

Compassion Resources Directory

For

Little Rock & Pulaski County, Arkansas

(Resource Provider Edition)

Current, as of

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RKimC@Hotmail.com

Check out our on-line version at:

<https://helpyourselfpublishing.wordpress.com/>

Little Rock & Pulaski County, Arkansas

Compassion Resource Directory

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Clothing Resources:

Central Baptist Church of North Little Rock (501) 771-1125,
5200 Fairway Avenue
North Little Rock, AR, 72116
Open Wednesdays 3:30pm – 5:00pm. Located 4500 North Hills Blvd. (enter thru the basement) **NOT** located at the main church on Fairway.

First Presbyterian Church (501) 372-1804,
800 Scott Street,
Little Rock, AR, 72201,
Open Thursday 12:00pm – 1:00pm.

Goodwill Industries, Main Office (501) 372-5100,
7400 Scott Hamilton Drive
Little Rock, AR, 72209
www.goodwillar.org,
Open by appointment for registered clients **ONLY**. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

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

Goodwill Industries Thrift Store, (501) 776-1189
1716 Military Road,
Benton, AR, 72015,
Open Monday thru Saturday 9:00am – 8:00pm Sunday 10:00 – 6:00pm.

Goodwill Industries Thrift Store, (501) 653-2209,
5914 Highway 5-N,
Bryant, AR, 72022,
Open Monday thru Saturday 9:00am – 8:00pm Sunday 10:00 – 6:00pm.

Goodwill Industries, Thrift Store (501) 224-6221
9700 North Rodney Parham Road, Suite F
Little Rock, AR 72227
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Industries, Thrift Store (501) 568-5313
2904 South University Avenue
Little Rock, AR 72204
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Industries, Thrift Store (501) 221-1018
109 Markham Park Drive
Little Rock, AR 72211
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Industries, Thrift Store (501) 280-0863
7001 Cantrell Road
Little Rock, AR 72211
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Goodwill Industries, Thrift Store (501) 835-5286
6929 John F. Kennedy Blvd., Suite 112
North Little Rock, AR 72116
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

Greater Second Care Center (501) 569-9988
5615 Geyer Springs Road
Little Rock, AR 72209
www.greatersecond.org
Open third Thursday 10:00am – 12:00noon or by appointment.

Helping Hand of Greater Little Rock (501) 372-4388
1601 Marshal Street
Little Rock, AR 72202
www.helpinghand.com
Open Monday thru Thursday, 9:00am – 12:30pm. Inexpensive thrift store clothing available.

Mosaic Church of Central Arkansas (501) 562-3336
6420 Colonel Glenn Road, Suite #1
Little Rock, AR 72204
Open Tuesday starting at 2:00, primarily serving the 72204 zip code.

River City Ministry (501) 376-6694
Day Services for the Homeless
1021 East Washington Avenue
North Little Rock, AR 72214
www.rivercityministry.org
Clothing bus open 1st & 3rd Wednesdays of the month, 9:00am – 11:00am.

Saint Francis House (501) 664-5036
2701 South Elm Street
Little Rock, AR 72214
Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm. Must provide photo ID.

Saint John Missionary Baptist Church Clothes Closet (501) 975-2014
2501 South Main Street
Little Rock, AR 72206
Open Tuesday and Thursday 11:00am – 4:00pm and the 1st Saturday of each month 9:00am – 12:00pm, Must complete application, ID Required.

Stew Pot

(501) 372-1804

First Presbyterian Church

800 Scott Street

Little Rock, AR 72201

Open Thursday, 12:00pm – 1:00pm.

Sylvan Hills Church of Christ

(501) 835-4141

9305 Highway #107

North Little Rock, AR 72120

Open by appointment.

The Van

(501) 955-3444

P.O. Box #250061

Little Rock, AR 72225

www.theoneinc.org

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

Watershed

(501) 378-0176

3701 Springer Blvd.

Little Rock, AR 72206

Open Monday thru Friday, 8:00am – 5:00pm. Free clothing for infants to adults, household items when available, ID required.

Disabled/Disability Resources:

A.E.D.D. (501) 666-0246

Arkansas Enterprises for the Developmentally Disabled Inc.

105 East Roosevelt Road

Little Rock, AR 72206

www.aeddinc.org

AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children's learning center preschool is located in North Little Rock.

Arc of Arkansas (501) 375-7770

2004 South Main Street

Little Rock, AR 72206

www.arcark.org

The Arc of Arkansas provides supports, housing, advocacy, education and leadership to people with disabilities and their families. The Arc assists and encourages individuals with disabilities in acquiring skills and support, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mainstream of community life. These personalized supports are outcome oriented, dependable, effective and flexible. Providing quality, affordable, accessible, integrated housing and support is a primary mission of The Arc Arkansas.

Arkansas Disability Coalition (501) 614-7020

1501 North University Avenue, Suite #268

Little Rock, AR 72207

www.adcpti.org

The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also Family 2 Family health information center.

Arkansas Library for the Blind & Physically Handicapped
www.library.arkansas.gov/libraryForTheBlind.org (501) 682-1155

900 West Capitol Avenue, Suite #100

Little Rock, AR 72201

Provide talking books and braille books on free loan.

Arkansas Rehabilitation Services (501) 686-2800

601 West Capitol Avenue

Little Rock, AR 72201

www.arsinfo.org

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

Arkansas Rehabilitation Service ICAN program (501) 666-8868
900 West 7th Street
Little Rock, AR 72201
www.ar-ican.org

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

Arkansas Relay (501) 221-1285
900 South Shackleford Road, Suite #300 (501) 246-8227 (Videophone)
Little Rock, AR 72211 (501) 221-3279 (TTY)
www.arkansasrelay.com

Providing Free TEXT Telephone service for the deaf.

Arkansas School for the Blind and Visually Impaired (501) 296-1810
2600 West Markham
Little Rock, AR 72203
www.arkansaschoolfortheblind.org

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

Arkansas School for the Deaf (501) 324-9506
2400 West Markham
Little Rock, AR 72205
www.arschoolforthe deaf.org

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

Arkansas Spinal Cord Commission (501) 296-1788
1501 North University Avenue, Suite #470 (800) 459-1517
Little Rock, AR 72207
www.spinalcord.ar.gov

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

Camp Aldersgate (501) 225-1444
2000 Aldersgate Road
Little Rock, AR 72205
www.campaldersgate.net

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

Disability Rights Center (501) 296-1775
1100 North University Avenue, Suite #201 (800) 482-1174
Little Rock, AR 72207
www.disabilityrightsar.org
Vigorously advocate for and enforce the legal rights of people with disabilities in Arkansas.

Division of Services for the Blind (DHS) (501) 682-5463
700 Main Street
Little Rock, AR 72203
Provides support and services to blind and visually impaired Arkansans.

Easter Seals of Arkansas (501) 227-3600
3920 Woodland Heights Road
Little Rock, AR 72212
www.eastersealsar.com
The mission of Easter Seals Arkansas is to provide exceptional services to ensure that all people with disabilities or special needs have equal opportunities to live, learn, work and play in their communities.

Francis Allen School for Exceptional Children (501) 664-2961
824 North Tyler Street
Little Rock, AR 72205
Providing education and day services for special needs children from birth to age 5.

Goodwill Industries, Main Office (501) 372-5100
7400 Scott Hamilton Drive
Little Rock, AR 72209
www.goodwillar.org
Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.

LINKS Paratransit (CAT) (501) 375-9607
901 Maple Street
North Little Rock, AR 72114
www.cat.org/links-paratransit
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.

Mainstream (501) 280-0012
300 South Rodney Parham, Suite #5
Little Rock, AR 72205
Providing resources and information. Mainstream is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas. The mission of Mainstream is to provide advocacy, peer-support, and other services which will enable people with significant disabilities to live independently in the community.

National Alliance on Mental Illness Arkansas (NAMI Arkansas)

1012 Autumn Road, Suite #1 (501) 661-1548
Little Rock, AR 72211 (800) 844-0381

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

Pride Industries

(501) 374-8087

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

Hires individuals with severe physical, mental, and developmental disabilities.

Saint Luke's Respite Care Center

(501) 753-4281

4106 JFK Blvd
North Little Rock, AR 72116

Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving.

Special Olympics Arkansas

(501) 771-0222

2115 Main Street
North Little Rock, AR 72114
www.specialolyppicsarkansas.org

Provides year around sports training and competitions for children and adults with intellectual disabilities.

TAP, (Telecommunications Access Program)

(501) 686-9693

P.O. Box #3781
Little Rock, AR 72203
www.ace.arkansas.gov

Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.

United Way (Heart of Arkansas)

(501) 376-4567

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

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

World Services for the Blind

(501) 664-7100

2811 Fair Park Blvd
Little Rock, AR 72205
www.lwsb.org

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

Education & Literacy Programs:

Arkansas Department of Career Education, (501) 296-1600
Arkansas Rehabilitation Services
525 West Capitol Avenue
Little Rock, AR 72201
Providing educational support and rehabilitation services for individuals with disabilities.

Arkansas Home Visiting Network (501) 682-9528
415 South McKinley, Suite #610
Little Rock, AR 72205
<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 parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. The focus is within the Central Little Rock Promise Neighborhood, primarily Zip Codes 72202, 72204 & 72206

Arkansas Rehabilitation Services (501) 686-2800
Field Office
601 West Capitol Avenue
Little Rock, AR 72201
Prepares people with disabilities to enter the work force thru education, social and accessibility support. Hearing aids and prostheses provided.

Dr. Emma K. Rhodes Education Center (501) 372-0277
1815 & 1917 Wright Avenue
Little Rock, AR 72202
Emma.rhodes88@yahoo.com
Providing adult education and GED preparation, Life Skills training, Computer Literacy & the following Certificate programs; Certified Nursing Assistant, Home Health Aid, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, and Physical Therapy. Serves as a care coordinator and program provider for clients in the "Access to Recovery Program" of the Arkansas Department of Human Services. Also a licensed minister and provider of other community services. Personal Development for women.

