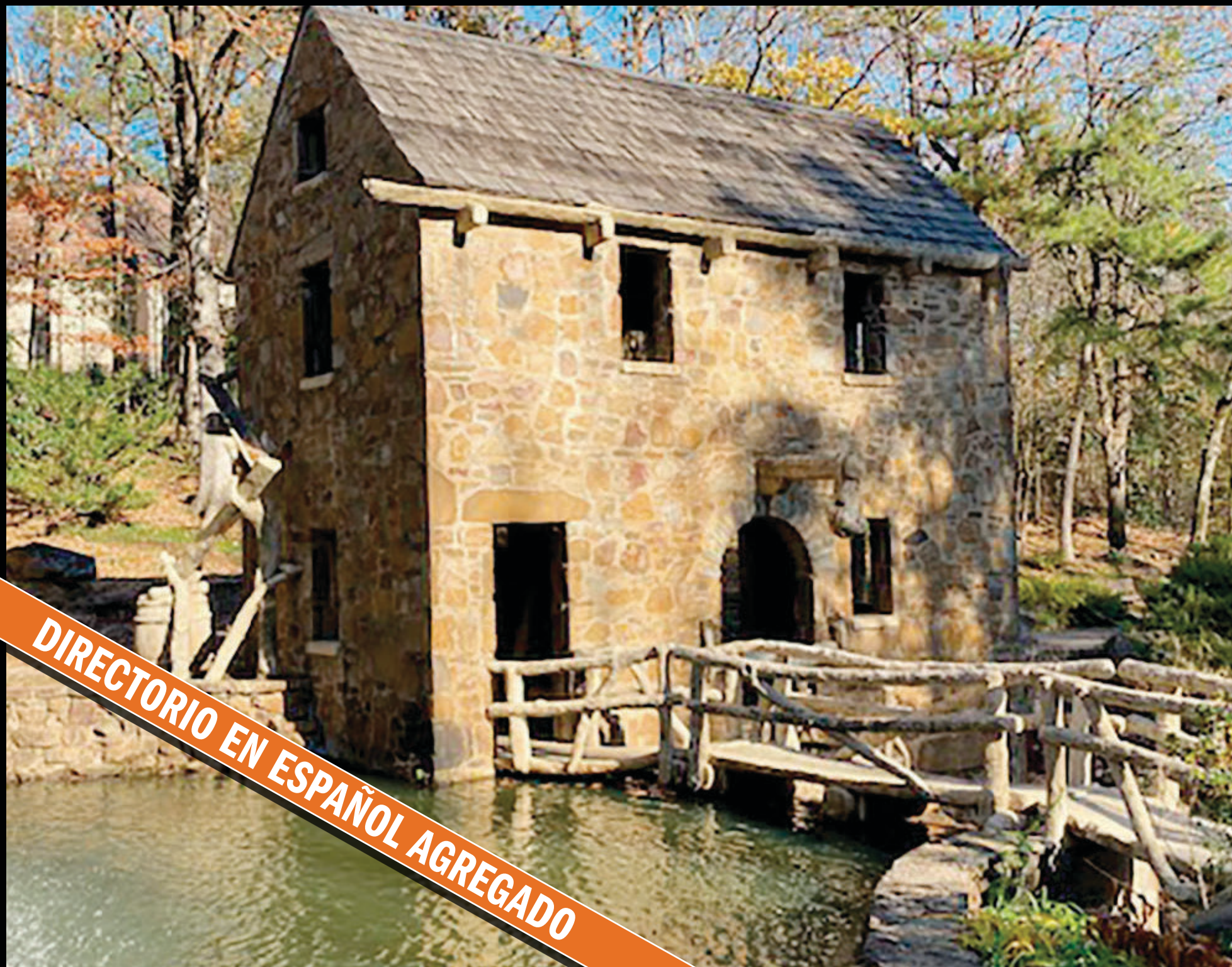


VOLUME 5 ISSUE 1

HELP YOURSELF



DIRECTORIO EN ESPAÑOL AGREGADO

COMMUNITY RESOURCE DIRECTORY



COMMUNITY RESOURCE DIRECTORY

| | |
|--|--------------|
| CLOTHING RESOURCES | 3 |
| CRIMINAL JUSTICE REFORM GROUPS | 3 |
| DENTAL CLINICS..... | 4 |
| DISABILITY RESOURCES..... | 5 |
| DISASTER & EMERGENCY RESOURCES | 5 |
| EDUCATION & LITERACY RESOURCES | 5-6 |
| EMPLOYMENT RESOURCES | 6-8 |
| EX OFFENDER - REENTRY RESOURCES | 8-9 |
| EYE CLINICS | 9 |
| FINANCIAL & UTILITIES ASSISTANCE | 10 |
| FOOD PANTRIES..... | 10-11 |
| HEALTH CARE SERVICES | 11-12 |
| HOUSING & SHELTERS..... | 12-13 |
| LEGAL RESOURCES..... | 13 |
| LGBTQ+ RESOURCES..... | 13-14 |
| LIBRARIES | 14 |
| MEALS..... | 14 |
| MISCELLANEOUS..... | 14-15 & 23 |
| NATIONAL RESOURCES..... | 23 |
| NATIVE AMERICAN RESOURCES..... | 23 |
| OUTPATIENT TREATMENT RESOURCES..... | 24 |
| PET RESOURCES..... | 24 |
| SENIOR RESOURCES | 25 |
| SUBSTANCE ABUSE TREATMENT..... | 25-26 |
| TRANSPORTATION..... | 26 |
| VETERANS' RESOURCES..... | 26-27 |
| VICTIMS' RESOURCES | 27 |
| WOMEN'S RESOURCES..... | 27-28 |
| YOUTH RESOURCES | 28-29 |
| INDEX..... | 30-32 |
| DIRECTORIO EN ESPAÑOL..... | 18-22 |

HELP YOURSELF

March 2024

Help YourSelf: Community Resource Directory, is a highly specialized information dissemination publication aims for three objectives: Deliver accurate information in an 'easy access' format about a wide variety of 'help yourself' programs directly to disadvantaged persons and also to 'good-works' service providers.

Publish topical factual information addressing core issues of social success, for example: remediation of homelessness, therapeutic intervention, pro-active self-directed behavior modification, parenting skills, education, training for gainful employment, etc.

HELP YOURSELF: COMMUNITY RESOURCE DIRECTORY

Robert Kimball Combs, Publisher

P.O. Box #2764, Little Rock AR 72203

(501) 563-2197, rkimc@hotmail.com

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

PUBLICATION & DISTRIBUTION: "Help YourSelf: Community Resource Directory" is a 32-page color tabloid with 20,000 printed copies published at the will of the publisher and freely distributed throughout Little Rock and Pulaski County by and through listed service providers and at various other locations which are easily accessible to those who may benefit most directly from the resource info contained.

ENCOURAGEMENTS: "Help YourSelf: Community Resources Directory," is specific to Pulaski County, Arkansas. If you would like to create your own local Resource Directory feel free to use this as a guide but remember that in order to have value this type of resource directory must be continually updated as the "Good-Works" community is very fluid.

COPYRIGHT: Reproduction or use - in full or in partial - of contents without the permission of the publisher is prohibited. Unsolicited manuscripts or artwork will not be returned, and publisher assumes no responsibility for care. All letters sent to Help YourSelf Directory, no matter how delivered, are treated as intended for publication and are subject to our unrestricted right to edit or comment editorially. All articles and graphics ©2021 by publisher or by originating author/source. We do everything humanly possible to keep contact and program information published herein current and accurate ... however, sometimes things change and sometimes errors happen. In either instance, we apologize for the inconvenience and ask that you please contact us with corrections, updates, revisions, reports on your experiences as a service provider or client, useful tips, recommendations, and good ideas.

COVER PHOTO: The Old Mill, T. R. Pugh Memorial Park, 3800 Lakeshore Drive, North Little Rock, AR 72116. The Old Mill is the last remaining structure associated with the 1939 classic movie *Gone with the Wind*, seen briefly in the film's opening credits.

Design and layout by Christy Hendricks. Editorial support John Sarna.

CLOTHING

Goodwill Benton Thrift Store

1716 Military Road
Benton AR 72015
(501) 776-1189
www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Bryant Thrift Store

5914 Highway 5-North
Bryant AR 72022
(501) 653-2209
www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Cantrell (The Ranch) Thrift Store

16924 Cantrell Road Little Rock AR 72223
(501) 673-1550, www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Industries Main Office

7400 Scott Hamilton Drive
Little Rock AR 72209
(501) 372-5100, www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Open by appointment for registered clients only. Job interview clothing for men & women - must have interview before receiving clothes, referral is required, one outfit for job interview and one upon hire. Reentry Services
(501) 372-5100 X1183, Career Services, By Appointment, (501) 372-5100 X1216.

Goodwill Industries Outlet Center

7400 Scott Hamilton Drive
Little Rock AR 72209
(501) 372-5100 Ext 1141, www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Job interview clothing for men & women - must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire. Reentry Services (501) 372-5100 X1183, Career Services, By Appointment, (501) 372-5100 X1216.

Goodwill JFK Blvd. Thrift Store

5929 John F. Kennedy Blvd. Suite #112
North Little Rock AR 72116
(501) 835-5286, www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Markham Thrift Store

109 Markham Park Drive
Little Rock AR 72211
(501) 221-1018, www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Riverdale Thrift Store

2516 Cantrell Road Suite H
Little Rock AR 72202

(501) 568-5313, www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Helping Hand of Greater Little Rock

1601 Marshall Street
Little Rock AR 72216
(501) 372-4388
www.lrhelphand.com/contact.html
<https://www.facebook.com/LRHelpingHand>
lrhelphand1@att.net
Monday - Thursday 9:00am - 12:00noon
Inexpensive thrift store clothing available. Open to the public.

Immanuel Baptist Church: City Center

315 North Shackleford Road
Little Rock AR 72211
(501) 396-3333, <https://citycenterlr.org>
@citycenterlr, info@CityCenterLR.org
First 4 Tuesdays of each month 10:00 a.m. - 2:00 p.m. Call for additional services. City Center is a ministry of Immanuel Baptist Church. Open the first 4 Tuesdays of each month. From 10:00am - 2:00pm. Call (501) 396-3333 on Monday between 10:00am -1:00pm to make an appointment. Photo ID and proof of address require. Only one visit per address per month. Each visit to the food Pantry includes a visit to the clothing closet.

Jacksonville Care Channel

201 North Elm Street
Jacksonville AR 72076
(501) 982-4647
<https://www.facebook.com/JCCNeedy/>
Monday, Wednesday and Friday 10:00am - 2:00pm
Free clothing for those in need.

Jericho Way Homeless Day Center

3000 Springer Blvd
Little Rock AR 72206
(501) 916-9859, www.depaulusa.org
Tuesday & Thursday 9:00 - 11:00am Clothing closet for adults only.

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

14036 Sardis Road
Shannon Hills AR 72103
(501) 516-1602, www.lovehealingwaters.com
Sundays 10:00 a.m. - 2:00 p.m., Clothing available. Call for appointment.

Liberty Hill Baptist Church

1215 South Schiller
Little Rock AR 72202
(501) 374-8060, www.libertyhbc.com/
2nd Tuesday 3:00pm - 4:30pm Mission: To provide food to families in need of assistance on a limited basis (one visit per month). Photo ID required.

River City Ministry

1021 East Washington Ave
North Little Rock AR 72216
(501) 376-6694, www.rivercityministry.org
1st & 3rd Wednesdays 8:30am - 11:00am
Emergency clothing provided onsite as available thru the clothing bus.

Saint Mark Baptist Church

5722 West 12th Street
Little Rock AR 72204
(501) 663-3955 www.smark.org
Monday - Thursday 10:00am - 12:00pm
Clothing Closet

St. Francis House

2701 South Elm Street
Little Rock AR 72204
(501) 664-5036 www.stfrancisohuselr.org
Monday - Friday 9:00am - 11:45am and 1:00pm -

4:00pm. Must present photo ID, proof of income and SS card.

St. John Missionary Baptist Church Clothes Closet

2501 South Main Street
Little Rock AR 72206
(501) 975-2014
<https://www.wcfarkansas.org/community-resources/saint-john-missionary-baptist-church-clothes-closet/>
<https://www.facebook.com/mysjmbc/about>
Tuesdays and Thursdays 11:00am - 4:00pm, first Saturday of each month 9:00am - 12:00 noon.. Clothing for free for anyone in need.

Sylvan Hills Church of Christ

9305 Highway #107
North Little Rock AR 72120
(501) 835-4141 www.shcofc.org
Open by appointment. Call (501)835-4141.

The Van (The One Inc.)

4500 West 61st Street
North Little Rock AR 72209
(501) 955-3444
www.theoneinc.org aaron@theoneinc.org
The Van visits West Little Rock on Mondays, South West Little Rock on Tuesdays and Fridays, Downtown Little Rock on Wednesdays and every other Saturday, and North Little Rock on Thursdays. Mobile homeless services, locating and serving unsheltered homeless neighbors on the fringes of Little Rock. Providing: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Watershed

3701 Springer Blvd
Little Rock AR 72206
(501) 378-0176 www.thewatershed1.com
Call for appointment. Free clothing for infants to adults, household items when available. ID required.

CRIMINAL JUSTICE REFORM GROUPS

“It Could Be You” KABF 88.3 FM Radio

2101 South Main Street Suite #299
Little Rock AR 72206
(501) 372-6119, (501) 433-0088
<https://www.kabf.org> kabf@kabf.org
Wednesday 2:00pm - 3:00pm, KABF 88.3 FM
“It Could Be You” is a forum for thought-provoking discussion and sharing information, spring-boarding from two general bases: 1) to help create safer communities; and 2) to help improve communities. Cooperative, collaborative discussion will explore various approaches to ensuring public safety, rehabilitating offenders, alleviating homelessness, and exploring ideas about what we can do to work together to strengthen our communities. We also work to improve access to community information regarding: education, employment, social services, help for those in need, and much more.

Americans for Prosperity, Central Arkansas

11300 North Rodney Parham Suite #205
Little Rock AR 72212
(501) 244-9675,
<https://americansforprosperity.org/state/arkansas/>
<https://americansforprosperity.ivolunteers.com/Sign/Criminal-Justice-Reform-for-a-Safer-Arkansas>
infoAR@afphq.org
To make Arkansas communities safer, we must get smart on crime and transform their justice system to one that effectively promotes public safety, holds those who violate the law accountable in a way that reduces future criminal behavior, and invest in programs and policies that increases successful reentry into society.

Arkansas Public Policy Panel

1308 West Second Street
Little Rock AR 72201
(501) 376-7913 <https://arpanel.org/>
Panel@arpanel.org
The Arkansas Public Policy Panel advances social and economic justice through respect for human dignity, diversity, empowerment and an inclusive, fair and transparent political process. The Panel provides hands-on experience in civic participation by helping community groups organize, create infrastructure, set goals and develop action plans to reach those goals.

Arkansas Time After Time (A.T.A.T.)

P.O. Box #11491
Conway AR 72203
(501) 444-2828
<http://www.arkansasvertime.org/>
RSOL@arkansasvertime.org
Our goal is to help make communities safer and to protect our children. In order to do this, we must learn to differentiate between truly dangerous repeat violent sexual predators and those who at some time in their past committed a sex-related offense, served their sentence, completed or are currently undergoing treatment, and are working hard to reintegrate into society.

Central Arkansas Reentry Coalition (C.A.R.E.)

P.O. Box #165818
Little Rock AR 72206
(501) 444-2273 <https://arkansasreentry.com/>
Meetings are on the 1st Wednesday of the month at 10 a.m., 1000 Wolfe Street, Little Rock, AR 72202. The Central Arkansas ReEntry Coalition (C.A.R.E.) is comprised of members who support the day to day work of assisting those in transition from incarceration, homelessness and other life events back into the community. The members include criminal and social justice advocates, social service agencies, government agencies and concerned members of the public.

Citizens First Congress

1308 West Second Street
Little Rock AR 72201
<https://www.citizensfirst.org/congress@citizensfirst.org>
We believe in the power of grassroots organizations to expand opportunities and improve the quality of life for everyone in Arkansas. The CFC values a representative government that is transparent, accountable, responsive, and inclusive. Hear from a few of our coalition leaders!

DecARcerate

P.O. Box #165844
Little Rock AR 72216
(501) 365-1549
<https://www.decarceratear.org/contact@decarceratear.org>
DecARcerate works to end mass incarceration in Arkansas through community education, smart legislation, advocacy, and empowering the leadership of individuals personally affected by the criminal punishment system. We believe in a state where communities are safe and caring, individuals who cause harm are rehabilitated and reintegrated into supportive communities, all people are respected and treated equitably across institutions and systems of exploitation and oppression are replaced with ones that are just and create healing.

Families Against Mandatory Minimums (FAMM)

1100 H Street-NW Suite #1000
Washington DC 20005
(202) 822-6700 <https://famm.org/>
<https://www.facebook.com/FAMMFoundation/>
FAMM seeks to create a more fair and effective justice system that respects our American values of individual accountability and dignity while keeping communities safe.

DENTAL CLINICS

CHI St. Vincent Health Clinic East

2500 East 6th Street
Little Rock AR 72202
(501) 552-4710
<https://www.chistvincent.com/hospitals-locations/clinics/communitycare-lr>
<https://www.facebook.com/CHISTVincent>
Monday - Thursday 8:00am - 4:30pm.
Friday, 8:00am - Noon.
We offer same-day appointments and walk-in care. Appointments preferred, walk-ins accepted. Simple extractions \$65, surgical extractions \$105. Fillings \$50-\$80. Cleaning \$100.

College Station Clinic (JCCSI)

4206 Frazier Pike
Little Rock AR 72206
(501) 490-2440
<http://www.jccsi.org/locations-and-hours/>
Monday - Friday 8:00am - 5:00pm.
Appointments recommended. Proof of income, valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Harmony Health Clinic

201 East Roosevelt Road
Little Rock AR 72206
(501) 375-4400 www.harmonyclinica.org
By appointment only. New patient applications taken Monday - Friday 9:00am - 1:00pm. Call for information. Only serving residents of Pulaski County who are uninsured. No emergency or walk-in services available.

Immanuel Baptist Church: City Center

315 North Shackleford Road
Little Rock AR 72211
(501) 396-3358 <https://citycenterlr.org/@citycenterlr>
We are open monthly on the second and fourth Friday of each month, from 8:00am - 10:30pm. To make an appointment, call (501) 396-3358 and leave a voicemail following the recordings instructions. You will receive a call back within 48 hours to do a pre-screening and schedule and appointment if you qualify. Qualifications are: No dental insurance, 18 years or older, In need of tooth extraction. If you have any additional questions about the dental clinic, please contact (501) 396-3355.

