camp Aldersgate Road, Little Rock, AR 72205,

[www.dolr.org/catholic-charities/westside-medi-](http://www.dolr.org/catholic-charities/westside-medi-) cal-clinic

Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available. **(501) 664-0340**

##### Ext. #356 English Ext. 335 Spanish

**DENTAL CLINICS**

**12th Street Health and Wellness Center** 4010 West 12th Street, Little Rock, AR 72204, [www.healthon12th.uams.edu](http://www.healthon12th.uams.edu/)

Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support. Dental hygiene, extractions, screenings and referrals. **(501) 614-2492**

##### Harmony Health Clinic

201 East Roosevelt Road, Little Rock, AR 72206, [www.harmonyclinicar.org](http://www.harmonyclinicar.org/)

Call for information. **(501) 375-4400**

##### River City Ministry

Day Services for the Homeless 1021 East Washington,

North Little Rock, AR 72114, [www.rivercityministry.org](http://www.rivercityministry.org/)

**By appointment only.** For Pulaski County residents only. $5.00 cash payment required per visit. Call Thursday at 10:00am for appointment.

##### (501) 376-6694

**Shepherds Hope** Neighborhood Health Center, 2404 S. Tyler Street,

Little Rock, AR 72204, [www.oakforrestumc.com](http://www.oakforrestumc.com/)

By appointment only, serving the 72204 and 72209 zip codes. Extractions only. Proof of residency required. Appointments 3 Tuesday of each month 5:30 – 8:30pm. Call Tuesdays at 1:00pm for a same day appointment. **(501) 614-9523**

##### St. Vincent Health Clinic East

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 $90. **(501) 552-4710**

##### U.A.M.S. Dental Hygiene Student Clinic

4301 West Markham, Little Rock, AR 72205,

https://uamshealth.com/medicalservices/dentalhy- giene

Allows students to perform x-rays and teeth cleaning for $40.00 per visit. Provides many basic services: Examination, Cleaning, X-rays, Pit & Fissure Seal- ant. Hours vary. Call for appointment.

##### (501) 686-5733



**EYE CLINICS**

**Harmony Health Clinic** 201 East Roosevelt Road, Little Rock, AR 72206, [www.harmonyclinicar.org](http://www.harmonyclinicar.org/)

Call for information. **(501) 375-4400**

##### River City Ministry

Day Services for the Homeless 1021 East Washington,

North Little Rock, AR 72114, [www.rivercityministry.org](http://www.rivercityministry.org/)

**By appointment only.** Call for appointments, serv- ing adults. $5.00 cash payment required at each visit. **(501) 376-6694**

##### Shepherds Hope

Neighborhood Health Center

2404 South Tyler Street, Little Rock, AR 72204, [www.oakforrestumc.com](http://www.oakforrestumc.com/)

By appointment only, usually on the third Tuesday of each month. 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.

##### (501) 614-9523

**HOUSING & SHELTERS**

**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**

##### Centers for Youth and Families, Youth Emergency Shelter

6425 West 12th Street, Little Rock, AR 72204,

[http://centersforyouthandfamilies.net](http://centersforyouthandfamilies.net/)

Shelter for homeless and runaway youth, ages 8 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients. **(501) 666-7233**

##### Cumberland Towers

311 East 8th Street, Little Rock, AR 72202,

Must be over 50 years of age with no dependents.

##### (501) 340-4726

**Dorcas House**

A Division of Union Rescue Mission 823 South Park Street,

Little Rock, AR 72202 [www.urmission.org](http://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. Wheel- chair accessible.

##### (501) 374-4022

**Empowerment Village** 3604 West 12th Street, Little Rock, AR 72204,

For Arkansans with special needs, ie.: limited income, homeless or has disability affecting their income and need for supportive services. **(501) 663-7223 Ext. #210**

##### Family Promise of Pulaski County

222 East 8th Street, Little Rock, AR 72202, [www.familypromisepc.org](http://www.familypromisepc.org/)

Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under18. **(501) 372-0733**

**Fred W. Paris Towers** 1800 South Broadway, Little Rock, AR 72206,

Must be over 50 years of age with no dependents.

##### (501) 340-4752

**Freewill Baptist Family Ministries**

3600 West 11th Street, Little Rock, AR 72204,

[www.fwbfm.com/services/residential-care/flor-](http://www.fwbfm.com/services/residential-care/flor-) ence-crittenton-home

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.

##### (501) 663-3129

**Gaines House**

1702 Gaines Street, Little Rock, AR 72206, [www.gaineshouse.org](http://www.gaineshouse.org/)

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

##### (501) 376-4015

**Hand Up Housing of Arkansas**

620 Curtis Sykes Drive, North Little Rock, AR 72114, [http://handuphousing.org](http://handuphousing.org/)

Homeless and transitional housing. The first step

in graduated, Christ centered, case managed pro- gram to help men and women in need move from homelessness to self-sufficiency. **(501) 658-1449**

##### Hoover Center

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. Call for fees. **(501) 663-4774**

##### Hope House of Recovery

P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://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 meet- ings 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 $110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved. **(501) 565-4673**

##### Jesse Powell Towers

1010 Wolfe Street, Little Rock, AR 72202,

Must be over 18 years of age with no dependents.

##### (501) 340-4766

**Little Rock Compassion Center (Men’s)**

3618 West Roosevelt Road, Little Rock, AR 72204, [www.lrcompassioncenter.org](http://www.lrcompassioncenter.org/)

Men’s homeless shelter must have ID and be over

18. Must be sober, no medical services available.

##### (501) 296-9114

**Little Rock Compassion Center (Women’s)** 4210 Asher Avenue, Little Rock, AR 72204, [www.lrcompassioncenter.org](http://www.lrcompassioncenter.org/)

Women’s homeless shelter must have ID and be over 18. Check-in 3:00pm.

##### (501) 663-2972

**Nehemiah House, A Division of Union Rescue Mission**

2921 Springer Blvd, Little Rock, AR 72216, [www.urmission.org](http://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. Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Wheelchair accessible.

##### 501) 374-1108

**Our House**

302 East Roosevelt Road, Little Rock, AR 72206, [www.ourhouseshelter.org](http://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.

##### (501) 375-2416 (501) 374-7383

**P.A.T.H. Human Trafficking Statewide Crisis Helpline**

##### Número para víctimas de trata de blancas

P.O. Box #21066, Little Rock, AR 72221,

[www.pathsaves.org](http://www.pathsaves.org/)

Providing shelter for women who are victims of human trafficking. **(501) 301-4357 (501) 993-1641**

##### Phoenix Recovery Center

104 North Battery, Little Rock, AR 72205,<http://www.phoenixarkansas.com/phoenix-recov-> ery-center-for-women/

Transitional housing for women only.

##### (501) 725-4907

**PROJECT BASED SECTION-8 APARTMENTS: (BASED ON INCOME – NO VOUCHER NEEDED) SECTION-8 ACCEPTED**

**Asbury Park**

8500 Michael Court, Little Rock, AR 72204

##### (501) 225-1931

**Auxora Arms Apartments**

9101 Auxor Road, Little Rock, AR 72209 **(501)**

##### 562-8593

**Brook Valley Apartments**

1100 Brookside Drive, Little Rock, AR 72227

##### (501) 227-5894

**Buffington Towers**

224 East 7th Street, Little Rock, AR 72202 **(501)**

##### 372-6434

**Eastview Terrace** 1200 Geyer Street, Little Rock, AR 72202 **(501) 372-6606**

**Fair Oaks Apartments** 9600 West 36th Street, Little Rock, AR 72204 **(501) 227-5466**

**Terrace Green Apartments** 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](http://www.SalvationArmyCentralArkansas.org/) Emergency shelter for women, and families, opens at 6:15pm. **(501) 374-9296**

##### (501) 374-8636 After 3:30pm

**Sober Living**

4201 John Borrow Road, Little Rock, AR 72204,

<http://soberliving.interventionamerica.org/citydirec-> tory.cfm?State=AR&city=Little%20Rock

In patient drug and alcohol abuse transitional hous- ing 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

2701 South Elm Street, Little Rock, AR 72204, [www.stfrancisministries.com](http://www.stfrancisministries.com/)

Residential placement for veterans thru the Veterans Day Treatment Center. **(501) 664-5036**

##### Veteran’s Day Treatment Center

1000 Main Street, Little Rock, AR 72202, Provides access for veterans to VA programs including the St. Francis House listed above. **(501) 244-1900**

**Women and Children First** Address Withheld, Little Rock, AR [www.wcfarkansas.org](http://www.wcfarkansas.org/)

Safe, secure shelter and supportive services for domestic violence victims and their children, provid-

ing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accom- panying 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/UNDOCUMENTED PERSONS RESOURCES**

##### Arkansas Coalition Against Domestic Violence

1401 West Capitol - Suite #170, Little Rock, AR 72201, [www.domesticpeace.com](http://www.domesticpeace.com/)

[www.domesticpeace.com/shelters.html](http://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 Llamenos al 800-269-4668 ó a la linea 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](http://www.arkansasassociations.org/)

The Arkansas United Community Coalition (Arkan- sas 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.