HIPPY (501) 364-3671
Home Instruction for Parents of Preschool Youngsters
1 Children's Way
Little Rock, AR 72202
http://www.archildrens.org/community_outreach/hippy.asp
Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with families in the home to support parents in their critical role as their child's first and most important teacher.

Job Corps (501) 618-2500
6900 Scott Hamilton Drive
Little Rock, AR 72209
www.littlerockjobcorps.gov

Provides job training and remedial education for youth, ages 15 – 24.

Lewis-Burnett Employment Finders (501) 379-1592
Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204

Free GED preparation program, service, primarily focused on finding employment for ex-offenders.

Literacy Action of Central Arkansas (501) 372-7323
100 Rock Street, 5th Floor (Inside Public Library)
Little Rock, AR 72201
www.literacyatlittlerock.org

Teaching adults to read & English as a second language.

Little Rock Adult Education Center (501) 447-1850
4800 West 26th Street (26th & Madison Street)
Little Rock, AR 72204

Offering community and adult education courses.

Mosaic Templars Cultural Center (501) 683-3593
501 West 9th Street
Little Rock, AR 72201

Museum related education program for pre-K through post graduate level. Primarily focusing on African-American history.

Our House Learning Center (501) 374-7383 Ext. #233
302 East Roosevelt
Little Rock, AR 72206
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.

Promise Christian Academy (501) 570-0048
4520 South University
Little Rock, AR 72204

Preschool, before and after school programs for children. Transportation is provided from local elementary schools. Summer camp program for children from kindergarten thru high school. DHS vouchers accepted, call for fees and daily rates.

Single Parent Scholarship Fund of Pulaski County (501) 301-7773
200 River Market Avenue, Suite #100
Little Rock, AR 72201

Providing scholarships and support for single parents in Arkansas.

S.T.E.P. Ministries

(501) 758-4054

P.O. Box #122

North Little Rock, AR 72115

Tutoring in the public schools for at risk children & mentoring program.

University of Arkansas, Little Rock (U.A.L.R.)

(501) 569-3127

2801 South University Avenue

Little Rock, AR 72204

www.apply.ualr.edu

The University of Arkansas offers **FREE** tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.

University of Arkansas, Little Rock (U.A.L.R.)

(501) 907-2470

ECO/TRIO Pre-College Outreach Center

5820 Asher Avenue, Suite 800

Little Rock, AR 72204

<http://ualr.edu/trioecets/eoc/>

EOC email: eoc@ualr.edu

ETS email: ets@ualr.edu

The Educational Opportunity Center is a federally funded TRIO program that assists adults of ages 19 or above and U.S. veterans to enroll in and complete a post-secondary education program. All services are provided free of charge to participants who meet the eligibility requirements. Services include: Academic Assistance, Career Exploration, Financial Aid, Counseling and Computer Lab.

Veteran's Day Treatment Center

(501) 244-1900

1000 Main Street

Little Rock, AR 72201

Comprehensive homeless center for veterans **ONLY**. Providing a broad range of education and special programs. Available to veterans **ONLY**.

Young Adult Opportunity Center

(501) 725-4114

4312 West 12th Street

Little Rock, AR 72204

Open on Mondays 10:00am until 6:00pm and by appointment. Works with young adults 18 – 35 years with employment and education support.

Elder-Care Resources:

Arkansas Adult Protective Services

(800) 482-8049

www.aradultprotection.com

24 hour abuse hotline

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

Arkansas Aging and Adult Services

(501) 682-2441

P.O. Box #1437, Slot S-530

Little Rock, AR 72203

www.daas.ar.gov

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

Arkansas Relay

(501) 221-1285

900 South Shackleford Road, Suite #300

(501) 246-8227 (Videophone)

Little Rock, AR 72211

(501) 221-3279 (TTY)

www.arkansasrelay.com

Providing Free TEXT Telephone service for the deaf.

Alzheimer's Arkansas

(501) 224-0021

201 Markham Center Drive

Little Rock, AR 72205

www.alzark.org

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

Care Link

(501) 372-5300 information

P.O. Box #5988

(800) 482-6359

700 Riverfront Drive

North Little Rock, AR 72119

www.carelink.org

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

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

(501) 776-8446

Weatherization Assistance Program

P.O. Box #580

Benton, AR 72018

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

Choices in Living Resource Center

(866) 801-3435

Elder Choices

P.O. Box #1437, Slot S-530

Little Rock, AR 72203

choicesinLiving@arkansas.gov

www.choicesinliving.ar.gov

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

Good Shepherd Economical Retirement Center

(501) 224-7200

2701 Aldersgate Road

Little Rock, AR 72205

www.goodsheperdcommunity.com

Providing options in living from HUD subsidized housing to upscale suites to long term residential care.

Meals on Wheels

(501) 372-5300

P. O. Box #5988

North Little Rock, AR 72119

www.carelink.org

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

Southern Baptist Disaster Relief Program

(501) 376-4791

(In partnership with American Red Cross, Salvation Army)

10 Remington Drive

Little Rock AR. 72204

Disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well.

TAP, (Telecommunications Access Program)

(501) 686-9693

P.O. Box #3781

Little Rock, AR 72203

www.ace.arkansas.gov

Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.

University of Arkansas, Little Rock (U.A.L.R.)

(501) 569-3127

2801 South University Avenue

Little Rock, AR 72204

www.apply.ualr.edu

The University of Arkansas offers **FREE** tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.

Employment Assistance:

- Arkansas Department of Career Education** (501) 682-1500
3 Capitol Mall
Little Rock, AR 72201
www.ace.arkansas.gov
Provides education and employment support for Arkansans with diagnosed disabilities.
- Arkansas Department of Workforce Services** (501) 682-0228
5401 South University Avenue
Little Rock, AR 72209
Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX, phone, copy machine, job search related use only.
- Church at Rock Creek** (501) 221-1051
11500 West 36th Street
Little Rock, AR 72211
CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employer or career challenged individual. Both Men and Women are welcomed.
- Command Center** (501) 372-7000
600 North Olive Street
North Little Rock, AR 72114
Day labor coordinators. First fill out their forms then arrive early in the morning and wait to find daily work.
- Goodwill Industries, Main Office** (501) 372-5100
7400 Scott Hamilton Drive
Little Rock, AR 72209
www.goodwillar.org
Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration.
- Goodwill Career Service Center, Bryant** (501) 653-2209
5914 Highway 5-N
Bryant, AR 72022
- Goodwill Career Service Center, Little Rock** (501) 492-5550
1110 West 7th Street
Little Rock, AR 72201
- Goodwill Career Service Center, Little Rock** (501) 221-1772
109 Markham Park Drive
Little Rock, 72211

Goodwill Adult Education Center, North Little Rock

6929 John F. Kennedy Blvd., Suite #112 (501) 392-0343
North Little Rock, AR 72116

Hancock Staffing

(501) 246-4621

601 West 4th Street
North Little Rock, AR 72214
www.hancockstaffing.com

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

Hope Works of Greater Little Rock

(501) 650-2787

620 Curtis Sykes Drive
North Little Rock, AR 72114

Career and Personal Development Center. A Christ centered adult education and employment assistance program. Must be at least 18 years of age.

Labor Finders

(501) 565-9632

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

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

Labor Ready

(501) 562-6111

1400 South University Avenue
Little Rock, AR 72204

Day labor coordinators. First fill out their forms then arrive early in the morning and wait to find daily work.

Lewis-Burnett Employment Finders

(501) 379-1592

Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204

Free employment assistance. Primarily focused on finding employment for ex-offenders.

Premier Staffing - Dotación de Personal Premier

(501) 223-8367

10901 Financial Centre Parkway
Little Rock, AR 72211

Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/ y una vez registrado comunicarse al telefono 501-223-8367. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online at www.premierstaffinginc.com and once registered call 501-223-8367.

Pride Industries

(501) 374-8087

700 West Capitol Avenue, Suite #B-125

Little Rock, AR 72201

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

Watershed

(501) 378-0176

3701 Springer Blvd.

Little Rock, AR 72206

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

EX-Offender/Reentry Programs:

Arkansas C.U.R.E.

(501) 580-4857

Citizens United for the Rehabilitation of Errants (CURE)

P.O. Box #11554

Conway, AR 72034

www.arkansascure.org

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

Arkansas Department of Career Education

(501) 833-1490

Arkansas Rehabilitation Services

1401 Main Street

North Little Rock, AR 72114

www.ace.arkansas.gov

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

Arkansas Department of Workforce Services

(501) 682-0228

5401 South University Avenue

Little Rock, AR 72209

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

Arkansas Time After Time

(501) 444-2828

P.O. Box #10074

Russellville, AR 72802

www.arkansastimeaftertime.org

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

Center for Women in Transition

(501) 372-5522

P.O. Box #3461

Little Rock, AR 72203

www.cwitlr.org

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

F.E.I.P.A., Watershed

(501) 378-0176

Friends and Family of Ex-offenders and Incarcerated Persons Association Watershed

3701 Springer Boulevard

Little Rock, AR 72206

Call for times and location.

Goodwill Industries Reentry Services Program (501) 372-5100

7400 Scott Hamilton Drive
Little Rock, AR 72209

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.

Lewis-Burnett Employment Finders (501) 379-1592

Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204

Free GED preparation program, primarily focused on finding employment for ex-offenders. Pre-employment classes every other Wednesday 10:00am, Call for dates.

Our House Reentry Program (501) 374-7383 X218

302 East Roosevelt
Little Rock, AR 72206

The Reentry Program at Our House, serves Learning Center students and others via referral. In addition to the job skills, life skills and adult education programming offered at the Learning Center, reentry participants receive one-on-one guidance in building a career plan and navigating potential obstacles to employment.

Veteran's Day Treatment Center (501) 244-1900

1000 Main Street
Little Rock, AR 72201

Incarcerated veterans' re-entry program. Provides case-management following release from prison. For veterans **ONLY**.

Approved transitional housing facilities in the Little Rock, Pulaski County area for men and women leaving prison.

Chance Sobriety (501) 851-8484

12127 Gabriel Lane
North Little Rock, AR 72118

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

City of Faith (501) 615-1090

1401 South Garfield
Little Rock, AR 72204

Transitional housing facility for men and women released from **Federal** prison.