River City Ministry - Day Services for the Homeless

1021 East Washington Avenue
North Little Rock AR 72116
(501) 376-6694 www.rivercityministry.org
Call Thursday, precisely at 10:00am for appointment. By appointment only. For Pulaski County residents only. \$5 cash payment required per visit.

Shepherds Hope- Neighborhood Health Center

2404 South Tyler Street
Little Rock AR 72204
(501) 529-4063 www.shepherdshopelr.org
By appointment only, usually on the 1st and 3rd Tuesday of each month. The Dental Clinic provides emergent care primarily for extractions. Restorative care may be provided for patients previously seen. The Dental Clinic is open to new patients. Proof of residency required.

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

5800 West 10th Street
Freeway Medical Tower, Suite #501
Little Rock AR 72204
(501) 686-5734
<https://uamshealth.com/medicalservices/dentalhygiene>
Hours vary. Call for appointment. Allows students to perform x-rays and teeth cleaning for \$30 per visit. Provides many basic services: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary, call for appointment.

U.A.M.S. 12th Street Health and Wellness Center

4010 West 12th Street
Little Rock AR 72204
(501) 614-2492 Bilingual
<https://healthon12th.uams.edu/>
<https://www.facebook.com/healthon12th/MClark2@uams.edu>
Monday, Wednesday, Thursday 4:00pm - 8:00pm from August - April. Free dental hygiene and extractions, screenings, and referrals By appointment only. No dental walk-ins by appointment only. No dental walk-ins. Call (501) 614-2492 between 8:00am - 10:00pm and leave a message to get on the appointment list and leave a message. Extraction Wednesdays alternate with Hygiene Wednesdays. Spanish language interpretation available.

DISABILITY RESOURCES

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

105 East Roosevelt Road
Little Rock AR 72206
(501) 666-0246 <https://aeddinc.org/>
www.facebook.com/AEDDInc/
Hello@aeddmail.org
Monday - Friday 8:00am - 4:00pm.
AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children's learning center preschool is located in North Little Rock.

ACCESS

10618 Breckenridge Drive
Little Rock AR 72211
(501) 217-8600
www.accessgroupinc.org
www.facebook.com/accessgroupinc
info@accessgroupinc.org
Monday - Friday 8:00am - 4:00pm.
ACCESS is committed to building new levels of confidence, competence and opportunity by empowering students with learning disabilities to define and achieve success throughout their lives.

Arkansas Disability Coalition

P.O. Box #31420
Little Rock AR 72260
(501) 614-7020
www.aridisabilitycoalition.org
<https://www.facebook.com/ArkDisabilityCoalition/>
info@ardisabilitycoalition.org
Monday - Friday 9:00am - 5:00pm.
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 & Print Disabled

900 West Capitol Avenue Suite #100
Little Rock AR 72201
(501) 682-1155
<https://www.library.arkansas.gov/services/lbpd/nlsbooks@ade.arkansas.gov>
Monday - Friday 8:00am - 4:30pm.
Provide talking books and braille books on free loan and free download of books to thumb drive, IOS or Android device to qualified applicants.

Arkansas Rehabilitation Services

1 Commerce Way
Little Rock AR 72202
501-296-1600 (800) 330-0632
www.arcareered.org
Monday - Friday 8:00am - 4:30pm.
Preparation for individuals with disabilities to enter work force through education, social, and accessibility support.

Arkansas Relay

900 South Shackleford Road Suite #300
Little Rock AR 72211
(501) 238-3698 (TTY) (501) 221-3279
(Videophone) (501) 246-8227
www.arkansasrelay.com
www.facebook.com/ArkansasRelay/
alice.berry@t-mobile.com
Monday - Friday 8:00am - 5:00pm.
Providing no-cost Telephone services for qualified individuals who are deaf, hard of hearing or speech-impaired.

Arkansas School for the Blind and Visually Impaired

2600 West Markham
Little Rock AR 72205
(501) 296-1810
www.arkansaschoolfortheblind.org
www.facebook.com/ArkansasSchoolfortheBlind/
facebook.asbvi@asb.k12.ar.us
Monday - Friday 8:00am - 4:30pm.
Serves ages Birth thru age 21: Accredited K-12 school, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.

Arkansas School for the Deaf

2400 West Markham
Little Rock AR 72205
(501) 324-9506
<https://asd.ade.arkansas.gov/>
www.facebook.com/ASDLeopards/
hello@asdleopards.org
Monday - Friday 8:00am - 4:00pm.
Sign language (ASL) 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, and physical therapy.

Arkansas Spinal Cord Commission

5800 West 10th Street Suite #108
Little Rock AR 72204
(501) 296-1788 (800) 459-1517
www.ascc.arkansas.gov
Monday - Friday 8:00am - 4:30pm.
Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources.

Camp Aldersgate

2000 Aldersgate Road
Little Rock AR 72205
(501) 225-1444
www.campaldersgate.net
hello@campaldersgate.net
Monday - Friday 8:00am - 5:00pm.
Camp Aldersgate provides year-round programming that includes summer and weekend camps for children with and without special needs, and a specialized youth volunteer training program. The longest running camp in Arkansas providing services to children and youth with special needs.

Disability Rights Arkansas Inc.

400 West Capitol Avenue Suite #1200
Little Rock AR 72201
(501) 296-1775 (800) 482-1174
<https://www.facebook.com/DisabilityRightsAR/>
Monday - Friday 8:30am - 5:00pm,
Walk-Ins Welcome, appointments preferred. Vigorously advocates for and enforces the legal rights of people with disabilities in Arkansas.

Division of Services for the Blind (ADWS)

700 Main Street
Little Rock AR 72201

(501) 682-5463 (800) 960-9270
<https://rsa.ed.gov/grantee/arkansas/arkansas-division-services-blind>
Monday - Friday 8:00am - 4:30pm.
Provides support and services to blind and visually impaired Arkansans.

Easter Seals Arkansas

3920 Woodland Heights Road
Little Rock AR 72212
(501) 227-3600 www.eastersealsar.com
www.facebook.com/easterseals.arkansas
Monday - Friday 8:00am - 4:30pm.
The mission of Easter Seals Arkansas is to change the way the world defines and views disabilities by making profound and positive differences in peoples' lives every day. Easter Seals provides services including therapy, job placement and education for all ages so people with disabilities can reach the greatest level of independence possible.

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

10025 West Markham Street Suite #140
Little Rock AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
www.houseaboutit.org info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm, Friday 8:00am - noon

The Benefit Enrollment Center (BEC) is a program that uses person-centered strategies in a coordinated community-wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid, Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral.

iCAN (Increasing Capabilities Access Network) Arkansas Rehabilitation Services

900 West 7th Street
Little Rock AR 72201
(501) 666-8868 (800) 828-2799
www.ar-ican.org
Monday thru Friday 8:00am - 4:30pm. Arkansas Career Education's ICAN AT4ALL is Arkansas' state-wide assistive technology program designed to make technology available and accessible for Arkansans who need it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.

Mainstream

300 South Rodney Parham Suite #5
Little Rock AR 72205
(501) 280-0012 (800) 371-9026
www.mainstreamilrc.com
<https://www.facebook.com/MainstreamILRC/>
Monday - Thursday 8:00am - 4:00pm, Friday 8:00am - 12:00pm.
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.

METROLINKS Paratransit, Rock Region Metro

901 Maple Street
North Little Rock AR 72114
(501) 375-1163
www.rmmetro.org www.facebook.com/rmmetro
Travel Center, 310 E. Capitol Avenue, Little Rock, AR 72201
Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to the METROLINKS system. The application process takes 21 days.

National Alliance on Mental Illness Arkansas (NAMI Arkansas)

1012 Autumn Road Suite #1
Little Rock AR 72211
(501) 661-1548 (800) 844-0381
<https://namiarkansas.org/>

www.facebook.com/namiarkansas
help@namiarkansas.org
Monday - Friday 8:00am - 4:00pm.

Provides support, education and advocacy for persons with mental illness and their families.

Pride Industries, Little Rock Air Force Base

435 4th Street
Little Rock AR 72099
(501) 779-4974 (800) 550-6005
<https://www.prideindustries.com/jobs-at-little-rock-air-force-base>
<https://www.facebook.com/PRIDEIndustriesPeople/>
Monday - Friday 7:00am - 4:00pm.

Hires individuals with severe physical, mental, and developmental disabilities. Specifically working at the Little Rock Air Force Base.

Special Olympics Arkansas

2115 Main Street
North Little Rock AR 72114
(501) 771-0222
www.specialolympicsarkansas.org
www.facebook.com/SpecialOlympicsArkansas
Monday - Friday 8:00am - 4:00pm. Provides year-round sports training and competitions for children and adults with intellectual disabilities.

TAP (Telecommunications Access Program)

P.O. Box #3781
Little Rock AR 72203

(501) 686-9693 (800) 981-4463
www.arktap.org
Monday - Friday 8:00am - 4:30pm.
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Rehabilitation under the Department of Workforce Services.

The Allen School

824 North Tyler Street
Little Rock AR 72205
(501) 664-2961 www.theallenschool.org
Monday - Friday 7:30am - 5:00pm.
Providing education and day services for special needs children from birth to age 6.

World Services for the Blind

2811 Fair Park Blvd
Little Rock AR 72204
(501) 664-7100 www.wsblind.org
Monday - Friday 8:00am - 4:30pm.
World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.

DISASTER & EMERGENCY RESOURCES

9-1-1
911 Emergency Only
<https://www.littlerock.gov/city-administration/city-departments/department-of-emergency-communications-9-1-1/>
24/7 The Department of Emergency Communications

is responsible for dispatching responders for the Little Rock Police and Fire departments, and the Cammack Village Police Department.

American Red Cross of Arkansas

2610 Shackelford Road Suite B
Little Rock, AR 72205
(501) 748-1000
<https://www.redcross.org/local/arkansas.html>
<https://www.facebook.com/ArkRedCross/>

Arkansas Baptists Disaster Relief

(501) 376-4791 X 5249
<https://absdisasterrelief.org/about-us/>
DisasterRelief@absc.org
Arkansas Baptist State Convention Disaster Relief extends the love of Christ to disaster survivors by preparing hot meals, removing damaging trees and debris, tarping roofs, shoveling mud, providing emergency communications, and coordinating the response through Incident Command leadership.

Arkansas Division of Emergency Management

Building #9501 Camp Joseph T. Robinson
North Little Rock AR 72199
(501) 683-6700
<https://www.dps.arkansas.gov/emergency-management/adem/plan-prepare/disaster-recovery/>

Disaster Assistance.Gov

<https://www.disasterassistance.gov/>
DisasterAssistance.gov is an official website of the U.S. Department of Homeland Security

F.E.M.A.

P.O. Box 10055
Hyattsville MD 20782
(202) 646-2500
<https://www.fema.gov/locations/arkansas>
<https://www.facebook.com/FEMA/>

Pulaski County Emergency Management

3200 South Brown Street Suite #499
Little Rock AR 72206
(501) 340-6911
After Hours Emergencies Only (501) 340-6963
<https://www.pulaskicounty.net/emergency-management>
Monday - Friday 8:00am - 5:00pm.
They maintain a comprehensive list of resources for Disaster and Emergency resources.

United Way (211)

(888) 489-6983 <https://arkansas211.org/>
ContactUs@ar211.org
Arkansas 211 connects callers, at no cost, to critical health and human services in their community.

EDUCATION & LITERACY**Arkansas Arts Center**


501 East Ninth Street
Little Rock AR 72202
(501) 372-4000 <https://arkmfa.org/>
Monday Closed, Tuesday - Saturday 10:00am - 8:00pm, Sunday 12:00noon - 5:00pm.
Adult Programs. Youth art and theater programs, Spring Break and Summer programs.

Arkansas Baptist College, Adult Education


1418 W. Daisy L. Gatson Bates Drive
Little Rock AS 72202
(501) 420-1350
<https://www.arkansasbaptist.edu/ged/abcdulthoodeducation@arkansasbaptist.edu>
Monday & Wednesday 8:00am - 5:00pm Tuesday & Thursday 8:00am - 7:00pm
We offer "free" GED classes. Enrollment is on-going. Anyone age 16 and older may enroll at any time during the year. Please call our office about the support services we offer.

LITTLE ROCK IDENTIFICATION CARD

CITY OF LITTLE ROCK IDENTIFICATION CARD




CITY OF LITTLE ROCK



ID#: 123456
DOB: 03/13/1973
HEIGHT: 5'9"
EYES: Green

LAST: Smith
FIRST: John
MIDDLE: Doe
7414 Doyle Springs Rd
Little Rock, AR 72209



ISSUED: 01/5/2018
EXPIRES: 01/5/2021

TARJETA DE IDENTIFICACIÓN DE LITTLE ROCK

TARJETA DE IDENTIFICACIÓN DE LITTLE ROCK


The Little Rock Identification Card was established to bring all of Little Rock's residents together as one community.

- Do you live in Little Rock?
- Are you 14 years of age or older?

If the answer to both questions is **YES**, you qualify to apply for a Little Rock Identification Card!

For more information or to make an appointment, call (501) 565-7233, or visit www.littlerock.gov/multicultural, or see our Facebook page [@clrliaison](https://www.facebook.com/clrliaison).

Get your Little Rock Identification Card now to start accessing all the great things our City has to offer!

Follow us  @enlacemulticultural

La Tarjeta de Identificación de Little Rock fue establecida para reunir a todos los residentes de Little Rock como una sola comunidad.

- ¿Vive en la Ciudad de Little Rock?
- ¿Tiene 14 años de edad o más?

¡Si la respuesta a ambas preguntas es **SI**, usted califica para solicitar una Tarjeta de Identificación de Little Rock

Para más información o hacer una cita llame al (501) 565-7233, o ingrese a www.littlerock.gov/enlace, o vaya a nuestra página de Facebook

¡Obtenga su Tarjeta de Identificación de Little Rock ahora para comenzar a acceder a todas las cosas estupendas que nuestra ciudad tiene para ofrecer!

 @clrliaison

Síguenos

Arkansas College of Health Careers

9714 West Markham Street

Little Rock AR 72205

(501) 319-7573 <https://achc.us/bostic.sr@achc.us>
Monday - Thursday 9:00am - 4:30pm, Friday 9:00am - 12:30pm.

With evening classes. Closed Saturday and Sunday. Currently offers programs that will allow our community to become Medical Assistants, Phlebotomy Technicians, Electro cardiology Technicians, Medical & Clinical Laboratory Techs and Nursing Assistants. We offer scholarships to assist with tuition and are listed with Arkansas Rehabilitation Services and Arkansas Workforce as educational providers.

Arkansas Employment Career Center (AECC)

300 South Spring Street Suite #300

Little Rock AR 72201

(501) 615-8922

<https://arkansasemploymentcareercenter.com/aremploymentcareercenter01@gmail.com>

Monday - Friday, 8:30am - 4:30pm

Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need. Provides GED preparation, college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, and communications skills.

Arkansas Employment Career School (AECCS)

300 South Spring Street Suite #300

Little Rock AR 72201

(501) 615-8922 <http://arecc.org>aremploymentcareercenter01@gmail.com

Monday - Friday 8:30am - 4:30pm (Day and Night Classes)

AECC School provides training and certification in the following areas: Excel 365, Level I, Word 365 level I, PowerPoint 365, Outlook 365, Certified Pharmacy Technician Program (CPHT), Certified Nursing Assistant Program (CNA), Pre-Employment Career Readiness Training Program & Customer Service Skills Training Program.

Arkansas Home Visiting Network

415 North McKinley Street Suite #610

Little Rock AR 72205 (501) 364-3671

<https://www.arhomevisiting.org/jonesam@archildrens.org>

Monday - Friday 8:00am - 4:30pm

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.

Arkansas Rehabilitation Services, Department of Workforce Services

1 Commerce Way

Little Rock AR 72201

(501) 296-1600 800-330-0632

ACECommunications@arkansas.gov

Monday - Friday 8:00am - 4:30pm

Providing educational support and rehabilitation services for individuals with disabilities.

HIPPY Home Instruction for Parents of Preschool Youngsters

1 Children's Way Slot #651

Little Rock AR 72202

(501) 364-3473 www.hippyarkansas.org

Monday - Friday, 8:00am - 4:30pm

Home Instruction for Parents of Preschool Youngsters (HIPPI) is an evidence-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

6900 Scott Hamilton Drive

Little Rock AR 72209

800-733-5627 <https://littlerock.jobcorps.gov/>

Monday - Friday 8:00am - 5:00pm

Provides job training and remedial education for youth, ages 16 - 24.

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

14036 Sardis Road

Shannon Hills AR 72103

(501) 516-1602 www.letourviolenceend.comwww.facebook.com/groups/230244068109/aboutlovehealingwaters@gmail.com

Monday - Friday 10:00am - 2:00pm.

GED classes, youth mentoring. Call for access.

Literacy Action of Central Arkansas

9301 North Rodney Parham Inside Grace Presbyterian Church Education Building.

Little Rock AR 72227

(501) 372-7323 www.literacyactionar.org

Monday - Thursday 9:00am - 4:00pm

Teaching adults (18 and above) to Read, and English as a second language. Free.

Little Rock Adult Education Center

4800 West 26th Street 26th & Madison Street

Little Rock AR 72204

(501) 447-1850 <https://www.lrsd.org/Page/1382>www.facebook.com/mylrsd

Monday - Thursday, 8:00am - 3:30pm.

During the traditional school year Tuesday - Thursday night 4:30 - 8:00pm. Offers community and adult education courses. Refresher classes, GED classes and English as a second language.

Mosaic Templars Cultural Center

501 West 9th Street

Little Rock AR 72201

(501) 683-3593 www.mosaictemplarscenter.com

Tuesday - Saturday 9:00am - 5:00pm

Museum-related education. The Mosaic Templars Cultural Center offers programs and resources on Arkansas's African-American communities, including art, music, politics and entrepreneurship. Educators may bring students to the Museum for a scheduled tour or program. Education Department staff members will provide outreach programming statewide. All MTCC programs are tied to the current Arkansas Department of Education Curriculum Frameworks.