##### (591) 492-9437 (479) 763-2822

**ARKids – seguro médico para niños / medical insurance for children** [www.arkidsfirst.com/home](http://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,

[www.dolr.org/catholic-charities/immigration-lit-](http://www.dolr.org/catholic-charities/immigration-lit-) tle-rock

By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot af- ford private assistance. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency respond- ers, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immi- gration-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. (Maychange) **(501) 350-2518**

##### El Consulado de México en Little Rock

El Consulado de México en Little Rock está ubicado en 3500 S University Ave, y atiende a ciu- dadanos mexicanos en los estados de: Arkansas, Oklahoma y Tennessee.

Las funciones principales son proteger y defender los derechos e intereses de los ciudadanos mex- icanos, así como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo o por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos.

Entre las diversas funcionalidades del Consulado, algunos de los servicios son:

* Documentación de viaje (pasaporte)
* ID matrícula consular, cartilla militar)
* Servicio menaje de casa
* Registro civil (actas de nacimiento, doble nacional- idad, matrimonio, testamentos)
* Poderes Notariales
* Visas para extranjeros (turistas, permanentes, diplomáticos, estudiantes, etc.)

El Consulado promueve la unidad entre los mex- icanos participando en programas de desarrollo comunitario, fomentando el arte y la cultura mexi- cana en el exterior, y promoviendo la información que contribuye a un conocimiento positivo y mejor de México.

Para más preguntas o sugerencias, contáctenos al

(501) 372-6933 ext. 261 o envíe un correo electróni-

co a [conlrock@sre.gob.mx](mailto:conlrock@sre.gob.mx)

The Consulate of Mexico in Little Rock is located at 3500 S University Ave, and currently serves Mexi- can nationals in the states of: Arkansas, Oklahoma and Tennessee.

The main functions are to protect and defend the rights and interests of the Mexicans nationals, as well as assist and advice those who have suffered abuses, work related mistreatment or from authori- ties, putting first their human rights’ respect.

Among the diverse functions of the Consulate, some of the services are:

Travel documentation (Passport) IDs (consular ID, military service ID) Household Inventory Service

Vital Records (birth certificates, dual nationality, marriage certificates, wills)

Powers of Attorney

Visas for foreign nationals: tourist, permanent, diplomatic, students...

The Consulate promotes unity among Mexicans by participating in community development programs, encouraging Mexican art and culture abroad, as well as promoting the information that contributes a positive and better knowledge of Mexico.

For further questions or suggestions please contact us to **(501) 372-6933 Ext. #261** or send an e-mail to [conlrock@sre.gob.mx.](mailto:conlrock@sre.gob.mx) **(501) 372-6933**

##### El Zocalo Immigration Resource Center

5500 Geyer Springs Road, Little Rock, AR 72209,

(inside Geyer Springs United Methodist Church) [www.zocalocenter.com](http://www.zocalocenter.com/) ~ lrimmigrantcenter@gmail. com

El Zocalo Immigrant Resource Center works to con- nect 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 ESL classes available. Providing mental and emotional support. El Zócalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. También ofrecen edu- cación para los inmigrantes y lo demás. Se puede contactar para más información.

##### (501) 301-4652

**Esperanza “Hope” Neighborhood Clinic**

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

[www.esperanzahopeclinic.org](http://www.esperanzahopeclinic.org/)

Solo por cita. Principalmente para 72209. $5/visita. Hay interpretes. Jueves 5:15pm-8:00pm. Appoint- ment only. Primarily for 72209. $5/visit. Spanish in- terpreters available. Thurs 5:15pm-8:00pm, closed the 5th Thursday of each month. By appointment **ONLY**. $5.00 co-pay. Spanish interpreters available. **(501) 562-1114**

**Latino Clinic (in Arkansas Children’s Hospital)** 1 Children’s Way, Little Rock 72202, [www.archildrens.org/locations/location-details](http://www.archildrens.org/locations/location-details) Tratamiento para niños con condiciones médicas complejas que pertanecen a familias que hablan

español. También tiene una oficina legal para perso- nas debajos 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.

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

**Center for Arkansas Legal Services – Ayuda Legal de Arkansas**

1300 West 6th Street, Little Rock, AR 72201 [www.arlegalservices.org](http://www.arlegalservices.org/)

[www.laalitc.org](http://www.laalitc.org/) – tax help 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.

##### (501) 376-3423 (800) 950-5817

**Mosaic Church of Central Arkansas** 6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204, [www.mosaicchurch.net](http://www.mosaicchurch.net/) Comprehensive Immigrant services.

##### (501) 562-3336 Bilingual

**Número Nacional de Crisis/Para Prevención del Suicidio**

##### National Suicide/Crisis Hotline

(888) 628-9454 **en Español**

(800) 273-8255 **in English**

##### P.A.T.H. Human Trafficking Statewide Crisis Helpline

**Número para víctimas de trata de blancas**

P.O. Box #21066, Little Rock, AR 72221, [www.pathsaves.org](http://www.pathsaves.org/)



Providing shelter for women who are victims of human trafficking. **(501) 301-4357 (501) 993-1641**

##### Premier Staffing - Dotación de Personal Premier

10901 Financial Centre Parkway, Little Rock, AR 72211, [www.premierstaffinginc.com](http://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 y una vez registrado comunicarse al telefono.

##### (501) 223-8367

**Westside Free Medical Clinic (Spanish)**

2000 Camp Aldersgate Road, Little Rock, AR 72205,

[www.archildrens.org/hospital-units-and-clinics/](http://www.archildrens.org/hospital-units-and-clinics/) clinics/west-little-rock-clinic/west-little-rock-primary- care-clinic

Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available. **(501) 664-0340 Ext. 356 English Ext. 335 Spanish**

**LEGAL SERVICES**

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

904 West 2nd Street, Suite #1, Little Rock, AR 72201, [www.acluarkansas.org](http://www.acluarkansas.org/)

The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious free- dom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, In-

ter-sexual) rights, and reproductive freedom. Please visit the website or write to the above address, Calling is not an option.

##### Center for Arkansas Legal Services

1300 West 6th Street, Little Rock, AR 72201, [www.arlegalservices.org](http://www.arlegalservices.org/)

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. **(501) 376-3423 (800) 950-5817**

##### Disability Rights Arkansas Inc.

400 West Capitol Avenue, Suite 1200, Little Rock, AR 72201, [www.disabilityrightsar.org](http://www.disabilityrightsar.org/)

Advocacy group supporting the rights of the dis- abled. Monday thru Friday 9:00am – 5:00pm. **(501) 296-1775 (800) 482-1174**

##### On-Line Information on Free Legal Services in Arkansas

[www.usattorneylegalservices.com/free-legal-aid-Ar-](http://www.usattorneylegalservices.com/free-legal-aid-Ar-) kansas.html

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

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

[www.ualr.edu/law/clinical-programs/legal-clinic-ser-](http://www.ualr.edu/law/clinical-programs/legal-clinic-ser-) vices

Litigation, Mediation, Consumer Protection, and Tax Clinics. Usually available in January or August (at the beginning of each semester). Special mediation clin- ic for special education students and their families. **(501) 324-9441**

**LGBTQ RESOURCES**

##### Arkansans for Equality

P.O. Box #13066, Maumelle, AR 72113, [Arkansansforequality@gmail.com](mailto:Arkansansforequality@gmail.com)

AFE is an organization supporting equality for all Arkansans. **(501)-444-2575**

**Arkansas Coalition Against Domestic Violence** 700 South Rock Street, Little Rock, AR 72202, [www.domesticpeace.com](http://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 Llamenos al **800-269-4668** ó a la linea nacional **800-799-7233. (501) 907-5612 (800) 269-4668**

##### Arkansas Transgender Equality Coalition

P.O. Box #653,

North Little Rock, AR 72115, [www.artranscoalition.org](http://www.artranscoalition.org/)

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

##### (316) 768-7267

**Center for Artistic Revolution (C.A.R.)** 800 Scott St., Little Rock AR 72201, car4ar.org

Providing programs and advocacy for the Arkansas LGBTQI community. **(501) 244-9690**

##### Central Arkansas Pride (C.A.P.)

P.O. Box #250096, Little Rock, AR 72225, [www.centralarkansaspride.com](http://www.centralarkansaspride.com/)

C.A.P. 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 Arkan- sas Pride is to raise awareness of diversity in the community and recognize the contributions of the LGBTQ community in AR through celebration & education. **(501) 404-8498**

##### HRC Arkansas

P.O. Box #251703, Little Rock, AR 72225, [www.facebook.com/HRCArkansas](http://www.facebook.com/HRCArkansas)

The Human Rights Campaign is America’s largest civil rights organization working to achieve lesbian, gay, bisexual, transgender and Queer equality. HRC envisions a world where LGBTQ people are em- braced as full members of society at home, at work and in every community. **(501) 650-5644**

##### Lucie’s Place

300 South Spring Street, #715, Little Rock, AR 72201, [www.luciesplace.org](http://www.luciesplace.org/)

Lucie’s Place assists Lesbian, Gay, Bisexual & Transgender (LGBT) young adults (18-25) experi- encing homelessness with housing, services and support. Please call or come by the drop-in center to get connected.

##### (501) 508-5005

**Parents and Friends of Lesbian, Gay (and Trans- gender) People (PFLAG) Little Rock** [www.pflaglr.org](http://www.pflaglr.org/) [www.facebook.com/groups/PFLAGLR](http://www.facebook.com/groups/PFLAGLR)

800 Scott Street, Little Rock, AR 72201,

Meets third Friday of each month. Call for location.