Gyst House (501) 568-1682

8101 Frenchmans Lane
Little Rock, AR 72209
www.gysthouseinc.com

Transitional home for men and women with substance abuse issues.

- Hidden Creek Opportunity Center** (501) 221-1025
 10905 West Markham
 Little Rock, AR 72211
 Faith based residential program for men and women, who are non-violent non-sex offenders. Licensed by the Arkansas Department of Community Corrections.
- Hoover Treatment Center** (501) 663-4774
 3604 West 12th Street
 Little Rock, AR 72204
 Transitional home for men and women with substance abuse issues.
- New Hope Living Center** (501) 376-2457
 1522 Scott Street
 Little Rock, AR 72202
 Transitional home for men **ONLY** with substance abuse issues.
- Quality Living Center I** (501) 663-3490
 3925 Asher Avenue
 Little Rock, AR 72204
 Men **ONLY**.
- Quality Living Center II** (501) 663-3490
 2900 South Cedar Street
 Little Rock, AR 72204
 Women **ONLY**.
- Recovery Centers of Arkansas** (501) 372-4611
 1201 River Road
 North Little Rock, AR 72114
www.rcofa.org
 Long term treatment for men and women.
- Safe Harbor of Little Rock** (501) 374-5399
 4800 Springer Blvd.
 Little Rock, AR 72206
 Transitional home for men with substance abuse issues.
- Saint Francis House** (501) 664-5036
 2701 South Elm Street
 Little Rock, AR 72209
 Veterans **ONLY**, referred from the VA Drop-In Center.
- Sober Living** (501) 562-0507
 4201 John Barrow Road
 Little Rock, AR 72204
 Transitional home for men and women with substance abuse issues.

Financial & Utility Assistance:

Central Arkansas Development Council (C.A.D.C.) (501) 315-1121
321 Edison Avenue
Benton, AR 72015

Assistance with utility bills and support with energy conservation.

Little Rock C.A.D.C. (501) 603-0909
5401 South University Avenue
Little Rock, AR 72209

Centerpoint Energy (Gas) (800) 992-7552
Customer Service

Entergy (Electricity) (800) 368-3749
Customer Service

Pulaski County Tenant-Based Rental Assistance Program

201 South Broadway, Suite #220 (501) 340-6157
Little Rock, AR 72201

(TBRA) Tenant Based Rental Assistance, **NOT** section-8, rental assistance program on a funds available basis.

River City Ministry (501) 376-6694
Day Services for the Homeless
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org

Assistance with North Little Rock Water bills only. Call Wednesdays at 8:30am to check on availability of funds.

Saint Francis House (501) 664-5036 Ext. #229
2701 South Elm Street
Little Rock, AR 72209

Assistance with utility bills must have shut-off notice. NO rental assistance available. Call between 8:30 – 10:00am. Must provide photo ID, Social Security card, and proof of income.

Watershed (501) 378-0176
3701 Springer Blvd.
Little Rock, AR 72206

Assistance with utility bills (gas, electric, water), rent, funeral expenses, **No phone bill assistance available.** Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred. Must have photo ID.

Food Pantries:

Airport Church of Christ (501) 490-9800
8501 Fourche Dam Pike
Little Rock, AR 72206
www.airportchurchofchrist.org
Open Wednesdays 9:00am – 1:00pm. ID required, may be served only once per month.

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

Bullock Temple (501) 375-1581
1513 South Park Street
Little Rock, AR 72202
Open Monday 1:00pm or by appoint, ID required.

Capitol City Freewill Baptist Church (501) 562-7158
6724 West 32nd Street
Little Rock, AR 72204
Open 2nd Wednesday of each month 10:00am – 4:00pm. Photo ID Required.

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

Christ Temple Outreach Center (501) 376-1664
1923 South Arch Street
Little Rock, AR 72206
Open Tuesday & Thursday 10:00am – 1:00pm.

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

First Baptist Church (501) 758-1525
2015 Main Street
North Little Rock, AR 72114
Open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.

- First Christian Church Food Pantry** (501) 225-5656
 1500 North Mississippi Street
 Little Rock, AR 72207
 Open Fridays, 10:30am – 12:00noon. Photo ID required.
- First Christian Church of Sherwood** (501) 835-5505
 2803 East Kiehl Avenue
 Sherwood, AR 72120
 Open Friday 10:30am – 12:00noon. Photo ID Required, for families in Sherwood and Jacksonville.
- First Pentecostal Church Food Pantry** (501) 758-3090
 1401 Calvary Road
 North Little Rock, AR 72116
 Open Fridays, 1:00 – 5:00pm. Photo ID required.
- First United Methodist Church** (501) 835-2201
 6701 John F. Kennedy Blvd.
 North Little Rock, AR 72116
 Open Tuesday 9:30 – 11:00am. Serves North Little Rock and Sherwood residents **ONLY!** Photo ID and one other form of ID required. Vouchers only, for Kroger food vouchers..
- Gardner Memorial Methodist Food Pantry** (501) 374-9520
 1723 Schaer Street
 North Little Rock, AR 72114
 Open Tuesday & Thursday 1:00pm – 3:00pm. Photo ID Required. Serves residents of North Little Rock **ONLY.**
- Geyer Springs United Methodist Church** (501) 565-3175
 5500 Geyer Springs Road
 Little Rock, AR 72209
 Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72209, 72206 & 72103 Zip Code area **ONLY.** Photo ID required.
- Greater South Temple, (C.O.G.I.C.)** (501) 375-2880
 2623 South Arch Street
 Little Rock, AR 72206
 Open 3rd Thursday of each month 4:00pm – 5:00pm. Photo ID required.
- Helping Hand of Greater Little Rock** (501) 372-4388
 1601 Marshall Street
 Little Rock, AR 72202
www.helpinghand.org
 Open Monday thru Thursday 9:00am – 1:00pm. Must bring Social Security Card. May only access food once each month. Food and inexpensive thrift store clothing available.

Immanuel Baptist Church (501) 376-3071
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 birth certificate. Serving the following Zip Code areas only: 72201, 72202, 72203, 72205, 72210, 72211, 72212, 72223 and 72227.

In Your Hands Ministries, Inc. (501) 945-1314
3905 Highway #161 North
North Little Rock, AR 72117
www.inyourhandsministries.com
Open Tuesdays 8:00am – 12:00noon. Present photo ID, Once a month per household.

Ironton Baptist Church (501) 888-2693
14718 Ironton Cutoff
Little Rock, AR 72206
Open 3rd Tuesday 9:00am – 11:00pm & the 4th Saturday 9:00am – 11:00pm. ID required. Call for alternate holiday schedules in November and December.

Jacksonville Care Channel (501) 982-4647
201 North Elm Street
Jacksonville, AR 72076
Open Monday, Wednesday, & Friday 10:00am – 1:00pm. Serves residents of Jacksonville and surrounding areas 72076 zip code area **ONLY**. To qualify one must be on food stamps. Must bring proof of Jacksonville residency, Social Security card or birth certificates of each listed family member, pay stubs, and food stamp approval letter.

Lakeshore Drive Baptist Church (501) 565-5536
21 Lakeshore Drive
Little Rock, AR 72204
Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the 72204 Zip Code area **ONLY**.

Life Unlimited Christian Fellowship (501) 568-3600
7001 Colonel Glenn
Little Rock, AR 72204
Open Wednesdays 9:00 – 11:30am. ID and Social Security cards required for all family members. Use limited to three times per year and one emergency.

Little Rock Church (501) 455-0900
10701 West Baseline Road
Little Rock, AR 72209
Open every other Monday 5:00pm – 6:30pm.

Little Rock Compassion Center (501) 296-9114
3618 West Roosevelt
Little Rock, AR 72204
Open Tuesday and Thursday 9:00am – 11:00am. In case of emergency contact the number above.

Mosaic Church of Central Arkansas (501) 562-3336
6420 Colonel Glenn Road, Suite #1
Little Rock, AR 72204
Open Tuesday 2:00pm – 6:00pm, must reside in the 72204 area. The facility will be moving during 2014 so please call before visiting.

Mount Zion Baptist Church (501) 374-5832
908 Cross Street
Little Rock, AR 72202
Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon.

New Hope Baptist Church, Community Outreach (501) 309-9645
1851 Howard Street
Little Rock, AR 72202
Open Wednesday, 4:00 – 6:00pm, call ahead to confirm date and time.

Oak Forest United Methodist Church (501) 663-9407
2415 Fair Park Blvd.
Little Rock, AR 72204
www.oakforrestumc.com
Open 1st and 3 Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area only.

Park Hill Christian Church (501) 753-1109
4400 John F. Kennedy Blvd.
North Little Rock, AR 72116
Open Tuesday 10:00am – 12:00pm. Serving North Little Rock residents.

Promiseland Church Ministries (501) 570-0048
4520 South University
Little Rock, AR 72204
www.attheland.org
Open Wednesdays from 5:30pm – 7:00pm. Must complete application. ID Required.

Pulaski Heights United Methodist Church (501) 664-3600
4823 Woodlawn Drive
Little Rock, AR 72205
Saturday food delivers to those within the Little Rock City limits who have been referred from DHS and school counselors.

Quapaw Quarter United Methodist Church (501) 375-1600
1601 South Louisiana Street
Little Rock, AR 72206
Groceries are distributed between 1:00pm – 3:00pm on the first and third Tuesdays of each month, except August.

River City Ministries

(501) 376-6694

Day Services for the Homeless
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org

Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only,
Must provide photo ID.

Saint Francis House

(501) 664-5036

2701 South Elm Street
Little Rock, AR 72209

Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo
ID, Social Security card.

Salvation Army

(501) 758-7297

1505 West 18th Street
North Little Rock, AR 72115
www.SalvationArmyCentralArkansas.org

Food Pantry open Monday, Wednesday, and Friday, 9:30am – 12:00 and 1:00 – 3:00pm.
Bring proof of income, proof of expenses and lease or rental agreement.