Our House Career Center

302 East Roosevelt Road

Little Rock AR 72206

(501) 291-0584 x2

<https://ourhouseshelter.org/careercenter/connect@ourhouseshelter.org>

Open by appointment Monday, Wednesday and Thursday 8:00am - 4:30pm and Tuesday 8:00am - 7:30pm. Closes at noon on Friday. Open to community members for GED preparation, basic literacy classes, TABE/WAGE testing, career readiness certificate preparation and testing.

Pulaski County Special School District (PCSSD)

925 East Dixon Road

Little Rock AR 72206

(501) 234-2000

www.pcssd.org www.facebook.com/pcssdschools

Monday - Friday 8:00am - 4:30pm

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

River Rock CDL Training

4801 Crystal Hill Road

North Little Rock AR 72118

(501) 916-2546

<https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/>leciariverrocktraining@gmail.com

Monday - Friday, 7:00am - 4:00pm

Our mission is to go above and beyond leading industry standards to insure the highest quality of training and to prepare our students to be professional drivers in the transportation industry. Scholarships available for those who qualify. Job placement available. Hands-on training by certified instructors. Felons accepted on a case by case basis.

S.T.E.P. Ministries

601 East 19th Street

North Little Rock AR 72114

(501) 758-4054

www.stepministries.orgwww.facebook.com/stepnlr

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

The Excel Center at Goodwill

7400 Scott Hamilton Drive Suite #50

Little Rock AR 72209

(501) 372-5100, (870) 372- 5151

<https://goodwillar.org/excel-center/>

Monday - Friday 8:00am - 5:00pm

The Excel Center provides adults the opportunity and support to earn a high school diploma while developing career paths that offer greater employment and growth opportunities. Our school "meets students where they are" in their education by providing a flexible structure and supportive relationships to help students manage work, life and family as they achieve their educational goals. Accredited charter high school for adults 19 and older.

University of Arkansas, Little Rock (U.A.L.R.)**EOC TRIO Program**

5820 Asher Avenue Suite #800

Little Rock AR 72204

(501) 916-3470

<https://ualr.edu/trio/><https://www.facebook.com/eocutor>

eoc@ualr.edu Monday - Friday 8:00am - 5:00pm

The Educational Opportunity Center is a federally funded TRIO program that assists adults 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 and Student loan default counseling.

Veteran's Day Treatment Center

1000 Main Street

Little Rock AR 72202

(501) 244-1900

www.va.gov/central-arkansas-health-care/<https://www.facebook.com/pages/Veterans-Day-Treatment-Center/164046787112856>

Monday - Friday 7:00am - 2:30 pm. Comprehensive homeless center for veterans only. Providing a broad range of education and special programs. Available to veterans ONLY.

EMPLOYMENT RESOURCES**Arkansas Division of Workforce Services**

5401 South University Avenue

Little Rock AR 72209

(501) 682-0228

North Little Rock Office

(501) 376-4119

www.dws.arkansas.gov

Monday - Friday 8:00am - 3:30pm

Unemployment office offers FAX, phone, copy machine, computer lab job search-related use only. Jacksonville Office, 2 Crestview Plaza, Jacksonville, AR 72076. North Little Rock Office, 324 Pershing Blvd., Suite 1, North Little Rock, AR 72114.

Arkansas Employment Career Center (A.E.C.C.)

300 South Spring Street Suite #300

Little Rock AR 72201

(501) 615-8922

<https://arkansasemploymentcareercenter.com/aecoffice5@gmail.com>

Monday - Thursday 8:45am - 3:45pm, Friday 9:00am - 12:00noon

Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need. They provide: GED prep., college entrance assistance, entrepreneur encouragement, career-building, resume development, job referrals, interview skills, and communications skills.

Church at Rock Creek

11500 West 36th Street

Little Rock AR 72211

(501) 225-8684

www.churchatrockcreek.comaecoffice5@gmail.com

Monday - Friday 8:00am - 4:30pm

Worklife Employment Assistance.

Employers Choice

650 Edgewood Drive

Maumelle AR 72113

(501) 851-4111

<https://www.facebook.com/theemployerschoice/>

Monday - Thursday 7:30am - 4:00pm

Temporary employment agency

Goodwill Adult Education Center, North Little Rock

6929 John F. Kennedy Blvd Suite #112

North Little Rock AR 72116

(501) 551-2546 (501) 519-7385

www.gedwage.com

Monday - Thursday 9:00am - 4:00pm

Pulaski County Adult Education Center, GED, WAGE Certification

Goodwill Career Service Center, Jacksonville

1309 T. P. White Drive

Jacksonville AR 72076

(501) 551-2546 www.goodwillar.org

Monday - Friday 9:00am - 4:30pm

Mission Statement: "Changing lives through education, training, and employment."

Goodwill Career Service Center, Little Rock

109 Markham Park Drive

Little Rock AR 72211

(501) 563-4121

<https://www.goodwillar.org/career-services>

Monday - Friday 9:00am - 4:30pm

Goodwill's career services offer free services to help you build your future. Services are available through our career portal and in-person. Goodwill computer labs are available across the state.

Goodwill Career Service Center, Riverdale Center, Little Rock

2516 Cantrell Road
Little Rock AR 72202
(501) 554-2026

<https://www.goodwillar.org/career-services> Monday - Friday 9:00am - 4:30pm

Goodwill's career services offer free services to help you build your future. Services are available through our career portal and in-person. Goodwill computer labs are available across the state.

Goodwill Industries Main Office & Career Service Center

7400 Scott Hamilton Drive Suite #50
Little Rock AR 72209
(877) 372-5100 X1216
www.goodwillar.org

Monday - Friday 9:00am - 5:00pm

"Changing lives through education, training, and employment." Our Vision: The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

Hire Quest Direct

3115 John F. Kennedy Blvd. Building #1
North Little Rock AR 72116
(501) 246-4621

<https://hirequest.com/> Monday - Friday 5:30am - 5:30pm

Hire Quest is a temporary staffing company finding the right associates for Construction, Manufacturing, Landscaping, and Hospitality.

Integrity Staffing, Healing Waters (LOVE)

Let Our Violence End

14036 Sardis Road
Shannon Hills AR 72103
(501) 650-4753

<https://www.lovehealingwaters.com/integrestaffingassociates@gmail.com>

Monday - Friday 9:00am - 4:00pm

We are reaching out to our community to find jobs for those who are in need of extra income. If you are an individual who needs extra income and can pass a drug test, we need to hear from you. If you have a felony record, we can also help you with this as well to find a job that will help meet your own and your family's needs. Call for appointment.

Job Corps

6900 Scott Hamilton Drive
Little Rock AR 72209
(501) 618-2500 800-733-5627

<https://littlerock.jobcorps.gov/>

Monday - Friday, 8:00am - 5:00pm

Provides job training and remedial education for youth, ages 16 - 24.

Labor Finders

1300 West Park Drive Suite #2
Little Rock AR 72204
(501) 565-9632

www.laborfinders.com

Monday - Friday 6:00am - 6:00pm

The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

Operation Restore

10421 West Markham Street Suite #100, Inside Cone Building
Little Rock AR 72205
(501) 376-1686 (501) 215-0444

<https://cityconnectionsinc.org/>

Monday - Thursday 9:00am - 4:30pm, Friday 9:00am - 12:00pm.

Appointments preferred, call for appointment. A temporary employment agency for returning citizens.

Our House

302 East Roosevelt Road
Little Rock AR 72206
(501) 374-7383 Ext. #218 & #165
(501) 291-0584 Hotline

<https://ourhouseshelter.org/careercenter/>

<https://www.facebook.com/ourhouseshelter/>

Career Center Orientation Monday 2:00pm, Tuesday 7:00pm Wednesday 9:00am

We offer comprehensive services for adults to increase their education level, access employment, improve financial literacy, promote physical and mental wellness, and grow in their careers. The Career Center is uniquely equipped with the resources to allow us to serve people at every stage of their career development. All Career Center services are provided at no cost to participants and are open to the public. Make an appointment by calling (501) 291-0584 during business hours.

People Ready

1400 South University Avenue
Little Rock AR 72204
(501) 562-6111

www.peopleready.com

<https://www.facebook.com/PeopleReady>

Monday - Friday 5:30am - 6:00pm. Saturday 6:00am - 9:00am Apply online at www.peopleready.com then make an appointment for interview, then wait to be assigned daily work.

Premier Staffing, a Belflex Company

10901 Financial Centre Parkway
Little Rock AR 72211

(501) 223-8367

www.belflex.com

Monday - Friday 8:00am - 5:00pm

Premier Staffing helps connect business with qualified candidates for employment. First step is to

register online and once registered call. Premier Staffing es una agencia de contrataci3n que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, t3cnicos y profesionales, y personal para trabajo industrial y de f3brica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com y una vez registrado comunicarse al telefono 501-223-8367.

Pride Industries

435 4th Street
Little Rock AR 72099
(501) 778-4974

www.prideindustries.com

Monday - Friday 8:00am - 8:00pm

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



CENTRAL, AR
EDUCATIONAL
OPPORTUNITY
CENTER



Scan for
more and
apply!



@centralar.eoc

Central, AR Educational Opportunity Centers (EOC) is designed to help adults obtain their college or vocational education.

OUR SERVICES ARE FREE, WE CAN HELP YOU:

- ✓ Apply to college/trade school
- ✓ Complete financial aid applications
- ✓ Search for scholarships
- ✓ Take college placement test
- ✓ Get out of student loan default
- ✓ Find and enroll in a GED program
- ✓ Connect to community resources

☎ 501.916.3470

🌐 ualr.edu/trio/centralareoc/



Download
our mobile
app
EOC at LR

TRIO



DEPARTMENT OF COMMUNITY PROGRAMS ■ CITY OF LITTLE ROCK

RE-ENTRY TRAINING PROGRAM

Helping you transition back into the community and improve your life!

HOW WE CAN HELP

Assist with Employment through
City of Little Rock, Private Employment
& Partnered Agencies

Career & Life Skills Training

Child Support Assistance

City Photo ID Card

Credit Restoration
Drivers License Reinstatement Services

Employment Retention

Finding Housing

Job Application/Preparation

Mental Health Referral

Mentorship

Referrals for Expungement

Substance Abuse

Voter Registration

PROGRAM ELIGIBILITY REQUIREMENTS

Must have a current address and reside within the City of Little Rock.

Must complete required intake application and screening process.

Must be willing to participate in Re-Entry Employment Readiness Training.

DEPARTMENT OF COMMUNITY PROGRAMS RE-ENTRY SERVICES

(501) 580-0064
dpridgeon@littlerock.gov

3012 MLK Dr.
Little Rock, AR 72206

Dwight Pridgeon,
Re-Entry Coordinator

(501) 690-8200
smfisher@littlerock.gov

Shaneka Fisher-Jones
Re-Entry Assistant Coordinator

River Rock CDL Training

4801 Crystal Hill Road
North Little Rock AR 72118
501-916-2546
<https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/>
leciariverrocktraining@gmail.com
Monday – Friday, 7:00am – 4:00pm
Our mission is to go above and beyond leading industry standards to insure the highest quality of training and to prepare our students to be professional drivers in the transportation industry. Scholarships available for those who qualify. Job placement available. Hands-on training by certified instructors. Felons are accepted on a case-by-case basis..

UA Pulaski Tech Career Center

3000 West Scenic Drive
UA Pulaski Tech
Noerth Little Rock AR 72118
(501) 812-2783
<https://uaptc.edu/career-training>
Thursday & Friday 8:00am - 4:30pm
Mission Statement: “Changing lives through education, training, and employment.”

Watershed

3701 Springer Blvd.
Little Rock AR 72206
(501) 378-0176
<https://thewatershed1.com/>
Job preparedness classes Tuesday - Thursday
10:00am - 12:00noon
“Working to find work” Job guidance counseling, employment assistance. Call to confirm appointment.

EX-OFFENDER REENTRY RESOURCES

100 Families (Restore Hope)

1400 West Markham Street Suite #300
Little Rock AR 72201
(501) 404-9865 (501) 346-3446
<https://www.restorehopear.org/>
<https://www.facebook.com/restorehopearkansas/>
Renie@restorehopear.org
Monday – Friday, 8:00am – 5:00pm
Our mission is to reduce incarceration and the need for foster care through collaborative partnerships. We do this utilizing our Crisis to Career model and our collaborative case management system, which allows for effective partnerships between agencies, community service providers, and faith-based organizations resulting in significantly better outcomes for communities.

Approved ACC Transitional Housing

https://www.dcc.arkansas.gov/images/uploads/Transitional_Houses_081018.pdf Arkansas Community Corrections general and contact information regarding housing facilities in the Little Rock/Pulaski County area for men and women leaving prison.

Arkansas Cares

2002 South Fillmore Street
Little Rock AR 72204
(501) 906-4928
<https://www.methodistfamily.org/arkansas-cares/>
Monday - Friday 8:00am - 4:30pm.
Transitional housing for women with children or who are pregnant, with substance abuse or mental health issues.

Arkansas Community Correction, Area #8

1302 Pike Avenue Suite A
North Little Rock AR 72114
(501) 371-1090 (501) 683-2503
<https://www.dcc.arkansas.gov/reentry>
reentry@arkansas.gov
Monday - Friday 6:00am - 6:00pm.

The Arkansas Reentry Team's vision is to motivate and provide opportunities for offenders to prepare for successful reentry into society through community engagement and stakeholder partnerships aimed at increasing public safety and reducing recidivism while slowing prison growth.

Arkansas Department of Career Education, Arkansas Rehabilitation Services

1 Commerce Way Suite #206
Little Rock AR 72202
(501) 686-2800 Little Rock
(501) 833-1490 North Little Rock
www.ace.arkansas.gov
Monday - Friday 8:00am - 4:30pm.
Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.

Arkansas Department of Workforce Services

5401 South University Avenue
Little Rock AR 72209
(501) 682-7719 Option #1
www.dws.arkansas.gov
Monday - Friday, 8:00am - 4:30pm.
Special employment program for returning citizens; FAX, phone, copy machine, computer lab for job search-related use only.

Arkansas Employment Career Center (AECC)

300 South Spring Street Suite #300
Little Rock AR 72201
(501) 615-8922
<https://arkansasemploymentcareercenter.com/>
aremploymentcareercenter@gmail.com
Monday - Friday 8:30am - 4:30pm
Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. Provides support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need. They provide: GED preparation, college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, and communications skills.

Arkansas Time After Time

P.O Box #11491
Conway AR 72034
(501) 444-2828
www.arkansastimeaftertime.org
The local chapter of a national advocacy group dedicated to addressing issues specific to families on the Arkansas sex offender registry.

BCD, Hoover Treatment Center

3604 West 12th Street
Little Rock AR 72204
(501) 663-7223 <https://bcdinc.org/>
Transitional housing for men and women with substance abuse issues. Not affiliated with ACC.

Chance Sobriety

12127 Gabriel Lane
North Little Rock AR 72118
(501) 851-8484
Meetings are on the 1st Wednesday of the month at 10:00am at 1000 Wolfe Street, Little Rock, AR 72202. 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 are welcome. Call for fees. NOT ACC affiliated.

City of Faith

1400 South Garfield Drive
Little Rock AR 72204
(501) 615-1090
<https://cityoffaith.org/little-rock/>
msouth@cityoffaith.org
Transitional housing facility for men and women released from Federal prison.

City of Little Rock Re-Entry

3012 Martin Luther King Jr. Drive

Little Rock AR 72206

(501) 580-0064 (501) 371-4476

<https://www.littlerock.gov/city-administration/city-departments/community-programs/re-entry-services/dpridgeon@littlerock.gov>

Monday - Friday 9:00am - 5:00pm

The City of Little Rock Re-Entry Program is designed to provide services and opportunities to those with a history of non-violent convictions and incarceration to transition into the Little Rock community and improve their quality of life. The Re-Entry Program specifically provides services to those who plan to reside in Little Rock upon release. This program free provides services through contracts with private providers; provides free services through various Departments within the City of Little Rock (public sector); Pre-Release Programming; Employment Placement; and the Employment Readiness Training Program.

Compassion in Action

1400 West Markham Street

Suite #100 Little Rock AR 72201

(501) 246-4383

www.compassioninactionofar.org/#home

compassioninaction22@gmail.com

Monday - Friday 8:00am - 4:00pm.

“Compassion In Action” re-entry is a re-entry program which provides structure, training, education, and mentoring to ex-offenders who are preparing to re-enter society, and who are already in society and who are in need of the mission of “Compassion In Action”. They provide a 12 Week, 12 Principles to Success program, job searches, and other resources needed to decrease recidivism rates by teaching these men and woman how to cope with re-entering society, and teaching ex-offenders ways to maximize their God-given potential in productive ways.

EX Exodus.LIFE

3700A West 65th Street

Little Rock AR 72209

(501) 353-0347

www.exodus.life

<https://www.facebook.com/exodusprison>

contact@exodus.life

Monday - Friday 9:00am - 4:00pm

Exodus.Life works primarily with our “peers” – persons with substance use disorders; those challenged with co-occurring disorders (have received a dual diagnosis); the justice involved; and their families who are in crisis. These men and women may be incarcerated, on parole, probation, or may never have been arrested. Some have recently been released or from a treatment center and relapsed.

Gaines House

1701 South Gaines Street

Little Rock AR 72206

(501) 376-7922

<https://www.thegaineshouse.org/>

info@thegaineshouse.org

The Gaines House is a non-profit transitional living residence for homeless women, 18 or older, who have a mental, physical, or behavioral health disability. We provide a 24-hour supervised environment while they prepare for independent living. The Transitional house for women in transitional for people moving towards independent living. The rent is \$500 a month. Meals are provided, including an evening meal where the residents have an opportunity to fellowship. This meal is prepared by our staff.

Good Grid

105 W. Capitol Avenue

Two Union National Plaza

Little Rock AR 72201

(501) 682-9510

[https://goodgrid.com/pages/13685/](https://goodgrid.com/pages/13685/team@goodgrid.com)

team@goodgrid.com

Monday - Friday 8:00am - 5:00pm

Sign-in to access resource providers for Arkansans in re-entry. Many people find themselves in helpless situations and having to deal with a multitude of poverty-related troubles. The biggest issue is that there is no place where all these problems can be addressed in a cohesive, integrated manner. In spite of the existence of many organizations & non-profits ready to help, their services are generally fragmented & inadequate unless provided as an integrated whole.

Goodwill Industries Reentry Services Transitional Employment Opportunity (TEO) Program

7400 Scott Hamilton Drive

Little Rock AR 72209

(501) 372-5100, X1183

<https://goodwillar.org/programs-and-resources/training/reentry/>

Assistance for re-entering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity program: a 16-week paid training program for re-entering citizens without violent or sexual charges on their background. Re-entry Services also available at the Markham Street and Jacksonville locations.