Also Diverse Youth for Social Change (D.Y.S.C.), for LGBTQ youth ages 13-22. [**www.car4ar.org**](http://www.car4ar.org/) **(501) 244-9690**

##### Pridecorps: LGBT Youth Center

P.O. Box #7378, little Rock, AR 72217 [www.pridecorps.org,](http://www.pridecorps.org/)

Facebook: Pridecorps LGBT Youth Center

Our mission is to Celebrate, Support & Empower LGBT Youth ages 13-20. We provide an opportuni- ty for LGBT teens throughout Central Arkansas to network with one another and meet allied commu- nity leaders, educators, health care providers, & religious leaders. Meeting are 2:00 -5:00pm, the second & fourth Saturday of each month. Check Facebook for details. **(501) 404-8919**

##### The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org/)

The Trevor Project is the leading national organiza- tion providing crisis intervention and suicide preven- tion services to lesbian, gay, bisexual, transgender and queer (LGBTQ) young people ages 13-24. **(866) 488-7386**

**LIBRARIES**

##### Central Arkansas Library System (C.A.L.S.)

https://[www.cals.lib.ar.us](http://www.cals.lib.ar.us/)

##### n Main Library

100 Rock Street, Little Rock, AR 72201

Open Monday – Thursday 9:00am - 8:00pm, Friday and Saturday 9:00am - 6:00pm, Sunday 1:00 - 5:00 pm **(501) 918-3000**

##### n Millie Brooks Library



13024 Hwy 365, Wrightsville, AR 72206 Open Monday – Tuesday 10:00am - 7:00pm, Thursday - Friday 10:00am – 6:00pm, Saturday

10:00am - 2:00pm, Closed Wednesday and Sun- day **(501) 537-3186**

##### n Hillary Rodham Clinton Children’s Library & Learning Center

4800 W. 10th Street. Little Rock, AR 72204 Open Monday – Saturday 9:00am – 6:00pm, Sun- day 1:00 - 5:00pm **(501) 978-3870**

##### n Dee Brown Library

6325 Baseline Road, Little Rock, AR 72209 Open Monday, Tuesday and Thursday 10:00am –

8:00pm, Wednesday, Friday and Saturday 10:00am

– 6:00pm, Closed Sunday. **(501) 568-7494**

##### n John Gould Fletcher Library

823 North Buchanan Street, Little Rock, AR 72205 Open Monday - Wednesday 9:00am – 8:00pm, Thursday – Saturday 9:00am – 6:00pm, Closed Sunday.

##### (501) 663-5457

n **Maumelle Library**

10 Lake Pointe Drive, Maumelle, AR 72113

Open Monday, Tuesday and Thursday 10:00am – 8:00pm, Wednesday, Friday and Saturday 10:00am

– 6:00pm, Closed Sunday. **(501) 851-2551**

##### n Sidney S. McMath Library

2100 John Barrow Road, Little Rock, AR 72204 Open Monday - Wednesday 10:00am – 8:00pm, Thursday – Saturday 10:00am – 6:00pm, Closed Sunday.

##### (501) 225-0066

n **Max Milam Library**

609 Aplin Avenue, Perryville, AR 72126

Open Tuesday 10:00am – 8:00pm, Monday and Wednesday – Saturday 10:00am – 6:00pm, Closed Sunday. **(501) 889-2554**

##### n Esther Dewitt Nixon Library

703 W. Main Street, Jacksonville, AR 72076 Open Tuesday and Thursday 9:30am – 8:00pm, Monday, Wednesday, Friday and Saturday 9:30am

– 6:00pm, Closed Sunday. **(501) 457-5038**

##### n Oley E. Rooker Library

11 Otter Creek Court, Little Rock, AR 72210

Open Monday, Wednesday and Thursday 10:00am

* 8:00pm, Tuesday, Friday and Saturday 10:00am – 6:00pm, Closed Sunday. **(501) 907-5991**

##### n Amy Sanders Library

31 Shelby Drive, Sherwood, AR 72120

Open Monday, Wednesday, Friday and Saturday 9:30 – 6:00pm, Tuesday and Thursday 9:30 – 8:00pm, Closed Sunday. **(501) 835-7756**

##### n Adolphine Fletcher Terry Library

2015 Napa Valley Drive, Little Rock, AR 72212 Open Monday, Wednesday and Thursday 9:00am

* 8:00pm, Tuesday, Friday and Saturday 9:00am – 6:00pm, Closed Sunday. **(501) 228-0129**

##### n Roosevelt Thompson Library

38 Rahling Circle, Little Rock, AR 72223

Open Monday, Tuesday and Thursday 9:00am – 8:00pm, Wednesday, Friday and Saturday, 9:00am

– 6:00pm, Closed Sunday. **(501) 821-3060**

##### n Sue Cowan Williams Library

1800 Chester Street, Little Rock, AR 72206 Open Tuesday and Thursday 10:00am – 8:00pm,

Monday, Wednesday, Friday and Saturday 10:00am

– 6:00pm, Closed Sunday. **(501) 376-4282**

##### Butler Center for Arkansas Studies

401 President Clinton Avenue, Little Rock, Arkan- sas 72201

n **Research Room,** Open Monday – Saturday

9:00am – 6:00pm

n **Art Galleries,** Open Monday – Saturday 9:00am

– 6:00pm

##### (501) 320-5700

**Ron Robinson Theater** 100 River Market Avenue, Little Rock, AR 7220 **(501)320-5715**

**Cox Creative Center** 120 River Market Avenue, Little Rock, AR 72201

Open Monday – Friday 8:00am – 5:00pm, Saturday 9:00am – 5:00pm and Sunday 1:00 – 5:00pm.

##### 501) 918-3093

**William F. Laman Public Library System, North Little Rock**

##### n Main Library

2801 Orange Street, North Little Rock, AR 72114 [www.lamanlibrary.org](http://www.lamanlibrary.org/)

Open Monday – Thursday 9:00am – 8:00pm, Fri- day - Saturday 9:00am – 5:00pm, Closed Sunday **(501) 758-1720**

##### n Argenta Branch

420 Main Street, North Little Rock, AR 72114 [www.lamanlibrary.org](http://www.lamanlibrary.org/)

Open Monday – Friday 9:00am – 6:00pm, Saturday 9:00am – 1:00pm, Closed Sunday **(501) 687-1061**

**MEALS**

##### Broadway Bridge Project

1101 West Markham, Little Rock, AR 72201

At From His Throne Ministries. Serving dinner Mon- day, Tuesday, Thursday and Friday, 6:00 – 7:00pm. **(501) 944-1209**

##### Canaan Missionary Baptist Church

1700 South State Street, Little Rock, AR 72206

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

##### (501) 374-0485

**Canvas Community Church**

1111 W 7th Street, Little Rock, AR 72201 [www.welovelittlerock.org](http://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. **(501) 492-6815**

##### From His Throne Ministries

1101 West Markham, Little Rock, AR 72201, Serving lunch Sundays, 11:00am. Following church service. **(501) 944-1209**

**In Your Hands Ministries, Inc.** 3905 Highway #161 North, North Little Rock, AR 72117, [www.inyourhandsministries.com](http://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 – 11:00pm.

##### (501) 945-1314

**Jericho Way, Homeless Day Resource Center**

3000 Springer Blvd., Little Rock, AR 72206 [www.depaulusa.org](http://www.depaulusa.org/)

Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Breakfast served at 7:30am Lunch served at11:00am, Monday thru Friday. **(501) 916-9858**

**L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)** 14036 Sardis Road,

Shannon Hills, AR 72103 [www.letourviolenceend.com](http://www.letourviolenceend.com/)

Meals served to children in the after-school pro- gram. Meals served to the hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm **(501) 516-1602**

##### Metro Worship Center

2914 South Cumberland Street, Little Rock, AR 72206,

[www.firstnlr.com/about-metro-little-rock](http://www.firstnlr.com/about-metro-little-rock)

Lunch and clothes closet 3rd Saturday each month, Church bus picks-up at 10:00am at Canvas Com- munity Church, at the downtown public library and at the Little Rock bus depot. **(501) 951-1333**

##### New Life Ministries

12506 Highway #165, North Little Rock, AR 72117 [www.newlifenlr.com](http://www.newlifenlr.com/)

Serving dinner in the parking lot behind the Little Rock city hall, Sundays, 5:30pm.

##### (501) 730-1904

**Quapaw Quarter United Methodist Church**

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. **(501) 375-1600**

##### River City Ministry

1021 East Washington Avenue, North Little Rock, AR 72214 [www.rivercityministry.org](http://www.rivercityministry.org/)

Monday thru Friday, breakfast at 7:30am, lunch following the 11:30 Devotional. Sunday’s food and fellowship 2:00pm. **(501) 376-6694**

**Saint Mark Baptist Church** 5722 West 12th Street, Little Rock, AR 72204, [http://smark.org](http://smark.org/)

Serving 4th Saturday of each month 10:00am – 1:00pm. **(501) 663-3955**

##### Salvation Army

1111 West Markham Street, Little Rock, AR 72201,

[www.SalvationArmyCentralArkansas.org](http://www.SalvationArmyCentralArkansas.org/) Breakfast served daily, 7:00 – 7:30am. Dinner served daily, 5:30 – 6:00pm.