Saint John Missionary Baptist Church

(501) 537-8658

Unto Others
2501 South Main Street
Little Rock, AR 72206

Open the 2nd & 4th Thursday of each month, 9:00am – 3:00pm. Must complete
application, photo ID Required. During winter weather months open only once a month.

Second Baptist Church

(501) 223-2323

1709 John Barrow Road
Little Rock, AR 72204

Open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00pm. Photo ID and utility
bill, or current vehicle registration required.

Sylvan Hills Community Church

(501) 835-1612

Crisis Corner
8019 Hwy #107
Sherwood, AR 72120

Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and
Sherwood residents only.

Temple Baptist Church – Manna from Heaven Food Pantry

10710 Interstate #30
Little Rock, AR 72209

(501) 565-4966

Open every other Monday 6:00pm. Must register with the food pantry with each use.

Union A.M.E. Church Food Cooperative

(501) 374-3528

1825 South Pulaski Street

Little Rock, AR 72206

Open 2nd Wednesday of each month, 1:00 - 3:30pm. Call to confirm date and time.

The Van

(501) 955-3444

P.O. Box #250061

Little Rock, AR 72225

www.theoneinc.org

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

Watershed

(501) 378-0176

3701 Springer Blvd.

Little Rock, AR 72206

Open Monday thru Friday 8:00am – 5:00pm. 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.

Commodities Distribution Sites for Government quarterly food distribution:

City of Alexander Court Room

15605 Alexander Road

Alexander, AR

Jacksonville Care Channel

201 North Elm Street.

Jacksonville, AR

New Dora Baptist Church

317 Jamison Avenue

North Little Rock, AR

Oak Grove Fire Station

18122 MacArthur Drive

North Little Rock, AR

Second Presbyterian Church

Cantrell at Pleasant Valley Drive and I-430

Little Rock, AR

Saint Mark Baptist Church

5722 W. 12th Street

Little Rock, AR

Woodson Community Center

508 Highway 365

Woodson, AR

Wrightsville City Hall
13022 Highway 365 south
Wrightsville, AR

Furniture:

Saint Francis House

2701 South Elm Street
Little Rock, AR 72209

(501) 664-5036

Open Monday thru Friday 8:30 – 11:30am & 1:00 – 3:00pm. Must provide photo ID, Social Security card.

Union Rescue Mission

3001 Confederate Blvd
Little Rock, AR 72206
www.urmission.org

(501) 370-0808

Emergency assistance related to fires and other natural disasters only. Referrals from RED CROSS with the client's fire report required.

Watershed

3701 Springer Blvd.
Little Rock, AR 72206

(501) 378-0176

Open Monday thru Friday 8:00am – 5:00pm. Call before coming to insure furniture is available. Must have photo ID.

Health Care Services:

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

Clinica El Samaritano (501) 326-0198
7002 Baseline Road
Little Rock, AR 72209
Open the 1st and 3rd Tuesdays 5:30pm.

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

Esperanza “Hope” Neighborhood Clinic (Spanish) (501) 562-1114
2nd Baptist Church
6111 West 83rd Street
Little Rock 72209
Primary care clinic, open Thursday, 5:15am – 8:00pm, closed the 5th Thursday of each month, primarily serving clients in the 72209 Zip code area. Entrance around the back. By appointment **ONLY**. \$5.00 co-pay. Have Spanish interpreters available.

Harmony Health Clinic (501) 375-4400
201 East Roosevelt Road
Little Rock, AR 72206
Open Monday thru– Friday, 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see doctors. **NO WALK-INS.**

John L. McClellan Veterans Hospital (501) 257-1000
4300 West 7th Street
Little Rock, AR 72205
Medical care and treatment for veterans **ONLY**.

Maumelle Medical Center (501) 803-9990
501 Millwood Circle, Suite E
Maumelle, AR 72113
Open Monday thru Thursday, 8:00am – 5:00pm, Friday 8:00am – 12:00noon.

Open Hands Clinic

(501) 244-2121

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

Open Monday thru Friday, 8:30am – 5:00pm. Appointments preferred, proof of income & ID required, must be homeless, in shelter, or in transitional housing.

Pulaski County Central Health Unit

(501) 280-3100

3915 West 8th Street
Little Rock, AR 72204

Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

Jacksonville Health Unit

(501) 982-7477

3000 North 1st Street
Jacksonville, AR 72076

Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

North Little Rock City Health Department

(501) 791-8551

2800 North Willow Street
North Little Rock, AR 72114

Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings, minimum \$5.00 fee. Birth control, STD, HIV / AIDS testing immunizations, and referrals. No physicals.

Pulaski County S.T.D. Clinic

(501) 280-3100

3915 West 8th Street
Little Rock, AR 72204

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

River City Ministry

(501) 376-6694

Day Services for the Homeless
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org

By appointment only, Call Monday, Wednesday or Friday at exactly 10:00am for appointments, serving adults. \$5.00 cash required at each visit.

Saint Francis House

(501) 664-5036

2701 South Elm Street
Little Rock, AR 72204

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

Saint Vincent Health System (501) 552-3241
Saint Francis House Clinic (501) 552-3241
2701 South Elm Street, 3rd floor
Little Rock, AR 72204
Appointments required, call 552-3241. Appointments available Tuesdays and Wednesdays, beginning at 8:00am. Proof of income required.

Saint Vincent - Gardner Memorial Community Clinic
1723 Schaer Street (501) 552-3241
North Little Rock, AR 72114
Walk-ins accepted must be present on Mondays between 7:00am and 7:30am. Doors open at 8:00am. Serves uninsured **ONLY**.

Saint Vincent - Glenview Community Clinic (501) 552-3241
4800 East 19th Street
North Little Rock, AR 72117
Appointments required, call 552-3241. Appointments available Thursdays, beginning at 8:00am. Proof of income required.

Saint Vincent Health Clinic East (501) 552-4710
2500 East 6th Street
Little Rock, AR 72202
Open Monday thru Thursday, 8:00am – 4:30pm, Friday, 8:00am – 12:00pm, fees based on sliding scale, proof of income required \$40.00 co-pay. Call for appointment. No walk-ins.

Shepherds Hope (501) 614-9523
Neighborhood Health Center
2404 Tyler Street
Little Rock, AR 72204
www.oakforrestumc.com
By appointment only, open Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required.

Stew Pot (501) 372-1804
First Presbyterian Church
800 Scott Street
Little Rock, AR 72201
Medical screenings with a nurse Friday, 12:00pm – 1:00pm. With a Dr. and nurse the third Thursday 12:00pm – 1:00pm.

Towbin Health Care & VA Medical Center (501) 257-1000 Ext. #3
2200 Fort Roots Drive
North Little Rock, AR 72114
Medical care, treatment and domicile available to veterans **ONLY**.

U.A.M.S. Clinic (Appointments)
4301 West Markham
Little Rock, AR 72205
www.uams.edu

(501) 686-8000 Ext. #2

Open Monday thru Friday, 7:30am – 5:00pm, appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of \$50.00 required.

Watershed
3701 Springer Blvd.
Little Rock, AR 72206
www.nebowatershed.com

(501) 378-0176

Assistance with medications. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred.

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

(501) 664-0340
Ext. 356 English
Ext. 335 Spanish

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

12th Street Health and Wellness Center
4010 West 12th Street
Little Rock, AR 72204
www.healthon12th.uams.edu

(501) 614-2492

Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support, Chronic disease management (Hypertension, Diabetes, Cholesterol.) Medical counseling and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling.

Dental Clinics:

Harmony Health Clinic

(501) 375-4400

201 East Roosevelt Road
Little Rock, AR 72206
Call for information.

River City Ministry

(501) 376-6694

Day Services for the Homeless
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org

By appointment only. For Pulaski County residents only. \$5.00 cash payment required per visit.

Saint Vincent Health Clinic East

(501) 552-4710

2500 East 6th Street
Little Rock, AR 72202

Open Monday thru Thursday 8:00 – 10:30am, 1:00 – 2:30pm, Friday 8:00 – 12:00noon.
Appointments preferred, walk-ins accepted. Simple extractions \$55.00, surgical extractions \$100.00. Fillings \$50.00 - \$80.00. Cleaning \$25.00 and up.

Shepherds Hope

(501) 614-9523

Neighborhood Health Center
2404 Tyler Street
Little Rock, AR 72204
www.oakforrestumc.com

By appointment only, serving the 72204 and 72209 zip codes. Extractions only. Proof of residency required. Appointments Tuesday 5:30 – 8:30pm Call Tuesdays at 1:00pm for a same day appointment.

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

(501) 686-5733 Ext. #1

4301 West Markham
Little Rock, AR 72205

The U.A.M.S. Dental Hygiene Student Clinic allows students to perform x-rays and teeth cleaning for \$25.00 per visit. The U.A.M.S. Dental Hygiene Student Clinic provides many of the basic services that any other dental clinic would offer. Those services include: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary depending on the season but never on Monday, Call (501) 686-5733 for appointment.

12th Street Health and Wellness Center

(501) 614-2492

4010 West 12th Street
Little Rock, AR 72204
www.healthon12th.uams.edu

Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support. Dental screenings and referrals.

Eye Clinics:

River City Ministry

(501) 376-6694

Day Services for the Homeless

1021 East Washington

North Little Rock, AR 72114

www.rivercityministry.org

By appointment only. Call for appointments, serving adults. \$5.00 cash payment required at each visit.

Shepherds Hope

(501) 614-9523

Neighborhood Health Center

2404 South Tyler Street

Little Rock, AR 72204

www.oakforrestumc.com

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

Housing & Shelters:

A.B.B.A. House

(501) 666-9718

1002 South Oak Street
Little Rock, AR 72204

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

Center for Women in Transition

(501) 372-5522

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

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

Centers for Youth and Families, Youth Emergency Shelter

6425 West 12th Street (501) 666-7233
Little Rock, AR 72204

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

Dorcas House

(501) 374-4022

A Division of Union Rescue Mission

823 South Park Street
Little Rock, AR 72202
www.urmission.org

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

Empowerment Village

(501) 663-7223 Ext. #210

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.