Immanuel Baptist Church: City Center

Two Union National Plaza,

Little Rock, AR 72211

(501) 396-3355

<https://citycenterlr.org/cc-services/>

<https://www.facebook.com/citycenterlr>

info@citycenterlr.org Wednesday (time varies)

Clothing Closet Wednesday (time varies) – Re-Entry Program Shopping.

Integrity Staffing (Healing Waters Outreach Center)

14036 Sardis Road

Mablevale AR 72103

(501) 650-4753

www.letourviolence.end.com

Monday - Friday 8:00am - 4:00pm.

If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as well. We can help you find a job that will help meet your own and your family's needs. Integrity Staffing is a traditional staffing/employment agency.

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

14036 Sardis Road

Little Rock AR 72103

(501) 516-1602

<https://www.lovehealingwaters.com/re-entry-program>

Working with men and women returning from incarceration. Call for appointment.

Operation Restore, City Connections

10421 West Markham Street Suite #100,

Inside City Suite #100, Cone Building

Little Rock AR 72205

(501) 376-1686

<https://cityconnectionsinc.org/>

<https://www.youtube.com/watch?v=blq6FuXsp6U>

Monday - Thursday 9:00 - 4:30pm, Friday 9:00am - 12:00pm.

Appointments preferred, call for appointment. A temporary employment agency for returning citizens.

Our House Reentry Program

302 East Roosevelt Road

Little Rock AR 72206

(501) 374-7383 X #218 & #165

www.ourhouseshelter.org

connect@ourhouseshelter.org

Monday - Friday 8:00am - 4:30pm In addition to the job skills, life skills and adult education programming offered at the Career Center, reentry participants receive one-on-one case management to navigate potential obstacles to employment, housing, and the legal system.

Phoenix Recovery Center

104 North Battery Street

Little Rock AR 72205

(501) 725-4907

<http://www.phoenixarkansas.com/> Monday - Friday

8:00am - 4:30pm

ACC, Transitional housing program for women.

Quality Living Center, Mens

3925 Asher Avenue

Little Rock AR 72204

(501) 663-3490

<http://qualitylivingcentertreatment.net>

Residential and transitional housing for men only.

Recovery Centers of Arkansas, Sibley Hole

9219 Sibley Hole Road

Little Rock AR 72209

(501) 372-4611

www.rcofa.org

Monday - Friday 8:00am - 5:00pm

Transitional housing for inpatient facility for women with substance abuse issues.

River Rock CDL Training

4801 Crystal Hill Road

North Little Rock AR 72118

(501) 916-2546

[https://www.facebook.com/people/River-Rock-CDL-](https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/)

[Training-LLC/100064088770410/](https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/)

leciariverrocktraining@gmail.com

Monday – Friday, 7:00am – 4:00pm

Our mission is to go above and beyond leading industry standards to insure the highest quality of training and to prepare our students to be drivers in the professional transportation industry. Scholarships available for those who qualify. Job placement available. Hands-on training by certified instructors. Felons are accepted on a case-by-case basis..

Rock City Reentry

5401 South University Avenue

Little Rock AR 72209

(501) 682-0228

<https://www.rockcityreentry.org/>

Rockcityreentry@gmail.com

Monday - Friday 8:00am - 5:00pm.

Rock City Reentry is located inside the Workforce Services building. Comprehensive reentry program. Must be 18 - 24 years of age and be within 180 days of release.

Safe Harbor of Little Rock

4800 Springer Blvd.

Little Rock AR 72206

(501) 374-5399

<https://www.safeharborlittlerock.org/contact-us.html>

Monday - Friday 8:00am - 5:00pm

ACC Transitional housing facility for men.

She Build

1604 Merrill Drive

Little Rock AR 72211

(501) 612-0411

<http://shebuilding.com>

anika@shebuilding.com

Open Monday - Friday by appointment. Our mission is to provide non-traditional strategies and employment

for women who are re-entering society in the form of residential and commercial construction. Our programs include: Release to Womanhood to Motherhood Program; Job Readiness Training; Build Me Toward Success.

Sober Living

4201 John Barrow Road

Little Rock AR 72204

(501) 562-0507

<https://www.treatmentcentersdirectory.com/Arkansas/Little-Rock/sober-living-little-rock>

Monday - Friday 8:00am - 5:00pm.

Transitional housing facility for men. Minimum stay of 6 months to a maximum of 18 months. Fee-based program.

St. Francis House

2701 South Elm Street

Little Rock AR 72204

(501) 664-5036

www.stfrancisministries.com

<https://www.facebook.com/stfranchisouselr/>

Monday - Friday 9:00am - 4:00pm

Transitional housing for Veterans ONLY, referred from the VA Day Treatment Center.

Transitional Faith-Based Therapeutic Community

7615 Dan Thomas Road

Little Rock AR 72206

(501) 486-8222 (501)920-9251

<https://goodgrid.com/pages/14236/transitions.ftbc1967@gmail.com>

Transitional housing for men only. Working with drug courts, re-entry programs and work release.

Veteran's Day Treatment Center

1000 Main Street

Little Rock AR 72202

(501) 244-1900

Monday - Friday 7:00am - 2:30pm

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

EYE CLINICS**Harmony Health Clinic**

201 East Roosevelt Road

Little Rock AR 72206

(501) 375-4400

www.harmonyclinical.org

Call for information and referral. Call for referral, must have no health insurance, proof of income, and fall under the 300% federal poverty level.

River City Ministry - Day Services for the Homeless

1021 East Washington Avenue

North Little Rock AR 72116

(501) 376-6694

<https://www.rivercityministry.org/home>

By appointment only. Call for appointments. Serving adults only. \$5 cash payment required at each visit. We offer an eye clinic with full exam and prescription eyewear if available.

Shepherds Hope- Neighborhood Health Center

2404 South Tyler Street

Little Rock AR 72204

(501) 529-4063

www.shepherdshopei.org

The Vision Clinic is open to new patients. Our Vision Clinics are held twice a month. Our Vision Clinic provides testing for diseases of the eye and corrective lenses. We do not provide contact lenses. By appointment only. Located in the basement of the fellowship hall of the church. Enter through the back door by the playground.

FINANCIAL & UTILITY ASSISTANCE

Centerpoint Energy (Gas)

401 West Capitol Avenue, In Simmons Bank
Little Rock AR 72201
(800) 992-7552
www.centerpointenergy.com
Monday - Friday 8:00am - 7:00pm
Contact Customer Service for more information.

Central Arkansas Water (C.A.W.)

221 East Capitol Avenue
P.O. Box #1789
North Little Rock AR 72203
(501) 372-5161

<https://www.carkw.com/>

They take the first 3 - 6 calls on Wednesday morning at 8:30am. Help with WATER only for North Little Rock and part of Sherwood and part of Jacksonville.

Entergy (Electricity)

(800) 368-3749 Ext 5
www.entergy-arkansas.com
Contact our Customer Service for more information and how to apply.

Salvation Army Little Rock

1111 West Markham Street
Little Rock AR 72201
(501) 329-1712 (800) 728-7825
www.salvationarmycentralarkansas.org
By appointment. Between 8:30am and 4:30pm.
Crisis/emergency help is only for Entergy Electric customers and depends on funds availability. Proof of the emergency and the reason for inability to pay required. Applicants must be elderly or have a disabled individual in the household.

St. Francis House

2701 South Elm Street
Little Rock AR 72204
(501) 664-5036
<http://stfrancishouselr.org/>
Monday - Thursday 9:00am - 11:45am and 1:00pm - 4:00pm, Friday 9:00am - 11:45am and 1:00pm - 3:30pm.
Assistance with utility bills; must have shut-off notices. NO rental assistance available. Must provide photo ID, Social Security card, and proof of income. Assistance depends on funds availability.

Arkansas Rental Assistance Program

Donaghey Plaza
P.O. Box #1437
Little Rock AR 72203
(501) 682-1001 (800) 482-8988
<https://humanservices.arkansas.gov/covid-19/dhs-response-to-covid-19/updates-for-clients/rental-assistance/>
Applications for the Arkansas Rent Relief Program are now closed. Rental assistance may be available through the Emergency Solutions Grant Program.

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

2904 South University Avenue
Little Rock AR 72204
(501) 665-4870
<https://www.cadc.com/>
Monday - Friday 8:00am - 4:30pm.
Providing assistance with utility bills and emergency conservation when funds are available.

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

10025 West Markham Street Suite #140
Little Rock AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
<https://www.houseaboutit.org/about/info@houseaboutit.org>

Monday - Thursday 8:00am - 4:30pm, Friday 8:00am - 12:00
"Power to Care" funding only for Entergy Electric depending on funds availability. Low-Income Home Energy Assistance Program assists households with home energy and heating bills through referral partnerships.

Metropolitan Housing Alliance, Family Self-Sufficiency Program (F.S.S.)

100 South Arch Street
Little Rock AR 72201
(501) 340-4821 (501) 352-7736
<https://lrhousing.org/family-self-sufficiency-program/customer-service@mhapha.org>
The Family Self-Sufficiency Program (FSS) is a HUD-funded program dedicated to empowering participants with improving their quality of life. FSS participants are selected from the PCHA Housing Choice Voucher program. Through continuing education, job training, counseling, and other service assistance, participating families develop financial independence and self-sufficiency. All participants receive financial literacy counseling, enabling them to work towards greater financial responsibility. The FSS program is a five-year program aimed at assisting participants in their ability to maintain a livable wage and empowering reducing their reliance on public assistance.

Pulaski County Rapid Rehousing Assistance

201 Broadway Street Third Floor
Little Rock AR 72201
(501) 340-8305
<https://pulaskicounty.net/pulaski-county-housing-programs/>
Monday - Thursday 8:00am - 5:00pm, Friday 8:00 - 12:00 noon.
The Rapid Re-Housing Assistance program assists individuals and families who are literally homeless (residing in shelters or are living in a place not meant for human habitation) and need

Pulaski County, Tenant Based Rental Assistance (T.B.R.A.)

201 South Broadway Street, Suite #220
Little Rock AR 72201
(501) 340-6157 (501) 218-3864
<https://www.wcfarkansas.org/community-resources/pulaski-county-tenant-based-rental-assistance-program/sythomas@pulaskicounty.net>
The Tenant-Based Rental Assistance Program (TBRA) is offered through a partnership with Pulaski County Community Services and the Arkansas Development Finance Authority (ADFA). It is designed to provide temporary assistance to participants awaiting a permanent subsidy through the Housing Choice Voucher program. TBRA was established to address affordable housing issues experienced by low to very low-income families in our community. Its goal is to strengthen the abilities of state and local governments to design and implement strategies for ensuring and achieving adequate supplies of decent and affordable housing.

FOOD PANTRIES

Amboy Community Food Pantry

701 West 47th Street
In Levy United Methodist Church
North Little Rock AR 72118
(501) 753-2777
<https://www.foodbanks.net/organization/41/amboy-community-food-pantry/>
Mondays and Thursdays 9:00am - 12:00noon
Proof of North Little Rock or Maumelle residency, and ID required.

Berea Baptist Church

104 East Valentine, Road in the back.
Jacksonville AR 72076

(501) 982-8366
<https://www.usachurches.org/church/berea-baptist-church.htm>
Tuesdays 10:00am - 1:30pm
Serving Pulaski County residents from North of the river.

Bullock Temple

1513 South Park Street
Little Rock AR 72202
(501) 375-1581
<https://www.btclr.org/>
<https://www.facebook.com/btclr>
Mondays 1:00pm - 2:00pm, Thursdays 4:30pm - 6:00pm.
In-person visits. Appointments preferred. Bring ID.

Central Baptist Church of North Little Rock

9618 Hwy #107
Sherwood AR 72116
(501) 771-1125 X2 <https://cbcnlr.org/>
<https://www.facebook.com/cbcnlr/info@cbcnlr.org>
Wednesdays 10:00am - 11:30am.
Serving Sherwood residents only. Photo ID Required.

Church at Rock Creek

11500 West 36th Street
Little Rock AR 72211
(501) 221-1051 www.churchatrockcreek.com
Tuesday - Friday. Call between 8:15am - 10:00am to schedule an afternoon appointment.
Services available for each person/family: 1 service per household at intervals of 4 weeks. Call between 8:00am and 10:00am to schedule an appointment.
Serving Little Rock, Benton, Bryant and Mabelvale residents ONLY. Photo ID Required.

Faith Baptist Church

5600 Camp Robinson Road
North Little Rock AR 72118
(501) 753-8897 <https://faithnlr.org/>
info@faithnlr.org
First and third Monday 12:00noon - 1:00pm
If possible, call for appointment. Serving residents of North Little Rock.

First Baptist Church

2015 Main Street
North Little Rock AR 72114
(501) 758-1525 X3
Tuesdays 11:00am - 1:00pm
Primarily serving the North Little Rock area, Photo ID required.

First Christian Church of Sherwood

2803 East Kiehl Avenue
Sherwood AR 72120
(501) 835-5505 <https://www.fccsherwood.com/>
Saturdays 10:30am - 12:00noon.
Photo ID required. Services for families in Sherwood and Jacksonville. Proof of residency required.

First Pentecostal Church Food Pantry

424 East 17th Street
North Little Rock AR 72116
(501) 758-3090
https://www.foodpantries.org/li/first_pentecostal_church_of_jesus_christ_72116
Fridays 10:00am - 3:00pm. Photo ID required.

Fish Net Ministries

1700 Swift Drive P.O. Box #972
Jacksonville AR 72076
(501) 241-1211
<http://www.myfishnetmissions.org/>
Tuesdays and Thursdays: 5:00am - 6:00am.
The only requirement for receiving food is a state ID with a picture. There are no income or other restrictions because we realize that anyone can be in need at some time. Our clients show their ID at the reception desk, are recorded, and then proceed to the pickup point, where volunteers have put together their distri-

bution for the week. Often bread or other baked goods are available to choose from as well. Many times volunteers are available to help carry the food to their vehicle.

Gardner Memorial United Methodist Church Food Pantry

1723 Schaer Street
North Little Rock AR 72114
(501) 374-9520
www.gardnermemorialumc.org
Tuesdays 12:00 Noon - 4:00pm
Photo ID Required, Services for North Little Rock residents only.

Helping Hand of Greater Little Rock

1601 Marshall Street
Little Rock AR 72202
(501) 372-4388 <https://www.lrhelphand.com/>
Helping Hand food pantry is open from 9:00am to noon, Mondays - Thursdays.
Can access resources once each month. Food and inexpensive thrift store clothing available. Photo ID required. Must live in Pulaski county.

Hunger Relief Alliance

1400 West Markham Street Suite #304
Little Rock AR 72201
(501) 399-9996 SNAP (833) 762-7275
<https://arhungeralliance.org/>
<https://www.facebook.com/ARHungerAlliance>
Info@arhungeralliance.org
Monday, Wednesday & Friday 10:00am - 3:00pm;
Tuesday & Thursday 10:00am - 6:00pm
We work with local and national non-profit organizations as well as state and federal agencies in implementing programs designed to increase access to food and teach low income Arkansans the skills they need to make healthy food choices. Food help programs include SNAP (food stamp benefits) Outreach, Arkansas Beef Project, Arkansas Gleaning Project, No Kid Hungry, Senior Hunger.

Immanuel Baptist Church: City Center

315 North Shackleford Road
Little Rock AR 72211
(501) 396-3333 <https://citycenterlr.org>
<https://www.facebook.com/citycenterlr>
By appointment on the first 4 Tuesdays of each month 10:00am - 2:00pm.
City Center is a ministry of Immanuel Baptist Church. Open the first 4 Tuesdays of each month. From 10:00am - 2:00pm. Call (501) 396-3333 on Mondays between 10:00am - 1:00pm to make an appointment. Photo ID and proof of address required. Only one visit per address per month. Each visit to the Food Pantry includes a visit to the clothing closet.

In Your Hands Ministries, Inc.

3905 Highway #161
North North Little Rock AR 72112
(501) 945-1314
<https://www.foodpantries.org/li/in-your-hands-ministries-inc> <https://www.facebook.com/In-Your-Hands-Ministries-Inc-207547428968/>
inyourhandsministries@gmail.com
Mondays, Wednesdays & Fridays 10:00am -noon.
Photo ID and proof of address required. Call for appointments.

Jacksonville Care Channel

201 North Elm Street
Jacksonville AR 72076
(501) 982-4647
https://www.homelessshelterdirectory.org/shelter/ar_jacksonville-care-channel
<https://www.facebook.com/JCCNeedy/>
Mondays, Wednesdays & Fridays 10:00am - 12:00pm
Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify, bring proof of Jacksonville residency, Social Security number or Photo ID for each listed family member, pay stubs, and food stamp approval letter.

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

14036 Sardis Road
Shannon Hills AR 72103
(501) 516-1602
<https://www.lovehealingwaters.com/healing-waters-food-pantry>
Sundays 10:00am - 2:00pm Family Food Pantry available. Call for appointment.

Liberty Hill Baptist Church

1215 South Schiller Street
Little Rock AR 72202
(501) 374-8060 <https://libertyhbc.com/>
2nd Monday of each month, 2:00pm - 3:30pm.
Photo ID required.

Little Rock Compassion Center

3618 West Roosevelt Road
Little Rock AR 72204
(501) 296-9114 www.lrcompassioncenter.org
Thursday 1:00 - 5:00am.
Fill out the form Thursdays 1:00pm and wait for food.

Mosaic Church of Central Arkansas

6221 Colonel Glenn Road Suite A
Little Rock AR 72204
(501) 562-3336 Bilingual
www.mosaicchurch.net
Tuesdays registration 11:00am - 12:00noon, distribution begins at 1:00pm.
Must be from the 72204 zip code area; first-come, first-served. ID required. Begin lining up at 11:00; food distribution begins at 1:00pm.

Oak Forest United Methodist Church

2415 South Fair Park Blvd.
Little Rock AR 72204
(501) 663-9407
<https://www.oakforestumc.com/>
1st and 3rd Thursdays 10:00am - 12:00noon. Providing food help only once per month per person/family.

Park Hill Christian Church

4400 John F. Kennedy Blvd.
North Little Rock AR 72116
(501) 753-1109 <http://parkhillchristian.org>
Tuesdays 8:30am - 10:30am. Photo ID required.

Pulaski Heights United Methodist Church

4823 Woodlawn Drive
Little Rock AR 72205
(501) 664-3600 www.phumc.com
1st Wednesday of each month, 8:00am - 10:00am. Using a drive-through Food bank.