##### (501) 374-9296

**Stew Pot First Presbyterian Church**

First Presbyterian Church,

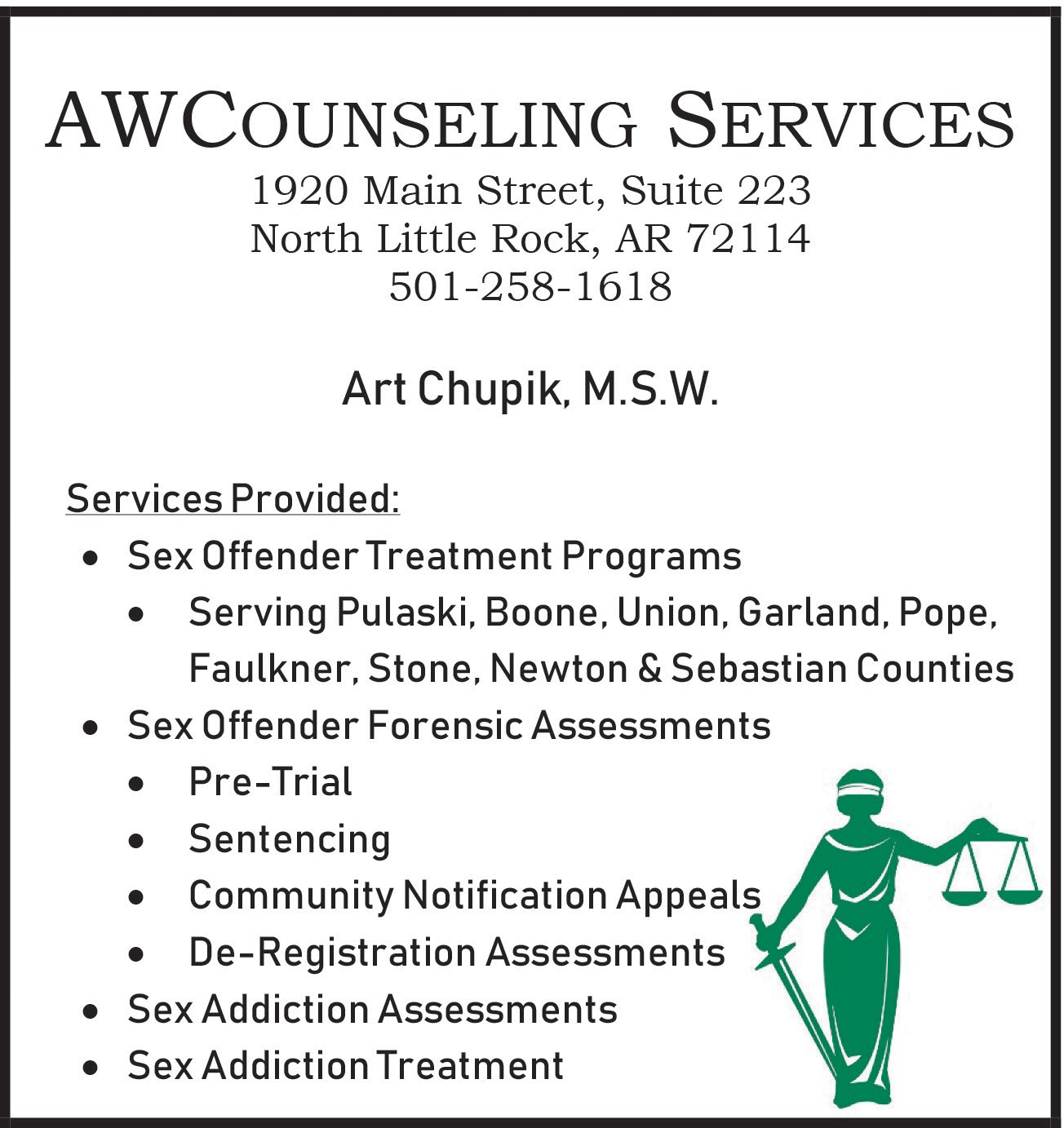
800 Scott Street, Little Rock, AR 72201, [www.stewpot-littlerock.org](http://www.stewpot-littlerock.org/)

Free lunch served Monday thru Friday, 12:00 – 1:00pm. Not handicapped accessible.

##### (501) 372-1804

**The Van (The One Inc.)**

P.O. Box #250061, Little Rock, AR 72225 [www.theoneinc.org](http://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. **(501) 955-3444**

**MENTAL HEALTH CARE/ TREATMENT**

##### Bridgway Hospital

21 Bridgway Road,

North Little Rock, AR 72113, [www.thebridgeway.com](http://www.thebridgeway.com/)

Private inpatient hospital, most insurance accepted. Payment required. **(501) 771-1500**

##### Centers for Youth and Families

6601 West 12th Street, Little Rock, AR 72204,

[http://centersforyouthandfamilies.net](http://centersforyouthandfamilies.net/) Outpatient clinic for youth 26 and under. **(501) 666-4949**

##### Family Service Agency

628 West Broadway, Suite #300, North Little Rock, AR 72114, [www.helpingfamiliesfirst.org](http://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. **(501) 372-4242**

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)** 14036 Sardis Road,

Shannon Hills, AR 72103 [www.letourviolenceend.com](http://www.letourviolenceend.com/)

Licensed mental health professionals on staff, call for fees and appointments.

##### (501) 516-1602

**Little Rock Community Mental Health Center** 1100 North University Avenue, Suite #200, Little Rock, AR 72207,

[www.lrcmhc.com](http://www.lrcmhc.com/)

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 Weekdays 8:00am – 5:00pm. **(501) 686-9300**

##### Professional Counseling Associates

3601 Richards Road,

North Little Rock, AR 72117, [www.pca-ar.org/home.html](http://www.pca-ar.org/home.html)

Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics available, **(501) 221-1843**

##### U.A.M.S. Walker Family Clinic (Appointments)

4301 West Markham, Little Rock, AR 72205, [www.uamshealth.com](http://www.uamshealth.com/)

Open Monday thru Friday, 7:30 – 5:00pm, appoint- ments required, proof of income and ID required, co-pay required. **(501) 526-8200**

**SUBSTANCE ABUSE TREATMENT & RECOVERY**

##### AA World Service Office

[www.aa.org/pages/en\_US/find-local-aa](http://www.aa.org/pages/en_US/find-local-aa)

Contact information, place, date and times for AA meetings worldwide. **(212) 870-3400**

##### Al-Anon and Alateen

[www.arkansasalanon.org](http://www.arkansasalanon.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.

##### (501) 372-5234

**Arkansas AA Central Service Office**

7509 Cantrell Road, #106, Little Rock, AR 72207, [www.arkansascentraloffice.org](http://www.arkansascentraloffice.org/)

Providing contact information, place date and times for Alcoholics Anonymous meetings throughout Arkansas. **(501) 664-7303**

##### Cocaine Anonymous (C.A.)

[www.caarkansas.org](http://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.

##### (501) 301-4827

**Family Service Agency - Central Little Rock Promise**

628 West Broadway - Suite 300, North Little Rock, AR 72114, [www.helpingfamiliesfirst.org/index.html](http://www.helpingfamiliesfirst.org/index.html) [www.littlerockpromise.org](http://www.littlerockpromise.org/)

Hours: Monday thru Friday 8:00am – 5:00pm. Substance abuse counseling programs There is a sliding scale fee structure, call for fees.

##### (501) 372-4242

**L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)**

14036 Sardis Road, Shannon Hills, AR 72103, [www.letourviolenceend.com](http://www.letourviolenceend.com/)

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

##### (501) 516-1602

**Narcotics Anonymous (N.A.)**

[www.caasc.org](http://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 member- ship is the desire to stop using. We suggest that you keep an open mind and give yourself a

##### Arkansas Cares

2002 South Fillmore, Little Rock, AR 72204, [www.methodistfamily.org/services/in-patient-treat-](http://www.methodistfamily.org/services/in-patient-treat-) ment-programs/arkansas-cares

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**

**Baptist Medical Center** 9601 Baptist Health Drive, Little Rock, AR 72205,

[www.baptist-health.com/location/baptist-health-](http://www.baptist-health.com/location/baptist-health-) medical-center-little-rock-little-rock

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 insur- ance for substance abuse or $5,500 cash payment required. **(501) 202-2893**

**INPATIENT TREATMENT FACILITIES**

##### Bridgway Hospital

21 Bridgway Road,

North Little Rock, AR 72113, [www.thebridgeway.com](http://www.thebridgeway.com/)

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. **(501) 771-1500**

##### Chance Sobriety

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. Fee: Call for fees.