Family Promises of Pulaski County

(501) 372-0733

222 East 8th Street
Little Rock, AR 72202
www.familypromisepc.org

Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18.

- Firm Foundation Ministries** (501) 945-7412
 2200 East Broadway
 North Little Rock, AR 72114
 Men's homeless shelter and half way house.
- Freewill Baptist Family Ministries** (501) 663-3129
 3600 West 11th Street
 Little Rock, AR 72204
 Emergency shelter for DHS involved children ages 6 to 17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school.
- Gaines House** (501) 376-4015
 1702 Gaines Street
 Little Rock, AR 72206
 Transitional home for women with disabilities. Call for cost and other information.
- Hand Up Housing of Arkansas** (501) 658-1449
 620 Curtis Sykes Dr.
 North Little Rock, AR 72114
 Homeless and transitional housing. The first step in graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency.
- The Hope House of Recovery** (501) 565-4673
 P.O. Box #190431
 Little Rock, AR 72219
www.hopehousearkansas.com
 Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$100.00 a week or \$360.00 a month. There are no time limits to living in the house. Hope House has two facilities on in Little Rock and one in Benton. Go to website to fill out an application at www.hopehousearkansas.com or call 501-565-4673 for admission requirements. ACC approved.
- Hoover Treatment Center** (501) 663-4774
 3604 West 12th Street
 Little Rock, AR 72204
 Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees.
- Little Rock Compassion Center (Men's)** (501) 296-9114
 3618 West Roosevelt Road
 Little Rock, AR 72204
 Men's homeless shelter must have ID and be over 18. No weapons, must be sober, no medical services available.

Little Rock Compassion Center (Women's) (501) 663-2972
4210 Asher Avenue
Little Rock, AR 72204
Women's homeless shelter must have an ID and be over 18. Check-in after 3:00pm.

Little Rock Housing Authority (501) 340-4821
100 Arch Street
Little Rock, AR 72201
Must meet HUD and Public Housing Authority requirements as to income, and citizenship status. Those with a violent /drug related misdemeanor conviction are not eligible to apply for 3 years and those with a violent /drug related felony conviction are not eligible to apply for 7 years. No sex offenders.

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

Fred W. Paris Towers (501) 340-4752
1800 South Broadway
Little Rock, AR 72206
Must be over 50 years of age with no dependents.

Jesse Powell Towers (501) 340-4766
1010 Wolfe Street
Little Rock, AR 72202
Must be over 18 years of age with no dependents.

Sunset Terrace (501) 340-4730
2800 Battery Street
Little Rock, AR 72206
For families.

Quapaw House (501) 686-9393
4601 West 7th Street
Little Rock, AR 72205
Detox center, must be over 18, proof of Pulaski County residency and ID required, telephone screening conducted 24 hours a day.

Nehemiah House

(501) 374-1108

A Division of Union Rescue Mission

2921 Confederate Blvd

Little Rock, AR 72216

www.urmission.org

- Men’s homeless shelter, 4-free days per month, free if the weather is below freezing, after that \$6.00 per day (includes breakfast and dinner.) You must be out of the building daily by 7:00am. Once in at night you cannot leave and re-enter. Weapons, tobacco, cell phones, drugs and alcohol not permitted on the property.
- Work Program – 36-bed facility for working homeless – This program is 6 months and for the working homeless. The facility is a tobacco free facility and campus. \$6-day cost after 4 free days per month.
- Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Non smoking. Wheelchair accessible.

Our House

(501) 375-2416

302 East Roosevelt

(501) 374-7383

Little Rock, AR 72206

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.

Project Based Section-8 Apartments:

(Based on Income-No Voucher Needed) Section-8 Accepted.

Asbury Park

(501) 225-1931

8500 Michael Court

Little Rock, AR 72204

Auxora Arms Apartments

(501) 562-8593

101 Auxora Road

Little Rock, AR 72209

Brook Valley Apartments

(501) 227-5894

1100 Brookside Drive

Little Rock, AR 72209

Buffington Towers

(501) 372-6434

224 East 7th Street

Little Rock, AR 72202

Eastview Terrace

(501) 372-6606

1200 Geyer Street

Little Rock, AR 72202

- Fair Oaks Apartments** (51) 227-5466
9600 West 36th Street
Little Rock, AR 72204
- Terrace Green Housing** (51) 565-1309
8223 Scott Hamilton Drive
Little Rock, AR 72209
- Westbridge I & II** (51) 224-3122
2123 Labette Manor Drive
Little Rock, AR 72205
- Saint Francis House** (51) 664-5036
2710 South Elm Street
Little Rock, AR 72204
Residential placement for veterans, administered thru the Veterans Day Treatment Center.
- Salvation Army** (51) 374-9296
1111 West Markham (51) 374-8636 After 5:00pm
Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org
Emergency shelter for men, women, and families, opens at 6:15pm.
- Sober Living** (51) 562-0507
4201 John Borrow Road
Little Rock, AR 72204
In patient drug and alcohol abuse transitional housing facility for men and women. Minimum stay of six (6) months, fee based programs. Court approved alternative to incarceration.
- Veteran's Day Treatment Center** (51) 257-4499
1000 Main Street
Little Rock, AR 72201
Provides access for veterans to VA programs including the Saint Francis House listed above.
- Women and Children First** (51) 376-3219
Address Withheld
Little Rock, AR
Shelter for women and children in domestic abuse situations, male children allowed up to age 18, must be drug and alcohol free, women must be over 18 or emancipated.

Immigrants and Undocumented Persons Resources:

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

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

Arkansas United Community Coalition (A.U.C.C.) (501) 326-1779
Arkansas Unidos
P.O. Box #9296
Fayetteville, A 72703
www.arkansasassociations.org

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

ARKids – seguro médico para niños / medical insurance for children
www.arkidsfirst.com/home (888) 474-8275
Lunes a viernes/ Monday through Friday 8:00am - 4:30pm

Catholic Immigration Services — Little Rock (501) 664-0340 Ext. #314
2500 North Tyler Street
Little Rock, AR 72207

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

Clínica el Samaritano

(501) 565-6155

El Faro Baptist Church

7002 Baseline Road

Little Rock 72209

Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios)

Appointment only, the sign up is usually put on front door night before. Limit 15 appointments/day. \$10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm (subject to change)

Community of Grace Health Clinic

(501) 916-2340

En edificio de Tyler Street Annex. In Tyler Street Annex Building

2100 S. Tyler Street

Little Rock 72204

Sólo atienden a personas sin seguro médico que viven en 72204. Requieren prueba de dirección. Hay interpretes. Clinica médica y de ginecología. \$5/visita.

Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. \$5/visit

El Consulado de México en Little Rock

(501) 372-6933

3500 South University Avenue

Little Rock, AR 72204

consulmexlir@comcast.net

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

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

El Zocalo Immigration Resource Center

(501) 301-4652

P.O. Box #250953

Little Rock, AR 72225

www.zocalocenter.com

El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. May call for additional assistance with accessing resources.

limmigrantcenter@gmail.com

Esperanza “Hope” Neighborhood Clinic

(501) 562-1114

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

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

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

Número para víctimas de trata de blancas (501) 993-1641

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

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

Latino Clinic (in Arkansas Children’s Hospital)

(501) 364-4000

1 Children’s Way
Little Rock 72202

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

Legal Aid of Arkansas – Ayuda Legal de Arkansas

(501) 376-3423

www.arlegalservices.org

(800) 952-9243

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

Número Nacional de Crisis/Para Prevención del Suicidio(888) 628-9454 en Español

National Suicide/Crisis Hotline

(800) 273-8255 in English

Premier Staffing - Dotación de Personal Premier

(501) 223-8367

10901 Financial Centre Parkway
Little Rock, AR 72211
www.premierstaffinginc.com

Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/ y una vez registrado comunicarse al telefono 501-223-8367.

Westside Free Medical Clinic (Spanish)

2000 Camp Aldersgate Road

Little Rock, AR 72205

(501) 664-0340

Ext. 356 English

Ext. 335 Spanish

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

Legal Services:

American Civil Liberties Union (A.C.L.U.) (501) 374-2660
904 West 2nd Street, Suite #1
Little Rock, AR 72201
www.acluarkansas.org

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

Center for Arkansas Legal Services (501) 376-3423
1300 West 6th Street (800) 950-5817
Little Rock, AR 72201
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.

Disability Rights Center (501) 296-1775
1100 North University Avenue, Suite #201 (800) 482-1174
Little Rock, AR 72207

Advocacy group supporting the rights of the disabled. M-F 9:00am – 5:00pm.

On-Line Information on Free Legal Services in Arkansas
www.usattorneylegalservices.com/free-legal-aid-Arkansas.html

U.A.L.R. William H. Bowen, School of Law (501) 324-9441
Legal Clinic
1201 McMath Avenue, Room #105
Little Rock, AR 72202

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

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

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

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

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

Providing program work and advocacy for the Arkansas LGBTQI community.

Central Arkansas Pride (CAP) (501) 213-6543
P.O. Box #7242
Little Rock, AR 72207
www.centralarkansaspride.com

The mission of Central Arkansas Pride is to raise awareness of diversity in the community and, through celebration and education, recognize the positive contributions of the Lesbian, Gay, Bisexual and Transgender community in Arkansas, teach tolerance and acceptance, eliminate prejudice and bias both internally and externally, and honor our sexuality, our culture, our families, our accomplishments, our individuality, and our ongoing struggle for equal rights.

Diverse Youth for Social Change (D.Y.S.C.) (501)-244-9690
800 Scott Street
Little Rock, AR 72201

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

Gender Equality Arkansas (G.E.A.R.) (501)-244-9690
800 Scott Street
Little Rock, AR 72201

Provides resources and information, for transgender people and their partners.

Living Affected, Corp. (L.A. Corp.) (877) 902-7448
401 North Maple, Suite A
North Little Rock, AR 72114
www.livingaffected.org

Primary focus is on people with HIV & AIDS

Lucie's Place

(855) 582-4377

www.luciesplace.org

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

Lucille Marie Hamilton Youth Drop-In Center

(501)-244-9690

800 Scott Street

Little Rock, AR 72201

Drop-in center for LGBTQI youth.

Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock

800 Scott Street

(501)-291-2507

Little Rock, AR 72201

Meets first Friday of each month.

The Trevor Project

(866) 488-7386

www.thetrevorproject.org

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

Meals Available:

Broadway Bridge Project

(501) 766-8271

P.O. Box #95047

North Little Rock, AR 72190

Serving dinner at 3rd and Izzard Streets; Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm.

Canaan Missionary Baptist Church

(501) 374-0485

1700 South State Street

Little Rock, AR 72206

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

Covenant of Zion Cathedral Church

(501) 664-1982

3023 West 12th Street

Little Rock, AR 72204

www.covenantofzion.org

The Lords Plate. Every Tuesday and Thursday from 11:00am to 1:00pm lunch is served to the homeless and less fortunate. This ministry focuses on the whole person.

Feed the Hungry

robertj1940@hotmail.com

1111 West Markham

Little Rock, AR 72201

Serving breakfast Mon-Fri at 7:00 am, 52 weeks a year, holidays included, at the Salvation Army. Feeding about 110 meals daily for more than six years.

From His Throne Ministries

(501) 944-1209

P.O. Box #881

Jacksonville, AR 72076

Serving lunch at 3rd and Izzard Streets; Sundays, 10:30am.

In Your Hands Ministries, Inc.

(501) 945-1314

3905 Highway #161 North

North Little Rock, AR 72117

www.inyourhandsministries.com

Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch 12:00pm - 1:00pm. Food distribution every Tuesday, 7:00am - 12:00pm.

DePaul, Little Rock: Jericho Way, Homeless Day Center (501) 297-0991

3000 Confederate
Little Rock, AR 72216
www.depaulusa.org

Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Breakfast served at 7:30am Lunch served at 11:00am, Monday thru Friday.

Metro Worship Center

(501) 951-1333

2914 South Cumberland Street
Little Rock, AR 72206

Lunch and clothes closet 3rd and 5th Saturday each month, Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.

New Life Ministries

(501) 730-1904

12506 Highway #165
North Little Rock, AR 72117
www.newlifelnr.com

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

Quapaw Quarter United Methodist Church

(501) 375-1600

Stone Soup Hot Meals
1601 South Louisiana Street
Little Rock, AR 72206

Meal service Sundays only, breakfast at 9:00am and dinner at 3:00pm.

River City Ministries

(501) 376-6694

Day Services for the Homeless
1021 East Washington Avenue
North Little Rock, AR 72214
www.rivercityministry.org

Monday thru Friday, following the 11:30 Bible Study. Sunday's food and fellowship 2:00pm.

Saint Mark Baptist Church

(501) 663-3955

5722 West 12th Street
Little Rock, AR 72204

Serving 4th Saturday of each month 10:00am – 1:00pm.

Salvation Army

(501) 374-9296

1111 West Markham Street
Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org

Breakfast served daily, 7:00 – 7:30am. Dinner served daily, 5:30 – 6:00pm.

Stew Pot

(501) 372-1804

First Presbyterian Church
800 Scott Street
Little Rock, AR 72201

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

The Van

(501) 955-3444

P.O. Box #250061
Little Rock, AR 72225
www.theoneinc.org

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

Mental Health Care/Treatment:

Bridgway Hospital (501) 771-1500
21 Bridgway Road
North Little Rock, AR 72113
Private inpatient hospital, most insurance accepted. Payment required.

Centers for Youth and Families (501) 666-8686
6601 West 12th Street
Little Rock, AR 72204
Outpatient clinic for youth 20 and under.

Family Service Agency (501) 372-4242
628 West Broadway, Suite #300
North Little Rock, AR 72114
<http://www.helpingfamiliesfirst.org>
Mental health counseling for depression, grief, domestic violence, and marital problems.
There is a sliding scale fee structure, call for fees.

Little Rock Community Mental Health Center (501) 686-9300
1100 North University Avenue, Suite #200
Little Rock, AR 72207
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done in person same day or next day. Medicare, Medicaid and insurance accepted.
Call Monday thru Friday, 8:00 – 5:00pm.

Network of Wellness (501) 221-7238
700 South Schiller Street
Little Rock, AR 72201
Open Monday thru Friday 1:00 – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.

Professional Counseling Associates (501) 221-1843
3601 Richards Road
North Little Rock, AR 72117
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics at:

- Jacksonville (501) 982-7515
- Sherwood (501) 835-4174
- North Little Rock (501) 955-7600

U.A.M.S. Walker Family Clinic (Appointments) (501) 526-8200
4301 West Markham
Little Rock, AR 72205
www.uamshealth.com
Open Monday thru Friday, 7:30 – 5:00pm, appointments required, proof of income and ID required, co-pay required.

Substance Abuse Treatment & Recovery:

AA World Service Office

(212) 870-3400

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

Al-Anon and Alateen

(501) 372-5234

www.ar.al-anon.alateen.org

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

Arkansas AA Central Service Office

(501) 664-7303

7509 Cantrell Road, #106

Little Rock, AR 72207

www.arkansascentraloffice.org

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

Cocaine Anonymous, (C.A.)

(501) 301-4827

www.caarkansas.org

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

Narcotics Anonymous

(501) 373-8683

c/o Central Arkansas ASC

(800) 338-8750

P.O. Box #165205

Little Rock, AR 72216

www.caasc.org

NA is a nonprofit fellowship or society 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. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

Inpatient Treatment Facilities:

Arkansas Cares

(501) 661-0720

2002 South Fillmore

Little Rock, AR 72204

Inpatient and long term treatment for pregnant women or women with children under the age of 12. Fees: Call for fees and restrictions.

Baptist Medical Center

(501) 202-2893

9601 Interstate #630

Little Rock, AR 72205

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. Requires client's private insurance covers substance abuse or cash payment of \$5,500.00.

Bridgway Hospital

(501) 771-1500

21 Bridgway Road

North Little Rock, AR 72113

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

Chance Sobriety

(501) 851-8484

12127 Gabriel Lane

North Little Rock, AR 72118

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

Compassion Center

(501) 296-9114

3618 West Roosevelt Road

Little Rock, AR 72204

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

Dorcas House

(501) 374-4022

A Division of Union Rescue Mission

823 South Park Street

Little Rock, AR 72202

www.urmission.org

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

Gyst House

(501) 568-1682

8101 Frenchmans Lane

Little Rock, AR 72209

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. Fee: \$250 entry fee.

Hoover Treatment Center

(501) 663-4774

3604 West 12th Street
Little Rock, AR 72204

Inpatient / long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees.

The Hope House of Recovery

(501) 565- 4673

P.O. Box #190431
Little Rock, AR 72219
www.hopehousearkansas.com

Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$100.00 a week or \$360.00 a month. There are no time limits to living in the house. Hope House has two facilities on in Little Rock and one in Benton. Go to website to fill out an application at www.hopehousearkansas.com or call (501) 565-4673 for admission requirements.

Quapaw House

(501) 686-9393

4601 West 7th Street
Little Rock, AR 72205

Inpatient initial detox.

Nehemiah House

(501) 376-8470

A Division of Union Rescue Mission
3000 Confederate Blvd
Little Rock, AR 72216
www.urmission.org

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

Quality Living Center

(501) 663-3490

3925 Asher Avenue
Little Rock, AR 72204

Long term coed treatment facility. Fees: call for fees.

Recovery Centers of Arkansas, Riverbend

(501) 372-4611

1201 River Road
North Little Rock, AR 72114
www.rcofa.org

Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

Sober Living (501) 562-0507
4201 John Borrow Road
Little Rock, AR 72204
Transitional housing with drug and alcohol services. Fees: call for fees.

United Methodist Children's Home, Arkansas Cares (501) 661-0720
2002 South Fillmore Street
Little Rock, AR 72204
Women **ONLY** with substance abuse issues, who are pregnant or with children to 12.

Veteran's Substance Abuse Treatment Services (501) 257-1000
2200 Fort Root Drive
North Little Rock, AR 72118
Must be processed through Veteran's ER. Veterans **ONLY!** Co-ed facility. Long Term Treatment Facilities.

Outpatient Treatment Facilities:

Catar Clinic (501) 664-7833
4260 Stockton Drive
North Little Rock, AR 72117
Outpatient methadone treatment.

Quapaw House (501) 686-9393
4601 West 7th Street
Little Rock, AR 72205
Detox center for Pulaski, Lonoke, Prairie, and Saline Counties. 3-7 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. **NO METHADONE.** Must call to complete phone screening prior to admittance. No walk ins are accepted. Fees: \$25 assessment fee. Other fees may be assessed depending on client's ability to pay. Must have ID and proof of income. If client has history of DT's or other medical problems when detoxing, refer to ER or hospital as this is a "drying center" and has no medical capabilities. Will not accept clients who are suicidal. If client has mental illness or other physical illness, must have medications. If a client lives outside Pulaski, Lonoke, Prairie, or Saline Counties, they would usually be serviced by a different detox facility.

Recovery Centers of Arkansas, Williamsburg (501) 372-4611
6301 Father Tribou
Little Rock, AR 72205
www.rcofa.org
Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

Recovery Centers of Arkansas, Steeplechase

(501) 614-4907

6225 Father Tribou

Little Rock, AR 72205

www.rcofa.org

Steeplechase Apartments provide private chemical-free apartments to those individuals who have successfully completed treatment programming.

U.A.M.S. Psychiatric Research Institute

(501) 526-8410

Methadone Clinic

4301 West Markham

Little Rock, AR 72205

www.uamshealth.com

Outpatient opiate treatment.

Transportation:

Care Link (501) 372-5300
P.O. Box #5988 (800) 482-6359
North Little Rock, AR 72119
www.carelink.org

Care Link can provide limited transportation for the elderly.

Central Arkansas Transit (C.A.T.) (501) 375-1163
Little Rock City Bus System
310 East Capitol Street
Little Rock, AR 72202

Open 7:00am – 6:00pm daily. One ride \$1.35, all day pass \$3.75, all month pass (31 - day) \$36.00.