River City Ministry - Day Services for the Homeless

1021 East Washington Avenue
North Little Rock AR 72116
(501) 376-6694
<https://www.rivercityministry.org/home>
Tuesdays 9:15 - 10:45am and Thursdays 12:15 - 2:00pm
Serving Pulaski County residents only. Must provide photo ID.

Saint Mark Baptist Church

5722 West 12th Street
Little Rock AR 72204
(501) 663-3955 <https://smark.org/>
3rd Thursdays 10:00am - 12:00noon Food boxes available. Must register in advance.

Salvation Army Food Pantry

1111 West Markham Street
Little Rock AR 72201
(501) 374-9296
www.SalvationArmyCentralArkansas.org
Tuesdays and Thursdays 8:30am - 4:00pm.
No appointment required.

Second Baptist Church

1709 John Barrow Road
Little Rock AR 72204
(501) 223-2323 <https://www.the2nd.church/>
<https://www.facebook.com/2ndBaptist?fref=ts>
info@the2nd.com
Wednesdays and Thursdays 10:00am - 12:00pm.

Photo ID and utility bill required, or must have address verification to match name & address.

St. Andrew Food Bank

4600 Baseline Road
Little Rock AR 72209
(501) 562-1891
<https://www.standrewumclr.org/community-help.html>
saintandrewlr@comcast.net
2nd and 4th Thursdays, 10:00am - 12:00pm
St. Andrew Food Bank/food pantry is available. Pantry on the 2nd and 4th Thursdays of each month, 10:00 am - 12 noon. Serving healthy food to residents of Pulaski County. Fill out an application on the first visit. Call before visiting to confirm hours and food availability.

St. Francis House

2701 South Elm Street
Little Rock AR 72204
(501) 664-5036 <http://stfrancishouselr.org/>
<https://www.facebook.com/stfrancishouselr/>
Monday - Friday, 9:00 - 12:noon and 1:00pm - 4:00pm.
Must provide photo ID & Social Security card for each recipient.

St. Mark's Episcopal Church Food Pantry

1000 North Mississippi Street
Little Rock AR 72207
(501) 225-4203
<https://lovesaintmarks.org/community-at-saint-marks-episcopal-church/saint-marks-food-pantry/>
kwilsonrob@gmail.com
Thursdays 8:30 - 10:00am. Serving all Pulaski County residents. Fill out form while in line and receive food. Photo ID required.

Sylvan Hills Community Church

8019 John F. Kennedy Blvd.
Sherwood AR 72120 (501) 835-1612
www.sylvanhillscommunitychurch.com
Tuesdays 10:00am - 12:00pm.
Serving North Little Rock, Jacksonville and Sherwood residents only. Photo ID required.

The Van (The One Inc.)

4500 West 65th Street
Little Rock AR 72209
(501) 955-3444 www.theoneinc.org
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Union A.M.E. Church Food Pantry

1825 South Pulaski Street Little Rock AR 72206 (501) 374-3528 www.unionamec.com 2nd Wednesday of each month, 1:00pm - 3:00pm. Drive-thru only. First-come, first-served. ID Required.

Veterans Village Food Pantry

8325 MacArthur Drive
North Little Rock AR 72118
(501) 287-7186 (501) 516-3464
<https://www.veteransvillagesofamericainc.org/v2amissionpossible@gmail.com>
2nd and 4th Tuesdays of each month. Veterans Village continues to host a food pantry for veterans and their immediate family members at its original location, 8325 MacArthur Drive, North Little Rock, AR, 72118 on the second and fourth Tuesday of every month.

Watershed

3701 Springer Blvd.
Little Rock AR 72206
(501) 378-0176 <https://thewatershed1.com/>
Monday - Friday 9:00am - 4:00pm.
Call before coming to make sure food is available. Appointments and referrals are preferred. Must have photo ID.

HEALTH CARE SERVICES**ARCare**

8924 Kanis Road
Little Rock AR 72205
(501) 389-0157 www.arcare.net

Monday - Friday 8:00am - 5:00pm.
General Medical Clinic and referrals.

Arkansas Children's Hospital, General Pediatric & After Hours Clinic

1 Childrens Way
Little Rock AR 72202
(501) 222-1561 Appointments 501-364-1202
www.archildrens.org
facebook.com/ArkansasChildrens
Childrens after hours clinic: Monday - Friday, 5:00pm - 8:00pm, Saturday & Sunday 9:00am - 7:45pm.
Arkansas Children's is the only hospital system in the state solely dedicated to caring for children, which allows our organization to uniquely shape the landscape of pediatric care in Arkansas.

CHI, St. Vincent Health Clinic East

2500 East 6th Street
Little Rock AR 72202
(501) 552-4710
<https://www.chistvincent.com/hospitals-locations/clinics/communitycare-lr>
Monday - Friday, 8:00am - 12:00noon and 1:00pm - 4:30pm.
Fees based on sliding scale. Office visit \$20 with proof of income. Labs \$5 each. Call for appointment. NO walk-ins.

Clinica el Samaritano- El Faro Baptist Church

7002 Baseline Road
Little Rock AR 72209
(501) 350-2518 Bilingual (501) 565-6155
<https://et.cybo.com/US-biz/clinica-el-samaritano>
1st & 3rd Tuesday 5:00pm - 8:30pm (subject to change). Appointment only, the sign up is usually put on front door night before. Limit 15 appointments per day. \$10 per visit. Spanish interpreters available. Small pharmacy. Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequena. Limite 15 citas/dia/ Primer y tercer Martes del mes 5:00pm - 8:30pm (sujeto a cambios).

College Station Clinic, (J.C.C.S.I.)

4206 Frazier Pike
Little Rock AR 72206
(501) 490-2440 www.jccsi.org
Monday - Friday 8:00am - 5:00pm.
Appointments recommended. Proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Harmony Health Clinic

201 East Roosevelt Road
Little Rock AR 72206
(501) 375-4400 www.harmonyclinical.org
Monday - Friday 9:00am - 1:00pm to pick up and return application packet. Appointments required to see doctors.

Hospice Comfort Care Center, Inpatient Center

2200 South Bowman Road Suite A
Little Rock AR 72211
(501) 558-4100 www.hospicehomecare.com
<https://www.houseaboutit.org/>
Life's a journey – when you can see your journey's end, you and your loved ones may need help. Hospice Home Care wants you or your loved one to live each day to the fullest with comfort and dignity.

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

10025 West Markham Street Suite #140
Little Rock AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
<https://www.houseaboutit.org/>
info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm, Friday 8:00am - 12:00noon. By appointment only.
The Benefit Enrollment Center (BEC) is a program that uses person-centered strategies in a coordinated, community-wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits, with the pri-

mary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS); Medicare Savings Programs (MSP); Medicaid; Supplemental Nutrition Assistance Program (SNAP); Low-Income Home Energy Assistance (LIHEAP) Referral.

iCAN (Increasing Capabilities Access Network) Arkansas Rehabilitation Services

900 West 7th Street
Little Rock AR 72201
(501) 666-8868 (800) 828-2799
www.ar-ican.org info@ar-ican.org
Monday - Friday 8:00am - 4:30pm.
iCAN offers free services for any Arkansan with health issues or disabilities without regard to age, disability type, income, geographic area, or eligibility for any other program. Free assistive technology training, equipment demonstrations & loans available.

John L. McClellan Veterans Hospital

4300 West 7th Street
Little Rock AR 72205
501-257-1000
www.littlerock.va.gov/locations/directions.asp Medical care and treatment for veterans ONLY.

Little Rock Health Clinic (J.C.C.S.I.)

1100 North University Avenue Suite #125
Little Rock AR 72207
501-663-0055
<http://www.jccsi.org/locations-and-hours/>
Monday - Friday 8:00am - 5:00pm.
Appointments recommended. Proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Maumelle Medical Center

501 Millwood Circle Suite E
Maumelle AR 72113
(501) 803-9990
<https://www.healthgrades.com/group-directory/ar-arkansas/maumelle/maumelle-medical-center-0ooykrx> <https://www.facebook.com/MaumelleMC/>
Monday - Thursday, 8:00am - 5:00pm; Friday 8:00am - 12:00pm. Call for appointment. NO walk-ins.

North Little Rock Health Clinic (JCCSI)

2525 North Willow Street Suite #1
North Little Rock AR 72114
(501) 812-0225
<http://www.jccsi.org/locations-and-hours/>
Monday - Friday 8:00am - 5:00pm.
Appointments recommended. Proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Open Hand Center (Homeless) Jefferson Comprehensive Care System Inc.

300 Springer Blvd. Jericho Way Resource Center, Suite B
Little Rock AR 72206
(501) 244-2121
<http://www.jccsi.org/locations-and-hours/>
Monday 8:00am - 7:00pm; Tuesday - Friday 8:00am - 5:00pm.
Free comprehensive medical care for the homeless and individuals in recovery.

Pulaski County Health Unit - Central Little Rock

3915 West 8th Street
Little Rock AR 72204
(501) 280-3100
<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock>
Monday - Friday 8:00am - 4:30pm
Appointments required. Proof of income and ID required. Free or low cost health screenings, including: tuberculosis; children's health problems; birth control; STD; and HIV/AIDS. We provide immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe.

12

Pulaski County Health Unit - Jacksonville

3000 North 1st Street P.O. Box #725
Jacksonville AR 72076

(501) 982-7477

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville>

Monday - Friday 8:00am - 4:30pm

Appointments required. Proof of income and ID required. Free or low cost health screenings, including: tuberculosis; children's health problems; birth control; STD; and HIV/AIDS. We provide immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe.

Pulaski County Health Unit - North Little Rock

2800 North Willow Street
North Little Rock AR 72114

501-791-8551

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-north-little-rock>

Monday - Friday 8:00am - 4:30pm.

Programs and Services available: Community Services, Communicable Disease Investigation and Intervention, Hometown Health Improvement, Tobacco Counseling Services, Voter Registration, Environmental Health, Family Planning, HIV/Sexually Transmitted Diseases testing, Immunizations, Public Health Preparedness, TB Program, WIC, Women's Health.

Pulaski County Health Unit - Southwest Little Rock

8901 Dailey Drive
Little Rock AR 72209

(501) 565-9311

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-southwest-little-rock>

Monday - Friday 8:00am - 4:30pm

Appointments required. Proof of income and ID required. Free or low cost health screenings, including: tuberculosis; children's health problems; birth control; STD; and HIV/AIDS. We provide immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe.

Pulaski County Health Unit & STD Clinic

Central Little Rock

3915 West 8th Street 1st floor
Little Rock AR 72204

(501) 280-3100

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock>

Monday, Wednesday - Friday 8:00am - 4:30pm;

Tuesday 9:30 - 6:00pm.

Appointments required. Photo ID required. STD, HIV/AIDS testing and referrals. No out-of-pocket expenses, insurance is billed and no one is turned away.

Pulaski County Regional Office

5800 West 10th Street
Little Rock AR 72204

(501) 280-4950

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-regional-office>

Monday - Friday 8:00am - 4:30pm

Appointments required. Proof of income and ID required. Free or low cost health screenings, including: tuberculosis; children's health problems; birth control; STD; and HIV/AIDS. We provide immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe.

Pulaski County West Little Rock, Unit (W.I.C. Only)

11715 Rainwood Road
Little Rock AR 72212

(501) 224-1254

<https://www.healthy.arkansas.gov/health-units/de->

[tail/pulaski-county-west-little-rock-unit-wic-only](#)

Monday - Friday 8:00am - 4:30pm

Appointments required. Proof of income and ID required. Free or low cost health screenings, including: tuberculosis; children's health problems; birth control; STD; and HIV/AIDS. We provide immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe.

River City Ministry- Day Services for the Homeless

1021 East Washington Street
North Little Rock AR 72116

(501) 376-6694

<https://www.rivercityministry.org/services>

Call precisely at 8:30am Monday or Wednesday to schedule an appointment. By appointment only. Serving adults only. Call (501) 376-6694 for appointments precisely at 8:30am. Insurance or \$5 cash required at each visit. Eligibility - Adults without insurance, Medicare, or VA benefits & income below 200% poverty.

Shepherds Hope - Neighborhood Health Center

2404 South Tyler Street
Little Rock AR 72204

(501) 529-406

www.shepherdshopelr.org

Medical clinics are the first, second, third and fourth Thursday of each month and the fourth Tuesday of each month. By appointment only. Call for an appointment. Gynecology clinics are held twice a month. Orthopedic clinic is held monthly. Ultrasound and minor surgery clinics are held on an as-needed basis. Medical and Gynecology clinics are open to new patients. All clinics open to existing patients. All others are by referral only.

St. Francis House

2701 South Elm Street
Little Rock AR 72204

(501) 664-5036

<http://stfrancisshouselr.org/>

Monday, Tuesday & Wednesday 9:00am - 11:00am.

Prescription refills. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide photo ID and Social Security card.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock AR 72114

(501) 257-1000

<https://www.va.gov/central-arkansas-health-care/locations/eugene-j-towbin-healthcare-center/>

<https://www.facebook.com/VACentralArkansas/>

Monday - Friday, 8:00am - 4:30pm.

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

U.A.M.S. 12th Street Health and Wellness Center

4010 West 12th Street
Little Rock AR 72204

(501) 614-2492 Bilingual

<https://healthon12th.uams.edu/>

<https://www.facebook.com/healthon12th/>

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

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

4301 West Markham
Little Rock AR 72205

(501) 686-8000

www.uams.edu

Monday - Friday 7:30am - 5:00pm.

Appointments required. Pre-approved indigent discount possible with proof of income and ID. Co-pay

of \$50 is required.

U.A.M.S. Crisis Stabilization Unit

3001 West Roosevelt Road
Little Rock AR 72204

(501) 340-6646

<https://uamshealth.com/location/crisis-stabilization-unit/>

The Pulaski County Regional Crisis Stabilization Unit (PCRCSU), staffed by UAMS, is the state's first nationally accredited unit, and the first UAMS program to be accredited by CARF International. CARF International is an international organization that provides accreditation worldwide for behavioral health programs. The 16-bed unit provides an alternative to psychiatric hospitalization or emergency room visits for persons in crisis or who encounter law enforcement due to their psychiatric condition. The staff includes a multi-disciplinary team of UAMS nurses, social workers, prescribers and psychiatric technicians. The unit serves Pulaski, Perry, Saline, Lonoke, Jefferson and Grant counties.

Westside Free Medical Clinic

2415 North Tyler Street St. John's Catholic Center
Little Rock AR 72207

(501) 664-0340 Ext.#356 English Ext.#335 Spanish
www.dolr.org/catholic-charities/westside-medical-clinic

Evening clinic. Appointments are required. Please call for appointment and leave a voicemail. NO Walk-ins. Bus service not readily available.

HOUSING & SHELTERS

A.B.B.A. House

1002 South Oak Street
Little Rock AR 72204

(501) 666-9718 (501) 663-3596

<https://goodgrid.com/pages/13357/>

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. Must have no drug problems or mental illness.

Arkansas Homeless Coalition

P.O. Box #164716
Little Rock AR 72216

(501) 580-6185

<https://goodgrid.com/pages/13705/>

<https://www.facebook.com/arkansashomeless/about/>

The Arkansas Homeless Coalition is a voluntary association of providers, faith communities, and other concerned citizens, committed to networking and advocacy on behalf of our homeless neighbors. All who are interested are welcome to attend our meetings and participate fully in our work. We meet on the second Wednesday of every month, 10:00am - 11:30am. Our meetings are typically at the Willie L. Hinton Neighborhood Resource Center at 3805 West 12th Street in Little Rock.

BCD, Hoover Treatment Center

3604 West 12th Street
Little Rock AR 72204

(501) 663-7223

<https://bedinc.org/richardson@bedinc.org>

Monday - Friday 8:00am - 6:00pm.

The Hoover Treatment Center offers programming to address the special needs and challenges of individuals with addictions. We meet on the second Wednesday of every month, 10:00 - 11:30 AM. Our meetings are typically at the Willie L. Hinton Neighborhood Resource Center at 3805 West 12th Street in Little Rock.

Centers for Youth and Families, Youth Emergency Shelter

6425 - 6601 West 12th Street
Little Rock AR 72204

(501) 666-8686 (501) 664-4308

<http://centersforyouthandfamilies.net>

<https://www.facebook.com/TheCentersAR>

Shelter for homeless and runaway youth, ages 8 to 18; wheelchair-accessible. Children may stay up to 45

days. Must be DHS clients.

Chance Sobriety

12127 Gabriel Lane
North Little Rock AR 72118

(501) 851-8484

<https://www.yelp.com/biz/chance-sobriety-ministries-north-little-rock>

Chance Sobriety Ministries Provides 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 are welcome. Call for fees or if you qualify for sliding fee scale treatment.

Dorcas House- A Division of Union Rescue Mission

823 South Park Street
Little Rock AR 72206

(501) 374-4022 X #3

<https://urmissionlr.org/>

Women's Domestic Violence Program: 9-month program for women and children in domestic abuse situations. Male children through 17 years of age allowed 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 the Recovery Program. Wheelchair-accessible.

Empowerment Village, BCD Inc.

3604 West 12th Street
Little Rock AR 72204

(501) 663-7223 X #210 <https://bcdinc.org/> For Arkansans with special needs, such as: limited income; homeless; or has disability affecting their income and need for supportive services.

Family Promise of Pulaski County

P.O. Box #2718 222 East 8th Street
Little Rock AR 72203

(501) 372-0733

www.familypromisepc.org

familypromise@familypromisepc.org

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

Freewill Baptist Family Ministries, Florence Crittenton Home

3600 West 11th Street
Little Rock AR 72204

(501) 663-0772 (501) 912-3967

<https://m.facebook.com/profile.php?id=108527655838759>

Open 24 hours

Emergency shelter for DHS-involved children ages 12 to 17, serving males and females, sibling groups. Must have IQ of 70 or above, and be able to attend school.

Gaines House

1702 South Gaines Street
Little Rock AR 72206

(501) 376-7922

<https://www.thegaineshouse.org/>

Contact hours 7:00am - 2:00pm

The Gaines House is a non-profit transitional living residence for homeless women, 18 or older, who have been treated for a mental, physical, or emotional disability. We provide a supervised environment while they prepare for independent living. Call for cost and other information

Gyst House

8101 Frenchman's Lane
Little Rock AR 72209

(501) 568-1682

<http://www.gysthouseinc.com/index.html>

Transitional housing for men and women with substance abuse issues.