##### (501) 851-8484

**Compassion Center**

3618 West Roosevelt Road, Little Rock, AR 72204, [www.lrcompassioncenter.org](http://www.lrcompassioncenter.org/)

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. **(501) 296-9114**

##### Dorcas House: A Division of Union Rescue Mission

823 South Park Street,

Little Rock, AR 72202, ww.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. **(501) 374-4022**

##### Gyst House

8101 Frenchman’s Lane, Little Rock, AR 72209, [www.gysthouseinc.com](http://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. **(501) 568-1682**

##### Hoover Center

3604 West 12th Street, Little Rock, AR 72204,

[www.bcdinc.org/index-9.html](http://www.bcdinc.org/index-9.html)

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. **(501) 663-4774**

##### Nehemiah House: A Division of Union Rescue Mission

3000 Springer Blvd, Little Rock, AR 72216, [www.urmission.org](http://www.urmission.org/)

Long term treatment for men. Must complete inter- view 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. **(501) 376-8470 Quality Living Center**

3925 Asher Avenue, Little Rock, AR 72204, [http://qualitylivingcentertreatment.net](http://qualitylivingcentertreatment.net/)

CoEd campus, separate residence for men and women. Call for fees. **(501) 663-3490**

##### Quapaw House

7600 Enmar Drive, Little Rock, AR 72209, Inpatient initial detox center for the State of Arkan- sas. 3-5 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. NO METH- ADONE. 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 capabil- ities. Will not accept clients who are suicidal. Client must have own medications. **(501) 686-9393**

**Recovery Center of Arkansas, Riverbend** 1201 River Road, North Little Rock, AR 72114, [www.rcofa.org](http://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. **(501) 372-4611**

##### Sober Living

4201 John Borrow Road, Little Rock, AR 72204, <http://soberliving.interventionamerica.org/citydirec-> tory.cfm?State=AR&city=Little%20Rock Transitional housing with drug and alcohol services. Fees: call for fees. **(501) 562-0507**

##### The Hope House of Recovery

P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://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 meet- ings 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 $110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call (501) 565- 4673 for admission requirements. **(501) 565- 4673**

**OUTPATIENT TREATMENT FACILITIES**

##### Catar Clinic

4260 Stockton Drive, Suite B, North Little Rock, AR 72117, [www.catarclinic.org](http://www.catarclinic.org/)

Outpatient opiate addiction treatment.

##### (501) 664-7833

**Recovery Center of Arkansas**

1201 River Road, North Little Rock, AR 72114 [www.rcofa.org](http://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. **(501) 372-4611**

##### U.A.M.S. Psychiatric Research Institute Methadone Clinic

4301 West Markham, Little Rock, AR 72205, [www.uamshealth.com](http://www.uamshealth.com/)

Outpatient opiate treatment. **(501) 526-8410**

##### Veteran’s Substance Abuse Treatment Services

2200 Fort Root Drive,

North Little Rock, AR 72114, [www.va.gov/health/NewsFeatures/2013/Septem-](http://www.va.gov/health/NewsFeatures/2013/Septem-) ber/VA-Support-for-Alcohol-or-Drug-Misuse.asp Walk-in clinic open from 9:00am -1:00pm, Mon- day – Friday. Accessible to Veterans eligible for services. **(501) 257-2846**

**NATIVE AMERICAN RESOURCES**

##### American Indian Center of Arkansas

1100 North University Ave #143, Little Rock, AR 72207, [www.arindianctr.org](http://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 bene- fits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Ameri- cans in the state of Arkansas. **(501) 666-9032**

##### Arkansas State Archives

1 Capitol Mall, Little Rock, Arkansas 72201, [www.archives.arkansas.gov](http://www.archives.arkansas.gov/)

The State Archives maintain original Quapaw treaty records, Dawes Commission Rolls. **(501) 682-6900**

**Arkansas Studies Institute** 401 President Clinton Avenue, Little Rock, AR 72201,

[www.butlercenter.org/contact.html](http://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. **(501) 320-5700**

**Federally Recognized Indian Tribes and Resources for Native Americans** [www.usa.gov/tribes](http://www.usa.gov/tribes)

Find information about and resources for Native Americans regarding:

n Federally Recognized Indian Tribes

n Cultural Resources for Native Americans

n Housing Help: Resources for Native Americans

##### Historic Arkansas Museum

**LEGAL RESOURCES FOR NATIVE AMERICANS**

200 East 3rd Street, Little Rock, AR 72201, [www.historicarkansas.org](http://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

North Little Rock, AR 72114, [www.rrmetro.org](http://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. **(501) 375-9607**

##### Veteran’s Day Treatment Center

1000 Main Street, Little Rock, AR 72202, Shuttle service available, weekdays on the half- hour for veterans to-and-from the VA Day Treat- ment Center and the VA Medical facilities **ONLY**. **(501) 244-1900**

##### Watershed

3701 Springer Blvd., Little Rock, AR 72206, Bus passes available on an as available basis through interview. Open Monday thru Friday

8:00am – 4:00pm. Call before coming to make an appointment for screening. (501) 378-0176

##### John L. McClellan Veterans Hospital

**VETERANS PROGRAMS**

4300 West 7th Street, Little Rock, AR 72205,

[www.littlerock.va.gov/locations/directions.asp](http://www.littlerock.va.gov/locations/directions.asp) Medical care and treatment for veterans ONLY. **(501) 257-1000**

**St. Francis House** 2701 South Elm Street, Little Rock, AR 72214,

[www.stfrancisministries.com](http://www.stfrancisministries.com/)

Veteran’s residential treatment accessed only thru Veteran’s Day Treatment Center. **(501) 664-5036**

**Towbin Healthcare & VA Medical Center** 2200 Fort Roots Drive,

North Little Rock, AR 72114,

Medical care, treatment and domicile available to veterans ONLY. **(501) 257-1000**

##### VA National Call Center for Homeless Veterans

[**www.va.gov/homeless**](http://www.va.gov/homeless) **(877) 424-3838 Veteran’s Day Treatment Center**

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 veter- ans ONLY. NOT A SHELTER! **(501) 244-1900**

**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

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. **(501) 324-9351**

##### Sequoyah National Research Center

5820 Asher Ave. Suite #500, Little Rock, AR 72204, [www.ualr.edu/sequoyah](http://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

STEWART WHALEY, ATTORNEY

OPEN ACCESS LAW FIRM, PLLC



3008 SOUTH UNIVERSITY AVENUE LITTLE ROCK, ARKANSAS 72204 (501) 508-5858

[stewart@openaccessslawfirm.com](mailto:stewart@openaccessslawfirm.com) [openaccesslawfirm.com](http://openaccesslawfirm.com/)

MEMBER

## PULASKI COUNTY BAR ASSOCIATION

[whaleycriminaldefense.com](http://whaleycriminaldefense.com/)

thru Friday **(501) 569-8336**

## ARKANSAS ASSOCIATION OF CRIMINAL DEFENSE LAWYERS

##### Care Link

**TRANSPORTATION**

P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72114, [www.carelink.org](http://www.carelink.org/)

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

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

**Jericho Way, Homeless Day Resource Center** 3000 Springer Blvd., Little Rock, AR 72206, [www.depaulusa.org](http://www.depaulusa.org/)

Homeless day center, transportation services Monday thru Friday 7:30am – 2:30pm. Transpor- tation to and from shelters and to Medical and employment appointments in Pulaski County. **(501) 916-9859**

**Rock Region Metro, (C.A.T.) Little Rock City Bus System** 310 East Capitol Street, Little Rock, AR 72202, [www.rrmetro.org](http://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. **(501) 375-1163**

##### Rock Region Metro, LINKS, Paratransit (C.A.T.)

901 Maple Street,

# CRIMINAL DEFENSE

## CONSPIRACY

* DRUG CRIMES

## DWI (I, II, AND III)

* WEAPONS CHARGES

## VIOLENT CRIMES

* SEX CRIMES
* THEFT CRIMES

# STATE & FEDERAL PRISON SERVICES

## PAROLE HEARINGS & REVIEW

* PROBATION HEARINGS & REVIEW

## PRISON DISCIPLINARY ISSUES

* GRIEVANCES
* BRUTALITY

# SEX OFFENDER REGISTRY

## FAILURE TO REGISTER

* PETITION TO TERMINATE OBLIGATION TO REGISTER

## NOTIFICATION-LEVEL APPEALS

* IMPROPER APPLICATION

## ABUSE BY LAW ENFORCEMENT

* CASE ANALYSIS AND STRATEGY

# OTHER SERVICES

## EXPUNGMENT/SEALING OF RECORDS

* WHITE COLLAR (OFFICE OF INSPECTOR GENERAL)

## COMPUTER CRIMES

* FREEDOM OF INFORMATION ACT (FOIA)

2002 South Fillmore, Little Rock, AR 72204, [www.methodistfamily.org/services/in-patient-treat-](http://www.methodistfamily.org/services/in-patient-treat-) ment-programs/arkansas-cares

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**

##### Arkansas Coalition Against Domestic Violence

1401 West Capitol - Suite #170, Little Rock, AR 72201, [www.domesticpeace.com](http://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 Llamenos al 800-269-4668 ó a la linea nacional 800-799-7233. **(501) 907-5612 (800) 269-4668**

##### Arkansas Women’s Outreach (AWO)

[http://arkansaswomensoutreach.org](http://arkansaswomensoutreach.org/)

##### Dorcas House : A Division of Union Rescue Mission

823 South Park Street, Little Rock, AR 72202, [www.urmission.org](http://www.urmission.org/)

Women’s domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed up through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Pro- gram: 9 month recovery program for women with substance or alcohol addiction. Children are NOT permitted. **(501) 374-4022**

##### Gaines House

1702 Gaines Street, Little Rock, AR 72206, [www.gaineshouse.org](http://www.gaineshouse.org/)

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

##### (501) 376-4015

**Hope House of Recovery**

P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://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 meet- ings 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 $110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved.