DePaul, Little Rock: Jericho Way, Homeless Day Center (501) 297-0991
3000 Confederate
Little Rock, AR 72216
www.depaulusa.org

Homeless day center, transportation services Monday thru Friday 7:30am – 3:00pm.
Transportation to and from shelters and to Medical and employment appointments.

LINKS Paratransit (C.A.T.) (501) 375-9607
901 Maple Street
North Little Rock, AR 72114
www.cat.org/links-paratransit

Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days.

S.O.A.R. Network (501) 255-0529
1827 South Woodrow
Little Rock, AR 72204

Call to make an appointment for free shuttle service for job interviews, doctor's appointments, DHS or SSI interviews. Must be approved or referred by an agency in the SOAR Network. Call for more information.

Veteran's Day Treatment Center (501) 257-6604
1000 Main Street
Little Rock, AR 72202

Shuttle service available by appointment for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities **ONLY**.

Watershed (501) 378-0176
3701 Springer Blvd.
Little Rock, AR 72206

Bus passes available on a as available basis through interview. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make an appointment for screening.

Veterans Programs:

ARVets

(501) 246-5341

www.arvets.org

4704 West Commercial Drive, Suite B

North Little Rock, AR 72116

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

A Vet's Best Friend

(501) 422-8310

P.O. Box #329

Cabot, AR 72023

www.servicedogforptsd.org

gregsporer@yahoo.com

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

John L. McClellan Veterans Hospital

(501) 257-1000

4300 West 7th Street

Little Rock, AR 72205

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

National Association of Black Veterans

(501) 295-5031

(NABVETS) Little Rock Chapter #0108

P.O. Box #4662

Little Rock, AR 72214-4662

Saint Francis House

(501) 664-5036

2701 South Elm Street

Little Rock, AR 72214

Veteran's residential treatment facility. Accessed only thru the Veteran's Day Treatment Center.

Towbin Healthcare & VA Medical Center

(501) 257-1000

2200 Fort Roots Drive

North Little Rock, AR 72114

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

VA National Call Center for Homeless Veterans

(877) 424-3838

Veteran's Day Treatment Center

(501) 244-1900

1000 Main Street

Little Rock, AR 72202

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

Youth Services:

Arkansas Advocates for Children and Families (501) 371-9678
1400 West Markham, Suite #306
Little Rock, AR 72201
www.aradvocates.org

For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children, and we have never been afraid to lead the way when the need arose.

Arkansas Child Abuse Prevention Hotline (800) 482-5964

Arkansas Children and Family Services (501) 682-8772
P.O. Box 1437, Slot S-569
700 Main Street
Little Rock, AR 72203
www.stoparchildabuse.com

Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children's emotional, physical, and developmental needs and protect their children from harm.

Arkansas Children's Hospital (501) 364-1202
General Pediatric & After Hours Clinic
1 Children's Way
Little Rock, AR 72202

Children's after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am – 7:45pm.

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

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

Arkansas Home Visiting Network

(501) 682-9528

415 South McKinley, Suite #610

Little Rock, AR 72205

<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 parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. The focus is within the Central Little Rock Promise Neighborhood, primarily Zip Codes 72202, 72204 & 72206

Arkansas National Guard Youth Challenge Program (501) 212-5565

Camp Robinson #16414

North Little Rock, AR 72199

The Arkansas National Guard Youth Challenge Program is a preventive rather than remedial at-risk youth program. The program targets participants who are drug-free and have no felony convictions and 16 to 18 years of age. You must not be older than 18 upon entry, however, you may turn 19 while in the program. Core components of the program are; responsible citizenship, academic excellence (GED/High School Diploma attainment) life-coping skills, service to community health and hygiene, job skills training, leadership, physical training. The 22 week Residential Phase, which includes a 2-week Acclimation Period, is followed by a year-long mentoring relationship with a specially trained member from each youth's community.

Big Brothers Big Sisters of Central Arkansas

(501) 374-6661

312 West Pershing Blvd.

North Little Rock, AR 72114

www.bbbsca.org

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

Break the Silence – Speak Out America

(501) 804-0747

P.O. Box #21978

Little Rock, AR 72223

Dedicated to preventing child sexual abuse.

Catholic Adoption Services

(501) 664-0340

2500 North Tyler Street

Ext. #347 or #334

Little Rock, Arkansas 72207

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

- Centers for Youth and Families** (501) 666-6868
www.centersforyouthandfamilies.org
 Residential Services (501) 660-6880
 6501 West 12th Street (emac)
 6601 West 12th street (emcc)
 Little Rock, AR 72204
 and
 Bess Chisum Stephens Community Center (501) 664- 4268
 1200 South Cleveland Street
 Little Rock, AR 72204
 and
 Outpatient Services (501) 666-6868
 6601 West 12th Street, Attn. OS
 Little Rock, AR 72204
 Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 20. Parent Center offers parenting classes, support groups and a Parent Resource Center. Community Center not only offers a fitness center and swimming pool but an excellent locale for community meetings, classes and activities.
- Child Support Enforcement Office** (501) 371-5400
 322 South Main Street, Suite #100
 Little Rock, AR 72203
 Establishes and enforces court orders involving non-custodial parental child support.
- Cru Inner City** (501) 219-0219
 1320 South Schiller Street
 Little Rock, AR 72202
 Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (school backpacks with school supplies).
- National Center for Missing / Exploited Children** (800) 843-5678
www.missingkids.com
- Pulaski County Cooperative Extension, 4-H** (501) 340 -6650
 Pulaski County 4-H
 2901 West Roosevelt Road
 Little Rock, AR 72204
 4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, and Cooperative Extension Service. The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Pulaski County Youth Services

(501) 340-8250

201 South Broadway, Suite #220

Little Rock, AR 72201

www.pulaskicountyouthservices.org

Youth programs, including: Act Prep Program, Our Club, Public Service Internship, Rope Course, Week of the Arts, Youth Leadership Program, and Youthonomic\$.

Recycle Bikes for Kids

(501) 207-1696

1212 East 6th Street

Little Rock, AR 72202

www.facebook.c/recyclebikesforkids

Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call (501) 207-1696, for appointments, times, and requirements.

The First Tee

(501) 562-4653

1 First Tee Way

Little Rock, AR 72204

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

Young Adult Opportunity Center

(501) 725-4114

4312 West 12th Street

Little Rock, AR 72204

Open on Mondays 10:00am until 6:00pm and by appointment. Works with young adults 18 – 35 years with employment and education support.

Youthonomic\$

(501) 340-8250

201 South Broadway, Suite #220

Little Rock, AR 72201

One week, half a day program designed to expose youth to various career opportunities in addition to educating them to opportunities as a small business owner. Through classroom style curriculum students are also taught financial literacy and leadership development.

Miscellaneous:

Arkansas Community Dispute Resolution Centers, Inc.

3805 West 12th Street, Suite #201

(501) 379-1501

Little Rock, Arkansas 72204

www.acdrc.net

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

Arkansas Community Organization (A.C.O.)

(501) 376-7151

2101 South Main Street, 1st floor

Little Rock, AR 72206

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

Cell-phone charging locations:

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

City of Little Rock Neighborhood Resource Centers:

At present the City of Little Rock operates 11 Neighborhood Resource Centers located throughout the City. Neighborhood Resource Centers have become hubs of decentralized city services. Code enforcement officers, community oriented police officers and neighborhood facilitators staff each Resource Center.

Baseline Alert NRC

(501) 565-4669

Shaun Smith

4600 Baseline Road

Little Rock, AR. 72209

Capitol View - Stiff Station NRC

(501) 372-3856

Kathleen Countryman

2715 West 7th Street

Little Rock, AR 72204

Central High NRC

(501) 376-7610

Valerie Conway

1108 South Park

Little Rock, AR. 72204

East Little Rock NRC Bertrum Butler 500 East 21 st . Street Little Rock AR. 72201	(501) 374-3406
East Broadway NRC Maggie Hawkins 500 Easy 21 st Street Little Rock, AR 72206	(501) 376-3406
East Baseline NRC Linda Williams 9209 Mann Road Little Rock, AR. 72209	(501) 565-1499
Oak Forest NRC Larry Johnson 2823 Tyler Street Little Rock, AR. 72204	(501) 666-0916
South End NRC Arnuard Crump 1100 West33 rd Street Little Rock, AR. 72206	(501) 370-9537
Southwest Little Rock NRC Valeria Tate 5621 Valley Drive Little Rock, AR.72209	(501) 562-0042
Wakefield Alert Center Iglorida Conley 7414 Doyle Springs Road Little Rock, AR 72209	(501) 565-7119
West Central Alert Center Latonya Gamble 4200 John Barrow, Suite B & C Little Rock, AR. 72206	(501) 565-4807
Willie Hinton Alert Center Dwight Pridgeon 3805 West 12 th Street Little Rock AR. 72204	(501) 379-1515
Wright Avenue NRC Willie Carpenter 1813 Wright Avenue Little Rock, AR72202	(501) 244-0900

Computer and Internet Access:

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

Family Service Agency

(501) 372-4242

628 W Broadway Street, Suite 610

North Little Rock, AR 72114

www.helpingfamiliesfirst.org/index.html

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

Food Stamps (S.N.A.P. Program):

Arkansas Department of Human Services (D.H.S.)

(501) 682-9200

1105 Dr. Martin Luther King Jr. Drive

Little Rock, AR 72203

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

Internal Revenue Service (I.R.S.)

(800) 829-1040

700 West Capitol, Room 1412

Little Rock, AR 72201

www.irs.gov

Open Monday thru Friday 8:30 – 4:30pm. Visit in person to find free tax preparation sites in Pulaski County.

Laundry Love

(501) 374-2039

laundrylove@arcentralchurch.org

www.facebook.com/LaundryLoveGreaterLittleRock

Wash laundry free each month, January – October 6:00 – 8:00pm, 3rd Friday of the month at the Funwash Laundry Center, 3702 South University, Little Rock (across from UALR.) Last Friday of the month at Funwash Laundry Center, 116 East 15th Street & Curtis Sykes Drive, North Little Rock. Three (3) loads per individual. Free laundry provided by the Central Church of Christ

Mail Service:

Little Rock Downtown Post Office (501) 375-5155
600 East Capitol Avenue
Little Rock, AR 72202

Have your incoming mail addressed to: your name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock, AR 72202.