Hand Up Housing of Arkansas

620 Curtis Sykes Drive
North Little Rock AR 72114

(501) 376-6694

<https://goodgrid.com/pages/13170/info>

handuphousingofar@gmail.com

Monday - Friday 8:30am - 3:00pm

Homeless and transitional housing. The first step in

a graduated, Christ-centered, case-managed program to help men and women in need move from homelessness to self-sufficiency.

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

10025 West Markham Street Suite #140
Little Rock AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
<http://houseaboutit.org/home.html>
info@houseaboutit.org

Monday - Thursday 8:00am - 4:30pm Friday by appointments ONLY
HOUSEABOUTIT is developing programs to assist low-income residents with many different housing issues. Call for details.

Immerse Arkansas

5300 Asher Avenue
Little Rock AR 72204
(501) 404-9890
<https://immersearkansas.org>
info@immersearkansas.org

Housing and program support for youth ages 14 - 21.

Little Rock Compassion Center (Men's) 3618

West Roosevelt Road
Little Rock AR 72204
(501) 296-9114
www.lrcompassioncenter.org
Check-in at 2:25pm each day of the week. Men's homeless shelter. Must have ID and be over 18. Must be sober. No medical services available.

Little Rock Compassion Center (Women's)

4210 Asher Avenue
Little Rock AR 72204
(501) 663-2972
<https://lrcompassioncenter.org/women-children/>
Check-in 3:00pm each day of the week. Women's homeless shelter. Must have ID and be over 18.

Little Rock, AR, Low Income Housing List

https://www.publichousing.com/city/ar-little_rock
A listing of 38 Low-Income Apartment complexes in or near Little Rock, AR.

Metropolitan Housing Alliance (MHA)

100 South Arch Street
Little Rock AR 72201
(501) 340-4821 <http://lrhousing.org/>
customerservice@mhapha.org
MHA prides itself on administering federal subsidized housing and housing assistance to low-income persons and families within Little Rock. MHA is a public body exercising exclusively public and essential government functions, and having all the powers necessary and/or convenient to carry out and effectuate the purposes and provisions of the Housing Authorities Act.

Nehemiah House, A Division of Union Rescue Mission

2921 Springer Blvd
Little Rock AR 72206
(501) 374-4022 X 4
<https://urmissionlr.org/nehemiah-house/>
Men's Recovery Program. We have a 46-bed facility, and have a 9-month recovery program that is faith-based in nature. Wheelchair-accessible.

Our House

302 East Roosevelt Road
Little Rock AR 72206
(501) 374-7383 X 1 501-374-9611
www.ourhouseshelter.org
Working shelter for men, women, and families. Wheelchair-accessible. Long-term shelter available (up to 2 years). Many educational programs, meals, clothing, and classes available. Domestic violence recovery, mental health and substance abuse programs available. Must be working a minimum of 32 hours a week within 21 days of moving in.

Phoenix Recovery Center

104 North Battery Street
Little Rock AR 72205
(501) 725-4907

<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
ACC Transitional housing for women only.

Salvation Army

1111 West Markham Street
Little Rock AR 72201
(501) 374-9296
www.SalvationArmyCentralArkansas.org
<https://www.facebook.com/SalArmyCAAC>

Check In from 4:30pm - 10:00pm
Emergency shelter for women and families. The Center of Hope provides emergency assistance, emergency shelter, transitional housing, and spiritual support to its clients. We operate a 20-bed shelter that houses women and families. This includes three private rooms for families. Check-In at Center of Hope is 4:30pm-10:00pm. For shelter availability, call (501) 374-9296 to speak to Director of Social Services. After 4:30pm, call 501-374-9296 ext 113. WE ACCEPT WALK-INS. Breakfast is served daily to hungry families and individuals in our Community Breakfast, starting at 6:30 AM.

Sober Living

4201 John Borrow Road
Little Rock AR 72204
(501) 562-0507
In-patient drug and alcohol abuse transitional housing facility for men and women. Minimum stay of 6 months; fee-based program. Court-approved alternative to incarceration.

St. Francis House

2701 South Elm Street
Little Rock AR 72204
(501) 664-5036
<http://stfrancishouselr.org/veterans-programs/>
<https://www.facebook.com/stfrancishouselr/>
Monday - Friday 9:00am - 4:00pm.
Residential placement for veterans through the Veterans Day Treatment Center.

Veteran's Day Treatment Center

1000 South Main Street
Little Rock AR 72202
(501) 257-4499
Monday - Friday 7:00am - 2:30pm.
Provides access for veterans to VA programs including the St. Francis House listed above.

Women and Children First

P.O. Box #1954
Little Rock AR 72203
(501) 376-3219 Hot-Line (800) 332-4443 www.wcfarkansas.org info@wcfarkansas.org
Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24 hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate is available to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services, as well as Community Outreach and education services are available..

LEGAL RESOURCES

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

904 West 2nd Street Suite #1
Little Rock AR 72201
(501) 374-2660
www.acluarkansas.org
www.facebook.com/ACLUArkansas
generalmailbox@acluarkansas.org
Contact the ACLU by mail or thru their website.
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. Please visit the website or write to the above address, Calling is NOT an option.

Arkansas Law Legal Help

1300 West 6th Street
Little Rock AR 72201
(501) 376-3423 800-950-5817

www.arlegalservices.org

Monday - Friday 9:00am - 3:00pm.
Free legal assistance to low-income people in CIVIL, non-criminal cases. Civil cases include: divorce, guardianship, scams, bankruptcy, criminal records sealing, beneficiary deeds, power of attorney, renter's rights, foreclosures defense and much more. Find legal documents for self-representation on website.

Center for Arkansas Legal Services

1300 West 6th Street
Little Rock AR 72201
(501) 376-3423 (800) 950-5817
<https://www.lawhood.com/free-legal-aid-Arkansas.html>
Monday - Friday, 9:00am - 3:00pm
Free legal services for low-income people with CIVIL, non-criminal cases. Civil cases include divorce, guardianship, scams, bankruptcy, criminal record sealing, beneficiary deeds, powers of attorney, renter's rights, foreclosure defense, and much more. Additionally, you can find self-help legal documents on the website under the 'Get Help' section.

Disability Rights Arkansas Inc.

400 West Capital Avenue Suite #1200
Little Rock AR 72201
(501) 296-1775 (800) 482-1174
ITT (501) 296.1779
www.disabilityrightsar.org
Info@DisabilityRightsAr.org
Monday - Friday 8:30am - 5:00pm, Walk-Ins Welcome, appointments preferred. Advocacy group supporting the rights of the disabled.

On-Line Information on Free Legal Services in Arkansas

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

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

1201 McMath Avenue
Little Rock AR 72202
(501) 916-5492
www.ualr.edu/law/clinical-programs/legal-clinic-services
Monday - Friday 8:00am - 5:00pm.
Specific assistance may include: Family Law Litigation; Mediation; Veterans' Legal Services; Business Innovations; Consumer Protection; and Low Income Taxpayer Clinics. Services and clinics usually available in January or August (at the beginning of each semester). Special mediation clinic for special education students and their families may also be available.

LGBTQ+ RESOURCES

Arkansas - GLSEN

<https://www.glsen.org/chapter/arkansas>
<https://www.facebook.com/GLSENAR/>
chapter@aar.glsen.org
GLSEN Arkansas is a grassroots initiative, working locally in our community to ensure safe schools for all students, regardless of sexual orientation and gender identity. There are 43 Chapters around the country doing this important work. Join us today!

Arkansas Black Gay Men's Forum

7305 Cantrell Road
Little Rock AR 72207
(501) 777-2216
www.arbgmf.org
<https://www.facebook.com/arbmf/forum/>
antoine.ghoston@bgmf.org
We are here to empower, uplift and unite Black Gay men through interactive dialogue. There are not many spaces that cater to Black Gay men here in Arkansas. It's time for us to change that! In this group we can mingle and cultivate ideas to make an all-inclusive community a reality.

Arkansas Black Pride

220 North Monroe Street
Little Rock AR 72205
(501) 777-2216 (501) 442-8385
<https://www.facebook.com/LRBLACKPRIDE/>
info@littlerockblackpride.com

Sunday to Saturday 9:00am - 9:00pm

The Little Rock Black Pride's mission is to educate, celebrate and empower Black and Brown LGBTQ+ people, through culturally-specific programming and the creation of social spaces.

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue
Little Rock AR 72202
(501) 907-5612 (800) 269-4668
<https://domesticpeace.com/get-involved/donate/>
<https://www.facebook.com/ACADV/?ref=settings>
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 est en peligro, Llame al 911, 800-269-4668, a la línea nacional 800-799-7233.

Arkansasans for Equality

P.O. Box #13066
Maumelle AR 72113
(501) 444-2575
www.facebook.com/ArkansasForEquality
Arkansasforequality@gmail.com
AFE is an organization supporting equality for all Arkansasans.

Central Arkansas Pride (C.A.P.)

P.O. Box #250096
Little Rock AR 72225
(501) 404-8498 www.lrpride.com
www.facebook.com/centralarkansaspride
info@arpride.org
To celebrate the history and culture of our community through pride events and programs that inspire, strengthen, and unite.

House of GG

P.O. Box #26165
Little Rock AR 72221
(501) 478-7183 (501) 904-5216
<https://houseofgg.org/>
<https://www.facebook.com/houseofggs/>
contact@houseofgg.org
The Griffin-Gracy Educational Retreat & Historical Center's (a.k.a. "House of GG") mission is to create programs, services, and resources that positively impact the lives, history, and visibility of Transgender, gender-questioning, and gender-nonconforming people. We do this through programs that promote healing justice, resilience, and organizing among our communities, particularly by and for transgender women of color, to remove barriers that inhibit our survival.

HRC Arkansas

P.O. Box #251703
Little Rock AR 72225
(501) 650-5644
<http://www.hrc.org/local-issues/arkansas>
www.facebook.com/HRCArkansas
The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual, transgender and Queer equality. HRC envisions a world where LGBTQ+ people are embraced as full members of society at home, at work, and in every community.

InTRANSitive

10420 Helm Drive
Little Rock AR 72103
(501) 400-8060
<https://www.intransitive.org/>
<https://www.facebook.com/intransitive.AR>
intransitive.ar@gmail.com
Monday - Friday 11:00am - 6:00pm.
inTRANSitive is a Trans-led movement working to educate, organize and celebrate the intersections of the Trans Community in Arkansas. inTRANSitive seeks to support, liberate and celebrate the Trans Community in Arkansas through community-building, organizing and political education. We focus on uplifting Trans voices in our community and celebrating our narratives.

www.helpingfamiliesfirst.org

Monday - Friday 8:00am - 5:00pm.

North Little Rock (501) 955-7600 Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees.

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

14036 Sardis Road
Shannon Hills AR 72103
(501) 516-1602

<https://www.lovehealingwaters.com/>

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

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

P.O. Box #21066
Little Rock AR 72221
(501) 993-1641

(501) 301-4357, 24 Hour Crisis Hot-Line
(888) 373-7888, National Toll Free Hotline

www.pathsaves.org

Survivors of sexual abuse, all genders and ages Day treatment program.

Professional Counseling Associates

3601 Richards Road
North Little Rock AR 72217

(501) 221-1843 <https://www.pca-ar.org/>

All services are designed and implemented to support the recovery, health and well-being of persons served. LRCMHC services can be obtained by self-referral, community organizations, medical facilities or court orders. Services offered: Crisis services available 24/7, intake and assessment, individual and group therapy, full-service pharmacy, online medication refill, medication management, housing and residential supports, day treatment services, and community intervention. To learn more, visit lrcmhc.com or call (501) 686-9300. 1109 Burman Jacksonville, AR 72076 501-982-7515. 4354 Stockton Dr. N. Little Rock, AR 72117 501-955-7600. 7800 Hwy 107 Sherwood, AR 72120 501-835-4174.

Promoting Positive Emotions (P.P.E.)

1521 Merrill Drive
Little Rock AR 72211
(501) 526-3563 (501) 666-8686
Hotline (800) 273-8255

www.staypositivearkansas.com

Monday - Friday, 9:00am - 4:30pm

Project Promoting Positive Emotions is a FEMA-funded response to Covid-19 that provides free crisis counseling. Allow our crisis counselors to come to your aid during the outbreak of the Corona Virus. Project PPE will combat the negative effects of quarantine by promoting positivity in the face of an epidemic. Provides crisis counseling to struggling residents of Pulaski County. Crisis counselors connect victims of the infectious disease outbreak to resources for job loss, homelessness, and much more! Call (501) 355-7764 to set up an appointment or to learn more

U.A.M.S. Crisis Stabilization Unit

3001 West Roosevelt Road
Little Rock AR 72204
(501) 340-6646

<https://uamshealth.com/location/crisis-stabilization-unit/>
24/7

The Pulaski County Regional Crisis Stabilization Unit (PCRCU) provides short-term 24/7 therapeutic psychiatric services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric

assessment, Medication initiation and management including injections, grief group and individual therapy interventions, Case management and discharge planning, Referrals back to community provider, and Mild to moderate detox services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail.

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

4224 Shuffield Drive
Little Rock AR 72205
(501) 526-8100

<https://psychiatry.uams.edu/clinical-care/walker-family-clinic/>

Monday - Friday 8:00am - 4:30pm

The Walker Family Clinic provides outpatient mental health services to adults, ages 18 years and up. They offer counseling and psychiatric services through a multidisciplinary team

MISCELLANEOUS

American Red Cross of Greater Arkansas

2610 Shackleford Road Suite B
Little Rock AR 72205
(501) 748-1000 (800) 733-2767
www.redcross.org/arkansas

Monday - Friday 8:30am - 4:30pm.

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

Arkansas Community Dispute Resolution Centers, Inc.

3805 West 12th Street Suite #201
Little Rock AR 72204
(501) 379-1501
www.acdrc.net

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

Arkansas Community Organization (A.C.O.)

2101 South Main Street 1st Floor
Little Rock AR 72206
(501) 376-7151

<https://www.arkansascommunity.org/aco@arkansascomm.org>

Monday - Friday 10:00am - 7:00pm. Call for appointment.

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

Cell-phone charging locations:

University of Arkansas, Little Rock Student Union/
All Public Libraries

Computer and Internet Access:

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

DHS Jacksonville

2636 West Main Street
Jacksonville AR 72078
(501) 371-1200 844-545-5640

<https://humanservices.arkansas.gov/offices>

Monday - Friday 8:00am - 4:30pm.

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

DHS North Little Rock

1900 East Washington Avenue
North Little Rock AR 72119
(501) 682-0100

<https://humanservices.arkansas.gov/offices>

Monday - Friday 8:00am - 4:30pm.

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

DHS South Little Rock

1105 Dr. Martin Luther King Jr. Drive
Little Rock AR 72203

(501) 682-9200

<https://humanservices.arkansas.gov/offices>

Monday - Friday 8:00am - 4:30pm.

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

DHS Southwest Little Rock

6801 Baseline Road
Little Rock AR 72219
(501) 371-1100

<https://humanservices.arkansas.gov/offices>

Monday - Friday 8:00am - 4:30pm.

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

Family Service Agency - Central Little Rock Promise

628 West Broadway Street Suite #300
North Little Rock AR 72114
(501) 372-4242

<http://www.helpingfamiliesfirst.org/>

Monday - 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.

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

10025 West Markham Street Suite #140
Little Rock AR 72205

(501) 227-0990 (844) 502-9837 (toll free)

<https://www.houseaboutit.org/>

info@houseaboutit.org

Monday-Thursday 8:00am - 4:30pm, Friday 8:00am -

noon. By appointments ONLY.

The Benefit Enrollment Center (BEC) is a program that uses person-centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral

Internal Revenue Service (I.R.S.)

700 West Capitol Avenue Suite #1412

Little Rock AR 72201

(501) 396-5711 Appointments, (844) 545-5640

www.irs.gov

Monday - Friday 9:00am - 12:00noon - 1:00pm - 4:30pm 4:30pm.

Visit in person to find free tax preparation sites in Pulaski County.

Jericho Way, Homeless Day Resource Center

3000 Springer Blvd.

Little Rock AR 72206

(501) 916-9859 www.depaulusa.org

Homeless day center, open Monday thru Friday, 7:30am - 3:00pm.

Case Management available. Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Showers Monday -Friday, 7:30 on, Laundry Monday, Wednesday and Friday 7:30 - 11:30. Breakfast served at 7:30am Lunch served at 11:00am, Monday thru Friday. Computer Lab Monday - Friday 8:00 - 11:00am 11:30am - 1:00pm.

Tomorrow's Health Starts Now!

PrEP, doxy-PEP, and
Longitudinal HIV Care by
Arkansas RAPPS

FAST | FREE | ONLINE



in partnership with



SCAN ME



Click "Get Started"

WHAT WE DO

The City of Little Rock's Department of Community Programs provides quality prevention, intervention, and treatment (PIT) programming that utilizes citizen involvement, evidence-based practices, and standardized processes with the goal of increasing positive outcomes and the quality of life for all Little Rock residents.

Building on the work that PIT-funded programs have been doing for more than 25 years, the Master Plan for Children, Youth & Families (Youth Master Plan) strives to meet the programmatic needs of the most underserved children, youth, and families while increasing the quality and accountability of those selected as the funded organizations and associations to meet those needs.

However, creating solutions to the challenges our City and communities face today cannot be tackled by one department—or even by city government alone. Caring for our children, youth and families is a responsibility we ALL share as members of the Little Rock community.

If you would like to refer someone to any of our service providers, please email: ProgramReferral@littlerock.gov.

CITY OF LITTLE ROCK DEPARTMENT OF COMMUNITY PROGRAMS



If you are going to grow,
you have to be intentional.

- Curt Kampmeir

DEPARTMENT OF
**COMMUNITY
PROGRAMS**

City of Little Rock

Department of Community Programs

500 W. Markham Street, Suite 220W

Little Rock AR 72201

(501) 399-3420

www.LRDCPCares.org

DCPInfo@littlerock.gov

The Youth Master Plan Recommends 5 Goals

USE DATA

to identify unmet needs, prioritize services, and infuse resources where they are needed most

INCREASE PROGRAM QUALITY & ACCOUNTABILITY

All stakeholders adopt and are evaluated on outcomes, benchmarks, standards, and indicators to achieve system-wide accountability

ENHANCE INTERNAL & EXTERNAL COMMUNICATION

to generate awareness and enhance support for investment in services to children, youth, and their families

DEVELOP EMPLOYABILITY SKILLS

so that youth are prepared to work and Little Rock has a strong future workforce

PLACE A PRIORITY ON CHILDREN AND YOUTH

to integrate an authentic youth voice in decision-making regarding programs and services

ProgramReferral@littlerock.gov

City of Little Rock • Department of Community Programs

Frequently Asked Questions

What are PIT-funded programs?