##### (501) 565-4673

**Little Rock Compassion Center (Women’s)** 4210 Asher Avenue, Little Rock, AR 72204, [www.lrcompassioncenter.org](http://www.lrcompassioncenter.org/)

Women’s homeless shelter must have an ID and be over 18. Check-in after 3:00pm. **(501) 663-2972**

##### P.A.T.H. Human Trafficking Statewide Crisis Helpline

**Número para víctimas de trata de blancas**

P.O. Box #21066, Little Rock, AR 72221, [www.pathsaves.org](http://www.pathsaves.org/)

Providing shelter for women who are victims of human trafficking. **(501) 301-4357 (501) 993-1641**

##### Phoenix Recovery Center

104 North Battery, Little Rock, AR 72205,<http://www.phoenixarkansas.com/phoenix-recov-> ery-center-for-women/

Transitional housing for women only.

##### (501) 725-4907

**Women and Children First** Address Withheld, Little Rock, AR, [www.wcfarkansas.org](http://www.wcfarkansas.org/)

Safe, secure shelter and supportive services for domestic violence victims and their children, provid- ing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accom- panying 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**

##### Arkansas Advocates for Children and Families

1400 West Markham, Suite #306, Little Rock, AR 72201, [www.aradvocates.org](http://www.aradvocates.org/)

For more than 35 years, AACF has provided leader- ship, research and advocacy to promote wide-rang- ing 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. **(501) 371-9678**

##### Arkansas Child Abuse Prevention Hotline

**YOUTH SERVICES**

**(800) 482-5964**

##### Arkansas Children’s Hospital, General Pediatric & After Hours Clinic

1 Children’s Way, Little Rock, AR 72202, [www.archildrens.org/programs-services/a-to-z-ser-](http://www.archildrens.org/programs-services/a-to-z-ser-) vices-list/general-pediatrics/general-pediatric-clinic Children’s after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am

– 7:45pm. **(501) 364-1202**

##### Arkansas Coalition Against Domestic Violence

1401 West Capitol - Suite #170, Little Rock, AR 72201, [www.domesticpeace.com](http://www.domesticpeace.com/)

[www.domesticpeace.com/shelters.html](http://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 c**all 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 Llamenos al 800-269-4668 ó a la linea nacional **800-799-7233. (501) 907-5612 (800) 269-4668**

##### Arkansas DHS/Division of Children and Family Services

P.O. Box #1437, Slot S-569, 700 Main Street, Little Rock, AR 72203,

[www.stoparchildabuse.com](http://www.stoparchildabuse.com/) [www.humanservices.arkansas.gov](http://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.

##### (501) 682-8772

**Arkansas Home Visiting Network** 415 South McKinley - Suite #610, Little Rock, AR 72205, [www.arhomevisiting.org](http://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 par-

ents 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 environ- ments, resources and referral access, literacy and school readiness. **(501) 364-5461**

##### Arkansas National Guard Youth Challenge Program

16414 North Dakota Avenue, North Little Rock, AR 72199,

Mailing address: Camp Robinson #16414, North Little Rock, AR 72199, [www.aryouthchalange.com](http://www.aryouthchalange.com/)

The Arkansas National Guard Youth Challe**NG**e 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 Accli- mation Period, is followed by a year-long mentoring relationship with a specially trained member from each youth’s community. **(501) 212-5565**

##### ARKids First

700 Main Street, Little Rock, AR 72201, [www.arkidsfirst.com/home.htm](http://www.arkidsfirst.com/home.htm)

ARKids First health insurance provides two cover- age options for Arkansas children who otherwise might have gone without. Open Monday – Friday 8:00am – 4:30pm. **(888) 474-8275**

##### Big Brothers Big Sisters of Central Arkansas

312 West Pershing Blvd. North Little Rock, AR 72114, [www.bbbsca.org](http://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. **(501) 374-6661**

##### Break the Silence – Speak Out America

P.O. Box #21978, Little Rock, AR 72223, [www.facebook.com/pages/Break-the-Silence-](http://www.facebook.com/pages/Break-the-Silence-) Speak-Out-America/861481493940366 Dedicated to preventing child sexual abuse. **(501) 804-0747**

**Catholic Adoption Services** 2500 North Tyler Street, Little Rock, Arkansas 72207,

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.

##### (501) 664-0340 Ext. #347 or #334

**Centers for Youth and Families, Family Counseling Center,** 6601 West 12th Street: Attn. OS, Little Rock, AR 72204,

Offering treatment in the form of outpatient counsel-

ing, 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 26. Parent Center offers parenting classes, support groups and a Parent Resource Center. **(501) 666-4949**

##### Centers for Youth and Families Residential Services

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

Little Rock, AR 72204, [www.centersforyouthandfamilies.org](http://www.centersforyouthandfamilies.org/) **(501) 660-6880**

**Child Support Enforcement Office** 322 South Main Street, Suite #100, Little Rock, AR 72203,

[www.dfa.arkansas.gov/offices/childSupport/Pages/](http://www.dfa.arkansas.gov/offices/childSupport/Pages/) default.aspx

Enforces court orders involving non-custodial paren- tal child support. **(501) 371-5400**

##### Cru Inner City

1215 South Schiller Street, Little Rock, AR 72202,

[www.cru.org/communities/innercity/centralarkan-](http://www.cru.org/communities/innercity/centralarkan-) sas/contact.html

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). **(501) 690-5433**

**L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)** 14036 Sardis Road,

Shannon Hills, AR 72103, [www.letourviolenceend.com](http://www.letourviolenceend.com/)

After school program, 3:00 – 6:00pm weekdays, with meals. **(501) 516-1602**

##### National Center for Missing / Exploited Children

[www.missingkids.com](http://www.missingkids.com/) **(800) 843-5678**

##### Pinnacle Pointe Hospital

11501 Financial Centre Parkway, Little Rock, AR 72211, [www.pinnaclepointehospital.com](http://www.pinnaclepointehospital.com/)

Pinnacle Pointe Hospital is Arkansas’ largest behav- ioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to pro- viding 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. **(501) 223-3322**

**Pulaski County Cooperative Extension, 4-H** Pulaski County 4-H, 2901 West Roosevelt Road, Little Rock, AR 72204, [www.uaex.edu/counties/pulaski](http://www.uaex.edu/counties/pulaski)

4-H is the youth development program conducted by the University of Arkansas, Division of Agricul- ture, and Cooperative Extension Service.

##### (501) 340 -6650

**Pulaski County Youth Services** 201 South Broadway, Suite #220, Little Rock, AR 72201,

<http://pulaskicounty.net/pulaski-county-youth-ser-> vices

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.

##### (501) 340-8250

**Recycle Bikes for Kids**

717 East 10th Street,

North Little Rock, AR 72114, [www.facebook.c/recyclebikesforkids](http://www.facebook.c/recyclebikesforkids) Provides free bicycles for children. And allows

adults an opportunity to earn a bike by volunteer to repair bikes for children. Call for appointments, times, and requirements. Mondays 1:00 - 7:00pm, Saturdays 9:00 – 12:00. **(501) 563-8264**

##### The First Tee

1 First Tee Way, Little Rock, AR 72204, [www.thefirstteecentralarkansas.org](http://www.thefirstteecentralarkansas.org/)

Youth development program teaching life skills through the game of golf.

##### (501) 562-4653

**American Red Cross of Greater Arkansas**

**MISCELLANEOUS**

401 South Monroe Street, Little Rock, AR 72205, [www.redcross.org/arkansas](http://www.redcross.org/arkansas)

Emergency Assistance Information, health and safety training (CPR & first aid) emergency military notification. **(501) 748-1000 (800) 733-2767**

##### Arkansas Community Dispute Resolution Centers, Inc.

3805 West 12th Street - Suite #201, Little Rock, Arkansas 72204,

[www.acdrc.net](http://www.acdrc.net/)

Providing family/child support/visitation media- tion services, neighborhood dispute resolution services, landlord/tenant disputes, consumer disputes, business disputes, facilitation services,

conflict resolution training for individuals, neighbors, families, consumers, churches, schools, business- es, groups/organizations, police and government entities. **(501) 379-1501**

##### Arkansas Community Organization (A.C.O.)

2101 South Main Street, 1st floor, Little Rock, AR 72206, [http://arkansascomm.org](http://arkansascomm.org/)

Empowering low income families thru credit coun- seling, home ownership counseling, income tax preparation, financial literacy and counseling. **(501) 376-7151**

##### Cell-Phone Charging Locations

n University Libraries

n University of Arkansas, Little Rock student union

n All Public Libraries

##### City of Little Rock Neighborhood Resource Centers (NRC):

12 Neighborhood Resource Centers located throughout Little Rock. [www.littlerock.org/citydepartments/housing\_pro-](http://www.littlerock.org/citydepartments/housing_pro-) grams/alertcenters/locations\_staff.aspx Neighborhood Resource Centers have become hubs of decentralized city services. Code enforce- ment officers, community oriented police officers and neighborhood facilitators staff each Resource Center. **(501) 371-4849**

##### n Baseline Alert NRC

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

##### n Capitol View - Stifft Station NRC

Kathleen Countryman, 2715 West 7th Street, Little Rock, AR 72205 **(501) 372-3856**

##### n Central High NRC

Valerie Conway, 1108 South Park, Little Rock, AR 72202 **(501) 376-7610**

##### n East Broadway NRC

Bert Butler, 500 East 21st Street, Little Rock, AR 72206 **(501) 376-3406**

##### n Oak Forest NRC

Larry Johnson, 2823 Tyler Street, Little Rock, AR. 72204 **(501) 666-0916**

##### n South End NRC

Arnuard Crump, 1100 West 33rd Street, Little Rock,

AR. 72206 **(501) 370-9537**

##### n Southwest Little Rock NRC

Valeria Tate, 5621 Valley Drive, Little Rock,

AR.72209 **(501) 562-0042**

##### n Wakefield NRC

Iglorida Conley, 7414 Doyle Springs Road, Little Rock, AR 72209 **(501) 565-7119**