Metamorphose Foundation (501) 725-4260
1109 West 18th Street
North Little Rock, AR 72114
metamorphose1719@gmail.com
www.metamorphosefoundation.com

The New Life Thrift Store is a non-profit organization "Where The Old Becomes New" Our mission is to provide resources to help fund the Metamorphose Foundation , which provides Addiction Counseling: Drugs, alcohol, gambling, overeating, etc. Post Prison Issues Counseling: Homelessness, joblessness, addiction, etc. Life & Job Skills Training: Literacy, work skills, problem-solving etc. New Life Thrift Store provides a safe, friendly, therapeutic Christian atmosphere where people can shop, socialize and find great deals.

Pet Needs:

Quapaw Quarter United Methodist Church (501) 375-1600
Pet Food Ministry
1601 South Louisiana Street
Little Rock, AR 72206

Cat and dog food is distributed between 1:00 – 3:00pm on the third Tuesday of each month, except August.

Plasma Donation:

D.C.I. Biologicals (501) 374-6371
824 South Spring Street
Little Rock, AR 72201

Earn up-to \$280.00 per month, proof of residency, ID and Social Security card required also must pass social and health screening.

Monday, thru Friday 7:00am – 7:00pm.

Saturday and Sunday 8:00am – 3:00pm.

Octapharma Plasma Center (501) 812-0440
5121 Warden Road
North Little Rock, AR 72116

Earn up-to \$55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening.

Monday thru Friday 7:00am – 7:00pm.

Saturday and Sunday 7:00am – 7:00pm.

Talecris Plasma Resource Center (501) 565-6275
6227 Colonel Glenn Road
Little Rock, AR 72204,
www.grifols.com

Earn up-to \$65.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening.
Tuesday, Wednesday, and Thursday, 8:00am – 6:00pm.
Monday, Friday and Saturday, 8:00am – 4:00pm.

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

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

Social Security Administration (800) 772-1213
www.socialsecurity.gov

For general information and services, call 7:00am – 7:00pm. Provides Social Security cards and social security benefits.

Little Rock Social Security Office (866) 593-0933
700 West Capitol, Room #1201
Little Rock, AR 72201

Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm.
Open Wednesdays 9:00 – 12:00noon, Closed federal holidays.

Sherwood Social Security Office (877) 512-3854
3608 East Kiehl Avenue
Sherwood, AR 72120

Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm
Open Wednesdays 9:00 – 12:00noon., Closed federal holidays.

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

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

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

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

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

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

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

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

Unemployment Office (501) 682-0228
Arkansas Department of Workforce Services
5401 South University Avenue
Little Rock, AR 72209

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

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

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

Goodwill Industries

(501) 372-5100

7400 Scott Hamilton Drive

Little Rock, AR 72209

www.GoodwillAR.org

- Self-directed employment services
- Job search strategies and job application assistance
- Resume and cover letter writing
- Interviewing Skills
- Mock Interviews
- Job Readiness Training
- Access to career reference materials
- Internet listing of employment opportunities
- Information about upcoming employment events, career fairs, and on-site interviews
- Computer Access
- Soft Skills training
- Job Placement

Goodwill may connect you with other service providers such as:

- Medical, Dental, and Vision
- Substance Abuse Treatment
- Free Tax Preparation
- Housing and Transportation
- Food Services

Ticket to Work: A program to give disabled workers the tools and opportunities to become self-sufficient in the workplace.

Reentry Services: 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.

DePaul, Little Rock: Jericho Way, Homeless Day Center

3000 Confederate

(501) 297-0991

Little Rock, AR 72216

www.depaulusa.org

- Homeless day center, open Monday thru Friday, 8:00am - 3:00pm.
- Case managed referrals
- Showers
- Meals
- Laundry Facilities
- Mental health and VA screening
- Transportation for medical and employment issues
- Weekly life skills workshops

Lewis-Burnett Employment Finders (501) 379-1592

Willie L. Hinton Neighborhood Resource Center, Suite #205

3805 West 12th Street

Little Rock, AR 72204

www.lewisb.org

- Needs Assessment
- One-On-One Evaluations
- Dress for Success
- Pr-Employment Training Classes
- Basic Computer Training Program
- GED Preparation
- Entrepreneur Class
- Community Service Programs
- Resume Writing
- Life Skills

Lewis-Burnett may connect you with other service providers such as:

- Medical, Dental, and Vision
- Substance Abuse Treatment
- Free Tax Preparation
- Housing and Transportation
- Food Services

Our House

302 East Roosevelt
Little Rock, AR 72206
www.ourhouseshelter.org

(501) 374-7383

- Housing & Shelter:
 - Shelter
 - Family Housing
 - Permanent Housing
 - Transitions
- Children & Youth
 - Childcare
 - After School
 - My Picture Perfect Summer
- Education & Workforce Training
 - Job Training
 - Adult Education
 - Life Skills
- Other Services

River City Ministry

(501) 376-6694

Free Homeless Day Resource Center

1021 East Washington

North Little Rock, AR 72114

www.rivercityministry.org

- Food Pantry: Tuesday & Thursday 9:30 – 10:30am (once a month only)
- Meal Service: Monday thru Fridays, following 11:30am devotional, Sundays food and fellowship 2:00pm
- Social Services: Monday thru Friday, 8:30 – 2:30pm
- Medical Services: By appointment only, Call Monday, Wednesday or Friday for appointments, eligibility; adults only.
- Pharmacy Services: Call in for refills for River City Ministry patients ONLY. No outside prescriptions filled.
- Dental Services: by appointment only, dental roster is made call Thursday at 10:00am to schedule initial screening. \$5.00 cash payment per visit.
- Eye Clinic: Exams & eye glasses, call for appointment. \$5.00 cash payment per visit.
- Clothes Closet: 1st & 3rd Wednesdays, 8:30 – 11:00am
- North Little Rock Water Program, call for appointment Wednesdays at 8:30
- Showers: Monday thru Friday, 8:00-11:30am
- FAX & Phone Service: (501) 376-6695, Monday thru Thursday 8:30-2:00am
- Resource Counseling: Monday thru Friday, 8:30 – 2:30pm
- Spiritual Services: Counseling, Monday thru Friday, 8:30 – 3:30pm
Bible study Thursday, 10:00am, lunch devotional Monday thru Friday
11:00am, food & fellowship Sundays 2:00pm,

Serving Pulaski County residency, picture I.D., and Social Security card required for some services. Call to verify availability of services before traveling to the center..

Saint Francis House

2701 South Elm Street

Little Rock, AR 72204

www.stfrancisministries.com

(501) 664-5036

Open Monday – Friday, 8:30 – 11:30am & 1:30 – 3:00pm

- Clothing Closet
- Food Pantry
- Prescription Drug Assistance
- Utility Assistance (when available)
- Veterans Housing
- Health Clinic

St. Vincent Health System
Free Community Medical Clinics
www.stvincenthealth.com

(501) 552-3241

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

Tuesdays: 8:00 till done
Appointments required, call 552-3241664-5036

- Medical Services
- Pharmacy Services

St. Vincent-Gardner Memorial Community Clinic
1723 Schaer Street
North Little Rock, AR 72114

Mondays: 8:00 till done
Walk-ins accepted, call 552-3241

- Medical Services
- Pharmacy Services

St. Vincent - Glenview Community Clinic
4800 East 19th Street
North Little Rock, AR 72117

Thursdays: 8:00 till done
Appointments required, call 552-3241

- Medical Services
- Pharmacy Services

Salvation Army

1111 West Markham

Little Rock, AR 72201

www.SalvationArmyCentralArkansas.org

(501) 374-9296

- Homeless Shelter for individuals and families
- Food pantries
- Meals
- Youth mentoring (North Little Rock only.)
- Angel Tree gifts for children
- Youth camps
- Emergency support for victims of natural disasters

S.O.A.R. Network
1827 South Woodrow
Little Rock, AR 72204

(501) 255-0529

Homeless programs coordinating center. Connecting the homeless population of Pulaski County with referrals for food, clothing, housing, transportation, technology, employment, and transition assistance.

- Homeless Help Line (501) 255-0529
- Outreach and Support Center, referrals for:
 - * Showers
 - * Laundry
 - * Food
 - * Housing
 - * Mental Health Assistance
- Volunteer Resource Center
- Transportation Services
- Employment Assistance With:
 - * Resume Preparation
 - * Transportation
 - * Interview Clothes
 - * Job Referrals

Union Rescue Mission

3001 Confederate Blvd.

Little Rock, AR 72206

www.urmission.org

(501) 370-0808 /1108

Nehemiah House

- Men's transient lodge
- Men's transitional work program
- Men's 9-month recovery program

Dorcas House

- Emergency Services such as; food, shelter, clothing, and crisis intervention for women and children
- 9-month Domestic Violence Recovery Program for women and children
- Women's 9-month recovery program

Emergency furniture provided to clients

Watershed

(501) 378-0176

Human and Community Development Agency, Inc.

3701 Springer Boulevard

Little Rock, AR 72206

Open Monday – Friday, 8:00am – 5:00pm

- Arkansas Birthing Project, women’s program for newborns
- Fatherhood Initiative, for single men ages 15-35
- Children and Family Services / Family Resource:
 - Food assistance
 - Clothing assistance
 - Utility assistance
 - Transportation and special outreach for the disabled
 - Holiday meals and toy baskets.
- Working to Find Work, workforce and employment assistance
- Disaster Relief Services
- Other On-Going Services
 - Friends and Family of Incarcerated Persons, helping families deal when loved ones are in jail or prison.
 - Health Promotion / Advocacy, AIDS awareness, substance abuse counseling; promotion of nutrition and fitness; liaison with local clinics. Community socialization, special celebrations & community get-togethers.

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