Grounded in a positive youth development framework that emphasizes children and youth as assets to the community, PIT stands for Prevention, Intervention, and Treatment:

Prevention – Activities designed to engage participants before they become involved in juvenile delinquency, criminal behavior, or gang violence through:

- Positive Prevention Programs (ages 6-12 & 13-18)
- Summer Academic & Recreation Programs (ages 6-15)
- Summer Youth Employment Opportunity (ages 16-21)
- Career & Life Skills Training Programs
- Little Rock Parks & Recreation Summer Playgrounds
- Little Rock Police Department (LRPD) “OK” Program
- Little Rock Police Department “GEMS” Program
- Neighborhood Safety Programs
- Community Innovation Projects
- City Year
- Mayors Youth Council
- “Small Contracts” Programs
- Scholars Recognition Program
- Be Mighty Feeding Program

Intervention – Activities will provide deliberate outreach to recruit, retain, and empower young adults who are known to be currently exposed to higher risk environments before they become involved in or to change current juvenile delinquency, criminal behavior, or gang violence. These programs include (but are not limited to) the following:

- Re-Entry Services (includes “Rights After Wrongs” event)
- Day Labor Services
- Community Violence Reduction Programs
- Community-based Intervention Programs

Treatment – Assisting Little Rock citizens with the training and skills they need to overcome issues or substance abuse. These programs include:

- LRPD – Victims Services Coordinator
- Tobacco Education Programs
- Domestic Violence Counseling and Services
- Family Matters Mental Wellness Retreats

Special Note – The Department of Community Programs does not provide “grants” to program providers. Instead, we contract with local non-profit and community-based organizations as well as various government agencies to provide targeted, evidence-based services to Little Rock citizens. Please contact us for a complete list of contracted services.

Where does PIT funding come from, how much is it, and who is in charge of it?

This milestone achievement was the culmination of efforts that started in 1988 with a \$10 million grant from the Annie E. Casey Foundation. That was followed in 1991 with a Fighting Back Grant of \$5 million from the Robert Wood Johnson Foundation. Then, in 1993, Little Rock voters passed a 1/2 cent City sales tax to permanently designate City funds to sustain and administer Prevention, Intervention, and Treatment (PIT) funding (in addition to other major city initiatives). In 2011, voters overwhelmingly approved an additional 5/8 cent sales tax for operations in order to meet the increased needs of the city. As a result this support, to our knowledge, the City of Little Rock’s Department of Community Programs (DCP) is the only city in America set up this way. The Department operates on an annual PIT budget of \$5 million dollars which in 2023 supported more than 45 programs and served more than 29,000 Little Rock children, youth, and families.

Are there any restrictions that could prevent someone from being able to participate in programs or receive services?

The Youth Master Plan outlines a system to identify unmet needs, prioritize services, and infuse resources (PIT dollars) where they are needed most. There is only one “restriction”: all recipients of PIT-funded programs or services MUST live within the City of Little Rock. All programs and services are available to no charge (free) to those who qualify.

How can I learn more about the Department of Community Programs, the Youth Master Plan, or volunteer to help?

DCP will continue to host various informational forums throughout the city over the next three years as the implementation of the Youth Master Plan progresses. To be notified of meetings or PIT-funding availability, or for more information on how to participate, contact the City of Little Rock’s Department of Community Programs:

- Phone: 501-399-3420
- Email: DCPIInfo@littlerock.gov
- Instagram: @LRCommunityPrograms
- Website: www.LRDCCares.org
- Facebook: Facebook/City of Little Rock - Department of Community Programs

RECURSOS PARA MUJERES

Arkansas Coalition Against Domestic Violence

124 West Capitol Ave,
Little Rock, AR 72202
(501) 907-5612, (800) 269-4668
<https://www.domesticpeace.com/>,
<https://www.facebook.com/ACADV/?ref=settings>

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. Hot-line 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Espanol, Si esta en peligro, Llame al 911 LLamenos al 800-269-4668 a la linea nacional 800-799-7233.

Casa A.B.B.A.

1002 South Oak Street
Little Rock AR 72204
(501) 666-9718

Proporciona refugio para personas sin hogar o mujeres embarazadas, las mujeres no embarazadas pueden permanecer hasta 3 semanas, las mujeres embarazadas pueden permanecer hasta 1

_ mes despues de que nazca el nino, sin problemas de drogas o enfermedades meritales.

Las mujeres y los niños primero

Apartado postal #1954
Little Rock AR 72203
(501) Línea directa gratuita 376-3219
(800) 332-4443
www.wcfarkansas.org

Refugio para mujeres víctimas de violencia doméstica y agresión sexual.

Arkansas se preocupa

2002 South Fillmore
Little Rock AR 72204
(501) 906-4928
www.methodistfamily.org/services/inpatienttreatment-programs/arkansas-cares
Centro de tratamiento de abuso de sustancias y vivienda de transición para mujeres con hijos o que están embarazadas, con abuso de sustancias o problemas de salud mental.

Coalición de Arkansas contra la Violencia Doméstica

1401 West Capitol Suite #170
Little Rock AR 72201
{501} 907-5612
(800) 269-4668
www.domesticpeace.com
La misión de la Coalición de Arkansas contra la Violencia Doméstica es eliminar la violencia doméstica y promover familias saludables.
Siesta en peligro, llame al 911 ya nuestra línea directa local o a la línea directa de EE.
UU. 800-799-SAFE (7233).
Línea de ayuda para el abuso de citas para adolescentes: (866) 331-9474

National Abortion Hot-line

(800) 772-9100
<https://findahelpline.com/organizations/national-abortion-hotline>, 7:00am – 6:00pm

Shepherds Hope - Centro de Salud del Vecindario

2404 South Tyler Street
Little Rock AR 72204
(501) 614-9523
www.oakforestumc.com/ministries
Martes y jueves 5:30am - 9:00pm Solo con cita previa. Atención

DIRECTORIO EN ESPAÑOL

primaria y clínica de diabetes. Sirviendo el código postal 72204. Se requiere prueba de residencia, Llame para una cita.

Clinica de Salud St. Vincent East

2500 East 6th Street
Little Rock AR 72202
(501) 552-4701
Lunes - Jueves 8:00am - 4:30pm
Viernes 8:00am - 12:00pm
Tarifas basadas en escala móvil. Visita a la oficina \$ 20 con comprobante de ingresos, Laboratorios \$5 cada uno. Llame para una cita. Sin cita previa.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock AR 72114
(501) 257-1000
Bilingual Services Available (Spanish) Hablamos Espanol, Si est en peligro, Llame al 911 LLamenos al 800-269- 4668 a la linea nacional 800-799-7233.

Arkansas Women's Outreach (AWO)

2701 Kavanaugh Suite #203
Little Rock AR 72205
(501) 904-2956
<http://arkansaswomensoutreach.org>
<https://www.facebook.com/ArkansasWomensOutreach/>
Correo electrónico: arkansaswomensoutreach@gmail.com
AWO promueve el bienestar de las mujeres sin hogar locales a través del acceso adecuado a los artículos básicos que las mujeres necesitan, como productos para el período, ropa interior, toallitas y condones.

Servicios de Adopción Católica

2500 North Tyler Street
Little Rock AR 72207
(501)664-0340
www.catholicadoptionsservices.org
Catholic Adoption Services es una agencia de colocación de niños sin fines de lucro y con licencia que brinda asistencia directa a las madres biológicas que consideran hacer un plan amoroso para la adopción de su hijo. Las madres biológicas reciben apoyo personal confidencial y afectuoso, coordinación legal, asistencia médica y asesoramiento. Existe una gama de apertura en la adopción y las madres biológicas ayudan en la selección de la familia adoptiva.

Dorcas House: Una división de la misión de

rescate de la Unión
823 South Park Street
Little Rock AR 72202
(501) 374-4022
www.urmission.org
Programa de Violencia Doméstica de la Mujer: Programa de 9 meses para mujeres y niños en situaciones de abuso doméstico, niños varones permitidos hasta los 17 años de edad (en una base de espacio disponible). 50 camas disponibles para mujeres y niños.
Programa de recuperación: programa de recuperación de 9 meses para mujeres con adicción a sustancias o alcohol. Los niños NO están permitidos.

Casa Elim

Apartado de correos #2072
North Little Rock AR 72115
(501) 594-3646
<https://www.elimhouse.org/>
<https://www.facebook.com/ElimHouseAR/> Elim House es un programa de discipulado residencial a largo plazo centrado en Cristo para mujeres en crisis.

Casa Gaines

1702 Calle Gaines

Little Rock AR 72206
(501) 376-4015
www.gaineshouse.org
Horario de contacto 7:00am -10:00pm Refugio transitorio para mujeres sin hogar (no emergente) 22 camas solo para mujeres mayores de 18 años.

Centro de Compasión de Little Rock (Mujeres)

4210 Asher Avenue
Little Rock AR 72204
(501) 663-2972
www.lrcompassioncenter.org
Check-in después de las 3:00 pm Refugio para mujeres sin hogar. Debe tener una identificación y ser más de 18 años.

Casa de Restauración de María

Little Rock, AR
(501) 744-8799,
Sra. Carla Grantt Hogar de vida transicional intenso para mujeres, donde pueden recuperarse de todo tipo de abuso. Esto incluye medicamentos, habilidades para la vida, grupos de procesos, estudio bíblico, prevención de recaídas y violencia doméstica. Este es un programa de un año. Los primeros 60 días incluyen un sistema de amigos y deben estar dispuestos a no usar el teléfono celular personal durante los primeros 60 días.

Centro de Recuperación de Phoenix

04 Bateria Norte
Little Rock AR 72205
(501) 725-4907 Solo con cita previa.
Llame al (501) 376- 6694 para citas precisamente a las 8:30 am, sirviendo a adultos.
Se requiere un seguro de \$ 5 en efectivo en cada visita.

Shepherds Hope - Centro de Salud del Vecindario

2404 South Tyler Street
Little Rock AR 72204
(501) 614-9523
www.oakforestumc.com/ministries
Martes y jueves 5:30am - 9:00pm Solo con cita previa.
Atención primaria y clínica de diabetes. Sirviendo el código postal 72204.
Se requiere prueba de residencia, Llame para una cita.

Clinica de Salud St. Vincent East

2500 East 6th Street
Little Rock AR 72202
(501) 552-4701
Lunes - Jueves 8:00am - 4:30pm
Viernes 8:00am - 12:00pm
Tarifas basadas en escala móvil. Visita a la oficina \$ 20 con comprobante de ingresos, Laboratorios \$5 cada uno. Llame para una cita. Sin cita previa.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock AR 72114
(501) 257-1000
www.littlerock.va.gov/locations/northlittlerock.asp
Atención médica, tratamiento y domicilio disponibles SOLO para veteranos.

U.A.M.S Clinic (Citas)

4301 West Markham
Little Rock AR 72205
(501) 686-8000
www.uams.edu
Lunes - Viernes 7:30am - 5:00pm
Se requieren citas, descuento para indigentes preaprobado posible con comprobante de ingresos e identificación, se requiere copago de \$5.

Centro de Salud y Bienestar de la Calle 12 de los Estados Unidos .M Unidos

4010 West 12th Street

DIRECTORIO EN ESPAÑOL

Little Rock AR 72204
(501) 614-2492
<https://healthon12th.uams.edu/bilingoe>
<https://www.facebook.com/healthon12th/>

Lunes y Miércoles 4:00 - 8:00pm
Apoyo médico gratuito, manejo de enfermedades crónicas (hipertensión, diabetes y colesterol). Asesoramiento médico y prevención de enfermedades. Exámenes dentales y de audiología. Asesoramiento dietético y nutricional.

Clinica Medica Gratuita de Westside

2415 North Tyler Street St. John's Catholic Center
Little Rock AR 72207

(501) 664-0340 Ext.#356 Ingles Ext.#3 5,
Espanol www.dolr.org/catholiccharities/westsidemedical-clinic Miércoles 5:00pm - hasta que se haga la clínica nocturna.
Por favor llame para una cita y deje un correo de voz, se requieren citas. El servicio de autobús no está disponible.

RECURSOS DE ALIMENTOS

Despensa de alimentos de la comunidad de Ambcry

100 Auburn Drive
North Little Rock AR 72118
(501) 753-2777

Lunes a Jueves 9:00am - 12:00pm
Prueba de residencia de North Little Rock o Maumelle tarjeta de identificación requerida.

La iglesia de Estados Unidos sin muros

2501 South Arch Street
Little Rock AR 72206

(501) 351-5314
Domingo, 11:00am en asociación con el Ministerio de From His Throne.
Distribuyendo comida para aquellos que necesitan.

Temple de Bullock

1513 South Park Street
Little Rock AR 72202
(501) 375-1581

Lunes 1:00 - 2:00pm Jueves 4:30 - 6:00pm
Cita preferida, tarjeta de identificación requerida.

Iglesia Bautista Central de North Little Rock

9650 Carretera 107
Sherwood AR 72120

(501) 680-1427
Miércoles 10:00 - 11:45am
Sirviendo los residentes de Sherwood. tarjeta de identificación requerida.

Centro de Alcance del Templo de Cristo

1919 South Arch Street
Little Rock AR 72206

(501) 376-1664
Martes a jueves 10:00am - 12:00pm

Iglesia en Rock Creek

11500 West 36th Street
Little Rock AR 72211

(501) 221-1051
www.churchatrockcreek.com
Martes a viernes, llama en la mañana de las 8:00am - 10:00am para hacer una cita en la tarde. Servicios disponibles para personas o familias. Un servicio para cada familia cada cuatro semanas. Sirviendo solos los residentes de Little Rock, Benton, Bryant and Mabelvale residents. Tarjeta de identificación requerida.

Primera Iglesia Bautista

2015 Main Street
North Little Rock AR 72114

(501) 758-1525
Martes 11:00am - 1:00pm

Sirviendo el área de North Little Rock, tarjeta de identificación requerida.

Primera Iglesia Cristiana de Sherwood

2803 East Kiehl Avenue
Sherwood AR 72120

(501) 835-5505
Viernes 10:30am - 12:00pm

Despensa de alimentos familiares disponible en la Iglesia Bautista Liberty Hill

1215 South Schiller
Little Rock AR 72202

(501) 374-8060
www.llbertyhbc.org
Segundo lunes del mes 3:00pm - 6:00pm tarjeta de identificación requerida.

Iglesia de Little Rock

10701 West Baseline Road
Little Rock AR 72209

(501) 455-0900
<https://littlerockchurch.org>
Cada dos semanas en lunes 4:30pm - 6:30pm tarjeta de identificación requerida.

Iglesia Bautista Monte Sión

924 Cross Street
Little Rock AR 72202

(501) 374-5832
miércoles 11:00am - 2:00pm Sabado 10:00am - 12:00pm

Iglesia Metodista Unida de Oak Forest

2415 Fair Park Blvd.
Little Rock AR 72204

(501) 663-9407
<http://oakforestumcnc.org/>
Primer y tercer jueves del mes 11:00am - 1:00pm sirviendo a cada familia una vez por mes.

Iglesia Metodista Unida de Pulaski Heights

4823 Woodlawn Drive
Little Rock AR 72205

(501) 664-3600
www.phumc.com
primer miércoles del mes 8:30am - 9:30am

River City Ministry - Servicios diurno para las personas sin hogar

1021 East Washington
Norte Little Rock AR 72114

(501) 376-6694
www.riverdtyministry.org Martes y Jueves 9:30 - 10:30am sirviendo a los residentes de Pulaski County. tarjeta de identificación requerida.

Iglesia Bautista de San Marcos

5722 West 12th Street
Little Rock AR 72204

(501) 663-3955
www.smark.org
Martes y Jueves 12:00noon - 4:00pm tarjeta de identificación requerida

Despensa de alimentos de la Iglesia Episcopal de San Marcos

1000 North Mississippi Street
Little Rock AR 72207

{501} 225-4203
<http://st-marks.com/serving/st-marks-foodpantry>
Jueves 9:15 - 10:45am.
tarjeta de identificación requerida.

Iglesia Comunitaria de Sylvan Hills

8019 Autopista #107
Sherwood AR 72120

(501) 835-1612
www.sylvanhillscommunitychurch.com
Martes 10:00am - 12:00pm sirviendo a los residentes de North Little Rock, Jacksonville and Sherwood.
tarjeta de identificación requerida.

Iglesia Bautista del Templo - Despensa de Alimentos

10710 Interestatal #30
Little Rock AR 72209

{501} 565-4966
Primer y tercer lunes del mes 6:00pm
tarjeta de identificación requerida sirviendo las familias de Sherwood y Jacksonville, prueba de residencia requerida.

Primera despensa de alimentos de la Iglesia Pentecostal

424 East 17th Street North
Little Rock AR 72114

(501) 758-3090
Viernes 1:00pm - 5:00pm
tarjeta de identificación requerida.

Despensa de alimentos de la Iglesia Metodista Unida Gardner Memorial

1723 Schaer Street
North Little Rock AR 72114

(501) 374-9520
www.gardnermemorialumc.org Martes a Jueves 1:00pm - 3:00pm
tarjeta de identificación requerida sirviendo solos los residentes de North Little Rock.

Iglesia Metodista Unida Geyer Springs

5500 Geyer Springs Road
Little Rock AR 72209

(501) 565-3175
www.geyerspringsumc.org/default.asp?secid=180012503
Primer y tercer jueves 8:30 - 11:30am Sirviendo solo los residentes de los siguientes códigos postales: 72206, 72209 & 72103. Tarjeta de identificación requerida.

Despensa de alimentos de la Iglesia Presbiteriana Grace

9301 North Rodney Parham Road
Little Rock, AR 72227

(501) 225-3274
gracepresby@sbcglobal.net
<https://gracelr.org/serve/#Food-Pantry> primer y tercer jueves de cada mes, 6:00 to 7:00pm tarjeta de identificación requerida.

Greater Second Care Center

5615 Geyer Springs Road
Little Rock AR 72209

(501) 569-9988
www.greatersecond.org
tercer miércoles del mes 12:00pm - 1:00pm tarjeta de identificación requerida.