##### n West Baseline NRC

Linda Williams, 9209 Mann Road, Little Rock, AR 72209 **(501) 565-1499**

##### n West Central NRC

Ruby Dean, 4200 John Barrow - Suite B & C, Little Rock, AR. 72204 **(501) 565-4807**

##### n Willie Hinton NRC

3805 West 12th Street, Little Rock AR. 72204

##### (501) 379-1515

n **Wright Avenue NRC**

Willie Carpenter, 1813 Wright Avenue, Little Rock, AR 72202 **(501) 244-0900**

##### Computer and Internet Access:

n University Libraries

n Public Libraries

n AR State Library

AR unemployment office, job search only

##### Family Service Agency - Central Little Rock Promise

628 West Broadway - Suite 300, North Little Rock, AR 72114,

[www.helpingfamiliesfirst.org/index.html](http://www.helpingfamiliesfirst.org/index.html) [www.littlerockpromise.org](http://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, Pre- vention Services, Substance Abuse, Trans-Parent- ing Violence Intervention. **(501) 372-4242**

##### HOUSEABOUTIT, Community Economic De- velopment Agency, Benefit Enrollment Center (BEC) of Pulaski County

3805 West 12th Street, Suite #204, Little Rock, AR 72204, <http://houseaboutit.org/home.html>

Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome, Friday by appointments ONLY The Benefit Enrollment Center (BEC) is a pro- gram that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:

Medicare Part D Extra Help (or Low Income Subsidy, LIS),

Medicare Savings Programs (MSP), Medicaid

Supplemental Nutrition Assistance Program (SNAP),

Low-Income Home Energy Assistance (LIHEAP) Referral **(501) 379-1549 (501) 379-1556**

##### Internal Revenue Service (I.R.S.)

700 West Capitol - Room 1412,

Friday, 8:00am – 6:00pm. Saturday, 8:00am – 4:00pm. Closed Sunday.

**Index of Resource Providers**

Little Rock, AR 72201, [www.irs.gov](http://www.irs.gov/)

Open Monday thru Friday 8:30 – 4:30pm. Visit in person to find free tax preparation sites in Pulaski County. **(800) 829-1040**

**Jericho Way, Homeless Day Resource Center** 3000 Springer Blvd., Little Rock, AR 72206 [www.depaulusa.org](http://www.depaulusa.org/)

Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Showers Monday -Friday, 7:30 on, Laundy Monday, Wednesday and Friday 7:30 on. Case Management available. Breakfast served at 7:30am Lunch served at11:00am, Monday thru Friday. **(501) 916-9858**

**Laundry Love** [laundrylove@arcentralchurch.org](mailto:laundrylove@arcentralchurch.org) [www.facebook.com/LaundryLoveGreaterLit-](http://www.facebook.com/LaundryLoveGreaterLit-) tleRock

Wash laundry free each month, January – Octo- ber 6:00 – 8:00pm, 3rd Friday of the month at the Funwash Laundry Center, 3702 South University, Little Rock (across from UALR.) Three (3) loads per individual. Free laundry provided by the Cen- tral Church of Christ **(501) 374-2039**

##### Mail Service: Little Rock Downtown Post Office

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. **(501) 375-5155**

##### Pet Needs: Quapaw Quarter United Methodist Church Pet Food Ministry

1601 South Louisiana Street, Little Rock, AR 72206,

[www.umc.org/find-a-church/church/62626](http://www.umc.org/find-a-church/church/62626) Cat and dog food is distributed between 1:00

* 3:00pm on the third Tuesday of each month, except in August. **(501) 375-1600**

##### Plasma Donation: D.P.L. Biologicals

824 Spring Street, Little Rock, AR 72201,

Earn up-to $280.00 per month, proof of residen- cy, 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 – 5:00pm. **(501) 374-6371**

**Plasma Donation: Octapharma Plasma Center** 5121 Warden Road, North Little Rock, AR 72116,

<http://octapharmaplasma.com/donor/cen-> ter/18543

Earn up-to $55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Ope daily 7:00am – 7:00pm.

##### (501) 812-0440

**Plasma Donation: Talecris Plasma Resource Center**

6227 Colonel Glenn Road, Little Rock, AR 72204,

[www.talecrisplasma.com](http://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

##### (501) 565-6275

**Recycle Bikes for Kids**

717 East 10th Street, North Little Rock, AR 72114, [www.facebook.c/recyclebikesforkids](http://www.facebook.c/recyclebikesforkids)

Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteer to repair bikes for children. Call for information. Mondays 1:00 - 7:00pm, Saturdays 9:00 – 12:00.

##### (501) 563-8264

**Social Security Administration**

[www.socialsecurity.gov](http://www.socialsecurity.gov/)

For general information and services, call 7:00am

* 7:00pm. Provides information on Social Security cards and social security benefits. **(800) 772-1213**

##### Little Rock Social Security Office

700 West Capitol - Room #1201, Little Rock, AR 72201,

Open Monday, Tuesday, Thursday and Friday 9:00 – 4:00pm. Open Wednesdays 9:00 – 12:00noon, Closed federal holidays **(866) 593-**

##### 0933

**Sherwood Social Security Office**

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. **(877)**

##### 512-3854

**Social Services, Department of Human Ser- vices (D.H.S.)** [www.humanservices.arkansas.gov/Pages/DH-](http://www.humanservices.arkansas.gov/Pages/DH-) SOffices.aspx

Provides access to food stamps (SNAP), Medic- aid, & support for women and families.

##### East Little Rock D.H.S.

1424 East 2nd Street, Little Rock, AR 72203

##### (501) 371-1300

**Jacksonville D.H.S.**

2636 West Maine, Jacksonville, AR 72078**(501)**

##### 371-1200

**North Little Rock D.H.S.**

1900 East Washington, North Little Rock, AR 72119 **(501) 682-0100**

##### South Little Rock D.H.S.

1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72203 **(501) 682-9200**

##### Southwest Little Rock D.H.S.

6801 Baseline Road, Little Rock, AR 72219

##### (501) 371-1100

**The Van (The One Inc.)**

P.O. Box 250061, Little Rock, AR 72225, [www.theoneinc.org](http://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. **(501) 955-3444**

##### Unemployment: Arkansas Department of Workforce Services

5401 South University Avenue, Little Rock, AR 72209,

[www.dws.arkansas.gov](http://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.

##### (501) 682-0228

12th Street Health and Wellness Center 8, 9

A.B.B.A. House 9, 15

A.E.D.D 2

AA World Service Office 14

Al-Anon and Alateen 14

Alzheimer’s Arkansas 4

Amboy Community Food Pantry 6

American Civil Liberties Union (A.C.L.U.) 12

American Indian Center of Arkansas 15

American Red Cross of Greater Arkansas 17

Approved transitional housing 5

Arc of Arkansas 2

AR Care 8

Arkansans for Equality 12

Arkansas AA Central Service Office 14

Arkansas Adult Protective Services 4

Arkansas Advocates for Children and Families 16

Arkansas Aging and Adult Services 4

Arkansas C.U.R.E 5

Arkansas Cares 5, 14, 16

Arkansas Child Abuse Prevention Hotline 16

Arkansas Children’s Hospital, General

Pediatric & After Hours Clinic 8, 16

Arkansas Coalition Against Domestic

Violence 10, 12, 16

Arkansas Community Organization (A.C.O.) 17

Arkansas DHS/Division of Children and Family Services 16

Arkansas Department of Career Education 4, 5, 6

Arkansas Department of Workforce Services .........

5, 6, 18

Arkansas Home Visiting Network 4, 16

Arkansas National Guard Youth Challenge Program

........................................................................... 16

Arkansas Rehabilitation Service ICAN program 2

Arkansas Rehabilitation Services 1, 4, 6

Arkansas School for the Blind and Visually Impaired 2

Arkansas School for the Deaf 2

Arkansas Spinal Cord Commission 2

Arkansas State Archives 15

Arkansas Studies Institute 15

Arkansas Time After Time 6

Arkansas Transgender Equality Coalition 12

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

........................................................................... 10

Arkansas Unidos 10

Arkansas Women’s Outreach 16

ARKids First 17

Asbury Park 10

Auxora Arms Apartments 10

Baptist Medical Center 14

Baseline Alert NRC 17

Big Brothers Big Sisters of Central Arkansas 16

Break the Silence – Speak Out America 16

Bridgway Hospital 14

Broadway Bridge Project 13

Brook Valley Apartments 10

Buffington Towers 10

Bullock Temple 6

Camp Aldersgate 2

Canaan Missionary Baptist Church 13

Canvas Community Church 13

Capitol View - Stifft Station NRC 17

Care Link 4, 15

Catar Clinic 14

Catholic Adoption Services 16

Cell-phone charging locations 17

Center for Arkansas Legal Services 11, 12

Center for Artistic Revolution (CAR) 12

Centerpoint Energy (Gas) 6

Centers for Youth and Families 6, 14, 16

Centers for Youth and Families,

Youth Emergency Shelter 9

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

......................................................................... 4, 6

Central Arkansas Library System (CALS 12

Central Arkansas Pride (CAP) 12

Central Baptist Church of North Little Rock 6

Central High NRC 17

Chance Sobriety 6, 14

Child Support Enforcement Office 16

Choices in Living Resource Center 4

Christ Temple Outreach Center 6

Church at Rock Creek 5, 6

City of Faith 6

City of Little Rock Neighborhood Resource Centers (NRC) 17

Clínica el Samaritano 8, 10

Cocaine Anonymous (C.A.) 14

College Station Clinic 8

Command Center 5

Compassion Center 14

Compassion in Action 6

Computer and Internet Access 17

Cru Inner City 16

Cumberland Towers 10

Disability Rights Arkansas, Inc 2, 12

Division of Services for the Blind (DHS) 2

Dorcas House 10, 14, 16

Dr. Emma K. Rhodes Education Center 4

East Broadway NRC 17

Easter Seals of Arkansas 2

Eastview Terrace 10

El Consulado de México en Little Rock 10

El Zocalo Immigrant Food Pantry 6

El Zocalo Immigration Resource Center 11

Employers Choice 5

Empowerment Village 10

Entergy (Electricity) 6

Esperanza “Hope” Clinic 8, 11

Fair Oaks Apartments 10

Family Promise of Pulaski County 10

Family Service Agency 14, 17

Federally Recognized Indian Tribes and Resources for Native Americans 15

First Baptist Church 6

First Christian Church of Sherwood 6

First Pentecostal Church Food Pantry 6

Fred W. Paris Towers 10

Freewill Baptist Family Ministries 10

From His Throne Ministries 13

Gaines House 10, 16

Geyer Springs United Methodist Church 6, 11

Good Shepherd Community 4

Goodwill Adult Education Center,

North Little Rock 5

Goodwill Benton Thrift Store 2

Goodwill Bryant Thrift Store 2

Goodwill Cantrell Thrift Store 2

Goodwill Career Service Center, Bryant 5

Goodwill Career Service Center, Little Rock 5

Goodwill Industries Computer Store 2

Goodwill Industries Main Office 1, 4, 5

Goodwill Industries Outlet Center 2

Goodwill Industries Reentry Services Program 6

Goodwill JFK Blvd. Thrift Store 2

Goodwill Markham Thrift Store 2

Goodwill Rodney Parham Thrift Store 2

Goodwill University Thrift Store 2

Greater Second Care Center 2, 6

Gyst House 6, 14

Hand Up Housing of Arkansas 10

Harmony Health Clinic 8, 9

Healing Waters 2, 4, 5, 6, 7,13, 14, 17

Helping Hand of Greater Little Rock 2, 6

HIPPY 4

Historic Arkansas Museum 15

Hoover Center 6, 14

Hope House of Recovery 6, 10, 14, 16

Hospice Home Care 8

Hospice Home Care Inpatient Center 8

HOUSEABOUTIT, Community Economic Development Agency, (BEC) 2, 4, 8, 17

HRC Arkansas 12

Human Trafficking Statewide Crisis Hotline (P.A.T.H.) 10, 11, 16

Immanuel Baptist Church 7

In Your Hands Ministries, Inc 7, 13

Integrity Staffing 5, 6

Internal Revenue Service (I.R.S.) 17

Jacksonville Care Channel 7

Jacksonville D.H.S 18

Jacksonville Health Unit 8

Jericho Way, Homeless Day Resource Center 15, 17

Jesse Powell Towers 10

Job Corps 4

John L. McClellan Veterans Hospital 8, 16

L.O.V.E 2, 6, 7, 13, 14

Labor Finders 5

Lakeshore Drive Baptist Church 7

Latino Clinic (in Arkansas Children’s Hospital) 18

Laundry Love 56

Liberty Hill Baptist Church 2, 7, 8

LifeQuest of Arkansas 5

Literacy Action of Central Arkansas 4

Little Rock Adult Education Center 4

Little Rock Church 7

Little Rock Community Mental Health Center 14

Little Rock Compassion Center 7, 10, 16

Little Rock Compassion Center (Men’s) 10

Little Rock Compassion Center (Women’s) 16

Little Rock Social Security Office 18

Lucie’s Place 12

Mail Service, Little Rock Downtown

Post Office 18

Mainstream 3

Maumelle Medical Center 8

Meals on Wheels 5

Metro Worship Center 2, 13

Mosaic Church of Central Arkansas 7, 11

Mosaic Templars Cultural Center 5

Mount Zion Baptist Church 2, 7

Narcotics Anonymous (N.A.) 14

National Alliance on Mental Illness Arkansas 3

National Center for Missing / Exploited

Children 16

Nehemiah House 10, 14

New Life Ministries 13

North Little Rock City Health Department 8

North Little Rock D.H.S 18

Número Nacional de Crisis/Para Prevención del Suicidio 11

Oak Forest NRC 17

Oak Forest United Methodist Church 7

On-Line Information on Free Legal Services in Arkansas 12

Open Hands Clinic 8

Operation Restore 5, 6

Our House 10

Our House Career Center 4

Our House Reentry Program 6

P.A.T.H. Human Trafficking Statewide Crisis Helpline 10, 11, 16

Parents and Friends of Lesbian, Gay (and Trans- gender) People (PFLAG) Little Rock 12

Park Hill Christian Church 7

People Ready 5

Pet Needs: Quapaw Quarter United Methodist Church 18

Phoenix Recovery Center 6, 16

Pinnacle Pointe Hospital 3, 16

Plasma Donations 18

D.P.L. Biologicals 18

Octapharma Plasma Center 18

Talecris Plasma Resource Center 18

Premier Staffing - Dotación de Personal

Premier 5, 12

PrideCorps: LGBT Youth Center 12

Pride Industries 4, 5

Professional Counseling Associates 14

Project Based Section-8 Apartments 10

Pulaski County Central Health Unit 8

Pulaski County Cooperative Extension, 4-H 16

Pulaski County Special School District (PCSSD)4 Pulaski County S.T.D. Clinic 9

Pulaski County Youth Services 16

Pulaski Heights United Methodist Church 7

Quality Living Center 6

Quapaw House 14

Quapaw Quarter United Methodist Church............

.................................................................7, 13, 18

Recovery Center of Arkansas 14

Recovery Centers of Arkansas, Riverbend 6, 14

Recycle Bikes for Kids 17, 18

River City Ministry 2, 7, 8, 9, 13

Rock City Reentry 6

Rock Region Metro (C.A.T.) 15

Rock Region Metro, LINKS, Paratransit (C.A.T.)....

...................................................................... 4, 15

S.T.E.P. Ministries 4

Safe Harbor of Little Rock 6

Saint Mark Baptist Church 13

Salvation Army 7, 10, 13

Second Baptist Church 7

Sequoyah National Research Center 15

Shepherds Hope 8, 9

Sherwood Social Security Office 18

Single Parent Scholarship Fund of Pulaski County

............................................................................ 4

Sober Living 6, 10, 14

Social Security Administration 18

Social Services, Department of Human

Services (D.H.S.) 18

South End NRC 17

South Little Rock D.H.S 18

Southern Baptist Disaster Relief Program 5

Southwest Little Rock D.H.S 18

Southwest Little Rock NRC 17

Special Olympics Arkansas 4

St. Francis House 1, 6, 7, 8, 10, 15

St. John Missionary Baptist Church Clothes Closet 1

St. John Missionary Baptist Church Unto Others Food Pantry 7

St. Luke’s Respite Care Center 4

St. Marks Episcopal Church 8

St. Vincent - Gardner Memorial Community Clinic.

............................................................................ 8

St. Vincent - Glenview Community Clinic 8

St. Vincent Health Clinic East 8, 9

St. Vincent Health System - St. Francis House Clinic 8

Stew Pot, First Presbyterian Church 2, 9, 13

Sylvan Hills Church of Christ 2

Sylvan Hills Church of Christ Furniture

Ministry 8

Sylvan Hills Community Church Crisis

Corner 8

TAP (Telecommunications Access Program)..........

........................................................................ 4, 5

Temple Baptist Church – Food Pantry 8

Terrace Green Housing 10

The Allen School 4

The First Tee 17

The Hope House of Recovery 6, 14, 16

The Trevor Project 12

The Van (The One Inc.) 2, 8, 13, 18

Towbin Healthcare & VA Medical Center 9, 15

Transitional Faith-Based Therapeutic Community 7

U.A.L.R. William H. Bowen, School of Law Legal Clinic 12

U.A.M.S. Clinic (Appointments) 9

U.A.M.S. Dental Hygiene Student Clinic 9

U.A.M.S. Psychiatric Research Institute, Metha- done Clinic 14

U.A.M.S. Walker Family Clinic 14

Unemployment Office, Arkansas Department of Workforce Services 18

Union A.M.E. Church Food Pantry 8

United Way (Heart of Arkansas) 4

University of Arkansas, Little Rock (U.A.L.R.) 5

VA National Call Center for Homeless Veterans 15 Veteran’s Day Treatment Center 4, 6, 10, 15

Veterans Substance Abuse Treatment Services 14 Wakefield Alert Center 17

Watershed 2, 5, 8, 9, 15

West Baseline NRC 17

West Central NRC 17

Westbridge I & II 10

Westside Free Medical Clinic 9

Westside Free Medical Clinic (Spanish) 12

William F. Laman Public Library System,

North Little Rock 13

Willie Hinton NRC 17

Women and Children First 10, 16

World Services for the Blind 4

Wright Avenue NRC 17