Mano amiga de Greater Little Rock

1601 Marshall Street
Little Rock AR 72202

(501) 372-4388
www.helpinghand.org
Lunes - Jueves 9:00am - 12:30pm
Acceso a comida una vez al mes. tarjeta de identificación requerida.

Iglesia Bautista Immanuel

10500 West Markham Street Suite #107
Little Rock AR 72211

(501) 376-3071 Martes 10:00am - 2:00pm
tarjeta de identificación requerida y prueba de residencia para cada miembro de la familia.

DIRECTORIO EN ESPAÑOL

"En tus manos Ministries, Inc."

3905 Carretera 161 Norte
Norte Little Rock AR 72117
(501) 945-1314
<https://www.facebook.com/In-YourHands-Ministries-Inc-207547428968/>
Correo electrónico: inyourhandsministries@gmail.com \$610 por cita una vez al mes para cada familia tarjeta de identificación requerida.

"I.O.V.E. "let Our Violence End"" Inc. (Healing Waters Outreach Center)"

14036 Sardis Road
Shannon Hills AR 72103
(501) 516-1602
www.letourviolenceend.com
Segundo tercero y cuarto domingo del mes 12:00pm - 2:00pm
Se requiere registrar cada mes con la dispensa de alimentos.

Union A.M.E. Despensa de Alimentos de la Iglesia

1825 South Pulaski Street
Little Rock AR 72206
(501) 374-3528
www.unionamec.com
Segundo miercoles del mes: 00 - 3:00pm llame para confirmar

Cuenca hidrografica

3701 Springer Blvd.
Little Rock AR 72206
(501) 378-0176
www.watershed.com
Lunes a viernes 8:00am - 4:00pm
Llame antes de llegar para verificar que hay comida disponible.
Cita y remisión preferida. tarjeta de identificación requerida.

RECURSOS DE SERVICIOS DE SALUD

ARCare

11219 Financial Center Parkway Suite #200
Little Rock AR 72211
(501) 455-2712
www.arcare.net
Lunes -Viernes 6:00am - 5:00pm
Clínica Médica General y derivaciones.

ARKids- seguro medico para niños/ medical insurance for children

Donaghey Plaza,
P.O. Box #1437, Slot S401
Little Rock, AR 72203
(501) 682-1001 (888) 474-8275,
<https://humanservices.arkansas.gov/medical-services/health-care-programs/arkids/>
Lunes a Viernes 8:00am - 4:30pm.
ARKids First is a health insurance program that provides coverage for thousands of children across the state. It covers well-child checkups, eye exams, dental checkups and more.

Clinica el Samaritano - el Faro Baptist Church

7002 Baseline Road, Inside el Faro Baptist Church
Little Rock, AR 72209
(501) 350-2518 (501) 565-6155,
<https://et.cybo.com/US-biz/clinica-el-samaritano>, 1st & 3rd martes de cada mes, 5:00pm - 8:30pm (NOTE: This is subject to change).
El horario de la línea de ayuda es de 9 am a 4 pm, de lunes a viernes. Nosotros damos consejo y ayuda legal gratuita para personas de bajos recursos en las áreas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al inglés, beneficios públicos, veteranos/militares y sucesiones testadas e intestadas.

South-West Community Clinic

9015 Dailey Drive
Little Rock, AR 72209
(501) 213-3910
<https://www.archildrens.org/locations/southwest-little-rock-clinic>
lunes a viernes 8:00am - 4:30pm.
General health clinic. Bilingual service available.

U.A.M.S. 12th Street Health and Wellness Center

4010 West 12th Street
Little Rock, AR 72204
(501) 614-2492 Bilingüal
<https://healthon12th.uams.edu/>
<https://www.facebook.com/healthon12th/>
lunes y miercoles 4:00pm - 8:00pm.
Free medical support. Help services include: Chronic disease management (Hypertension, Diabetes, and Cholesterol); Medical counseling; disease prevention. Dental and Audiology screenings available. Diet and nutrition counseling available.

Arkansas Children's Hospital, General Pediatric & After-Hours Clinic

1 Camino de las Niños
Little Rock AR 72202
501-364-1100
Nombramientos 501-364-1202 horario de atención:
Lunes - Viernes, 5:00pm - 8:00pm
Sabado y Domingo 9:00am - 7:45pm

Clinica el Samaritano- El Faro Baptist Church

7002 Carretera de referencia
Little Rock AR 72209
(501) 350-2518
Bilingüe lery 3er Martes 5:30pm - 8:30pm (sujeto a cambios)
Solo con cita previa, el registro generalmente se coloca en la puerta principal la noche anterior.
Límite de 15 citas por día. \$10/visita. Interpretes de español disponibles. Pequeña farmacia.
Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Límite 15 citas/día/ Primer y tercer Martes del mes 5:30pm - 8:30pm (sujeto a cambios)

Clinica College Station

4206 Frazier Pike
College Station AR 72053
(501) 490-2440
www.jccsi.org
Lunes - Viernes 8:00am - 5:00pm Sabado 8:00am - 12:00pm
Citas recomendadas, comprobante de ingresos, se requiere tarjeta de Seguro Social.
Copago mínimo de \$20 dependiendo de los ingresos.

Clinica Vecinal Esperanza "Esperanza"

2nd Baptist Church 6111 West 83rd Street
2nd Baptist Church, 2nd Floor
Little Rock AR 72209
(501) 562-1114 Bilingüal
<http://esperanzahopeclinic.org>
Correo electrónico: clara.white86@yahoo.com
Clínica de atención primaria abierta los jueves de 5:15 a.m. a 8 p.m. Cerrado el SQ jueves de cada mes.
Solo con cita previa. Llame para una cita Principalmente atendiendo a clientes en el área del código postal 72206.
Entrada por la parte trasera. SOLO con cita previa. Copago de \$5.
Tener interpretes de español disponibles.

Clinica Harmony Health

201 East Roosevelt Road
Little Rock AR 72206
(501) 375-4400

www.harmonyclinicar.org

Lunes - Viernes 9:00am - 1:00pm para recoger y devolver el paquete de solicitud.
Solo con cita previa. Llame al (501) 376- 6694 para citas precisamente a las 8:30 am, sirviendo a adultos.
Se requiere un seguro de \$ 5 en efectivo en cada visita.

Shepherds Hope - Centro de Salud del Vecindario

2404 South Tyler Street
Little Rock AR 72204
(501) 614-9523
www.oakforestumc.com/ministries Martes y jueves 5:30am - 9:00pm Solo con cita previa.
Atención primaria y clínica de diabetes. Sirviendo el código postal 72204.
Se requiere prueba de residencia. Llame para una cita.

Clinica de Salud St. Vincent East

2500 East 6th Street
Little Rock AR 72202
(501) 552-4701 Lunes - Jueves 8:00am - 4:30pm
Viernes 8:00am - 12:00pm
Tarifas basadas en escala móvil. Visita a la oficina \$ 20 con comprobante de ingresos. Laboratorios \$5 cada uno. Llame para una cita. Sin cita previa.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock AR 72114
(501) 257-1000
www.littlerock.va.gov/locations/northlittlerock.asp
Atención médica, tratamiento y domicilio disponibles SOLO para veteranos.

U.A.M.S Clinic (Citas)

4301 West Markham
Little Rock AR 72205
(501) 686-8000
www.uams.edu
Lunes - Viernes 7:30am - 5:00pm
Se requieren citas, descuento para indigentes preaprobado posible con comprobante de ingresos e identificación, se requiere copago de \$ 50.

Centro de Salud y Bienestar de la Calle 12 de los Estados Unidos .M Unidos

4010 West 12th Street
Little Rock AR 72204
(501) 614-2492
<https://healthon12th.uams.edu/bilingue>
<https://www.facebook.com/healthon12th/>
Lunes y Miercoles 4:00 - 8:00pm
Apoyo médico gratuito, manejo de enfermedades crónicas (hipertensión, diabetes y colesterol). Asesoramiento médico y prevención de enfermedades. Exámenes dentales y de audióloga.
Asesoramiento dietético y nutricional.

Clinica Medica Gratuita de Westside

2415 North Tyler Street
St. John's Catholic Center
Little Rock AR 72207
{501} 664-0340
Ext.#356 Inglés Ext.#335Español
www.dolr.org/catholic-charities/westsidemedical-clinic
Miercoles 5:00pm - hasta que se haga la clínica nocturna.
Por favor llame para una cita y deje un correo de voz, se requieren citas. El servicio de autobus no esta disponible.
Atención médica y tratamiento solo para veteranos.

Iglesia Bautista Liberty Hill

1215 South Schiller
Little Rock AR 72202

DIRECTORIO EN ESPAÑOL

(501) 228-0659
www.libertyhbc.org
Enfermera de exámenes de salud disponible el 2do lunes, 3:00pm - 6:00pm

Centro Medico Maumelle

501 Milwood Circle, Suite E
Maumelle AR 72113
(501) 803-9990
<http://maumellemedicalcenter.com>
Lunes - Jueves, 8:00am - 5:00pm
Viernes 8:00am - 12:00pm
Llame para una cita, sin cita previa.

Departamento de Salud de North Little Rock City

2800 North Willow Street
North Little Rock AR 72114
(501) 791-8551
Lunes - Viernes 8:00am - 4:30pm
Citas requeridas

Se requiere comprobante de ingresos e identificación.
Exámenes de salud gratuitos o de bajo costo, control de la natalidad, ETS, pruebas de VIH / SIDA y referencias. Sin exámenes físicos.

Open Hand Center (Homeless) Jefferson Comprehensive Care System Inc.

300 Springer Blvd.
Jericho Way Resource Center Suite B
Little Rock AR 72206
(501) 244-2121
www.iccsi.org

Abierto lunes 8:00am - 7:00pm, martes, miércoles
Viernes 8:00 - 5:00pm Cerrado sábados y domingos
Atención médica integral gratuita para las personas sin hogar y las personas en recuperación.

Unidad Central de Salud del Condado de Pulaski

3915 West 8th Street
Little Rock AR 72204
(501) 280-3100
www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock
Lunes - Viernes 8:00am - 4:30pm Citas requeridas
Se requiere comprobante de ingresos e identificación.
Exámenes de salud gratuitos o de bajo costo, control de la natalidad, ETS, pruebas de VIH / SIDA y referencias. Sin exámenes físicos.

Clinica de ETS del Condado de Pulaski

3915 West 8th Street 1er piso
Little Rock AR 72204
(501) 280-3100
<http://std-clinics.healthgrove.com/1/289/Pulaski-County-Health-Unit-North-Little-Rock>
Lunes 8:00 - 6:00, Martes - Viernes 8:00am - 4:30pm
Citas requeridas; Se requiere identificación con foto.
ETS, pruebas de VIH/SIDA y derivaciones. No hay gastos de bolsillo, el seguro se factura y nadie es rechazado.

River City Ministry- Servicios diurno para las personas sin hogar

1021 East Washington
Norte Little Rock AR 72114
(501) 376-6694
www.rivercityministry.org
Llame de 8:00 a 12:00 todos los días para programar una cita " Se requieren citas para ver a los médicos.

Hospice Comfort Care Center, Centro para pacientes hospitalizados

2200 South Bowman Road
Little Rock AR 72211

(501) 221-3338
www.hospicehomecare.com
"La vida es un viaje en el que puedes ver el final de tu viaje, tu y tus seres queridos pueden necesitar ayuda. Hospice Home Care quiere que usted o su ser querido vivan cada día al máxima con comodidad y dignidad."

Cuidado en el hogar de hospicio

12120 Colonel Glenn Road Suite #10000
Little Rock AR 72210
(501) 296-9043
www.hospicehomecare.com
El hospicio trata a la persona en lugar de la enfermedad; se centra en la familia en lugar de solo en el individuo; y enfatiza la calidad de vida en lugar de su duración. El cuidado de hospicio permite a los pacientes con enfermedades terminales y sus familias experimentar el final de la vida juntas en la comodidad y seguridad de un entorno hogareño.

HOUSEABOUTIT, Agenda de Desarrollo Económico Comunitario, Centro de Inscripción de Beneficios (BEC) del Condado de Pulaski

3805 West 12th Street Suite #204
Little Rock AR 72204
(501) 379-1549,
(501) 379-1556
<http://houseaboutit.org/home.htm>
Lunes - Jueves 8:30am - 4:00 PM, Walkins Welcome.
Viernes con cita previa SOLAMENTE
El Centro de Inscripción de Beneficios (SEC, por sus sus familiares) utiliza estrategias centradas en un sistema coordinado de toda la comunidad para conectar e inscribir a los beneficiarios de Medicare para individuos, personas mayores y personas con discapacidades que tienen ingresos y recursos limitados a sus beneficios disponibles.

iCAN (Increasing Capabilities Access Network) Servicios de Rehabilitación de Arkansas

900 West 7th Street Little Rock AR 72201
(501) 666-8868, (800) 828-2799
www.ar-ican.org
Correo electrónico: info@ar-ican.org
Lunes - Viernes 8:00am - 4:30pm
iCAN ofrece servicios gratuitos para cualquier Arkansan con problemas de salud o discapacidades sin tener en cuenta la edad, el tipo de discapacidad, los ingresos, el área geográfica o la elegibilidad para cualquier otro programa. Capacitación gratuita en tecnología de asistencia, demostraciones de equipos y prestamos.

Unidad de Salud de Jacksonville

3000 North 1st Street
Jacksonville AR 72076
(501) 982-7477
www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville
Lunes - Viernes 8:00am - 4:30pm Citas requeridas
Se requiere comprobante de ingresos e identificación.
Exámenes de salud gratuitos o de bajo costo, control de la natalidad, ETS, pruebas de VIH / SIDA y referencias. Sin exámenes físicos.

Hospital de Veteranos John L. McClellan

4300 West 7th Street
Little Rock AR 72205
501-257-1000
www.littlerock.va.gov/locations/directions.
Solo con cita previa. Llame al (501) 376-6694 para citas precisamente a las 8:30 am, sirviendo a adultos.
Se requiere un seguro de \$ 5 en efectivo en cada visita.

Shepherds Hope - Centro de Salud del Vecindario

2404 South Tyler Street
Little Rock AR 72204
(501) 614-9523
www.oakforestumc.com/ministries
Martes y jueves 5:30am - 9:00pm Solo con cita previa.
Atención primaria y clínica de diabetes. Sirviendo el código postal 72204.
Se requiere prueba de residencia. Llame para una cita.

Clinica de Salud St. Vincent East

2500 East 6th Street
Little Rock AR 72202
(501) 552-4701
Lunes - Jueves 8:00am - 4:30pm
Viernes 8:00am - 12:00pm
Tarifas basadas en escala médica. Visita a la oficina \$ 20 con comprobante de ingresos. Laboratories \$5 cada uno. Llame para una cita. Sin cita previa.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock AR 72114
(501) 257-1000
www.littlerock.va.gov/locations/northlittlerock.asp
Atención médica, tratamiento y domicilio disponibles SOLO para veteranos.

U.A.M.S Clinic (Citas)

4301 West Markham
Little Rock AR 72205
(501) 686-8000
www.uams.edu
Lunes - Viernes 7:30am - 5:00pm
Se requieren citas, descuento para indigentes preaprobado posible con comprobante de ingresos e identificación, se requiere copago de \$ 50.

Centro de Salud y Bienestar de la Calle 12 de los Estados Unidos .M Unidos

4010 West 12th Street
Little Rock AR 72204
(501) 614-2492
<https://healthon12th.uams.edu/> bilingüe <https://www.facebook.com/healthon12th/>
Lunes y Miércoles 4:00 - 8:00pm
Apoyo médico gratuito, manejo de enfermedades crónicas (hipertensión, diabetes y colesterol). Asesoramiento médico y prevención de enfermedades. Exámenes dentales y de audiología. Asesoramiento dietético y nutricional.

Clinica Medica Gratuita de Westside

2415 North Tyler Street St. John's Catholic Center
Little Rock AR 72207
(501) 664-0340 Ext.#356-Ingles Ext.#335
Español
www.dolr.org/catholic-charities/westsidemedical-clinic Miércoles 5:00pm - hasta que se haga la clínica nocturna.
Por favor llame para una cita y deje un correo de voz, se requieren citas. El servicio de autobús no está disponible.

RECURSOS DE CLINICAS OFTALMOLOGICA

Clinica Harmony Health

201 East Roosevelt Road
Little Rock AR 72206
(501) 375-4400
www.harmonyclinical.org
Llame para obtener información.

DIRECTORIO EN ESPAÑOL

River City Ministry - Servicios diurno para las personas sin hogar

1021 East Washington
Norte Little Rock AR 72114
(501) 376-6694
www.rivercityministry.org

Solo con cita previa. Llame para citas. Sirviendo a adultos. Se requiere un pago en efectivo de \$ 5 en cada visita. Ofrecemos una clínica oftalmológica con examen completo y gafas recetadas si están disponibles.

Shepherds Hope- Centro de Salud del Vecindario

2404 South Tyler Street
Little Rock AR 72204
(501) 614-9523 Ext 2
www.shepherdshopelr.org

Solo con cita previa, generalmente el 3er martes de cada mes. Sirviendo el código postal 72204 y 72209. Se requiere prueba de residencia. Ubicado en el sótano de la sala de hermandad de la iglesia. Entrar por la puerta trasera por el parque infantil

MISCELANEA

Arkansas United

(479) 347-2824,
(479) 763-2822 - Emergencies Only
www.arkansasunited.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.

Belflex Staffing, a Belflex Company - Dotaci'n de Personal Premier

10901 Financial Centre Parkway
Little Rock, AR 72211
(501) 223-8367
www.belflex.com

lunes a viernes, 8:00am - 5:00pm.

Belflex Staffing es una agencia de contratacion 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 fabrica. El primer paso es registrarse en el sitio web y una vez registrado comunicarse al telefono.

Catholic Immigration Services - Little Rock

2415 North Tyler Street
Little Rock, AR 72207
(501) 664-0340 X314
www.dolr.org/catholic-charities/immigration-little-rock

lunes a viernes 9:00am - 5:00pm.

By appointment only. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. 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.

Center for Arkansas Legal Services - Ayuda Legal de Arkansas

1300 West 6th Street

Little Rock, AR 72201

(501) 664-0340 (888) 540-2941

<https://www.arlawhelp.org/>

lunes a viernes 9:00am - 4:00pm.

Center for Arkansas Legal Services/Ayuda Legal de Arkansas. El horario de la línea de ayuda es de 9 am a 4 pm, de lunes a viernes. Nosotros damos consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educacin, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, beneficios publicos, veteranos/militares y sucesiones testadas e intestadas.

El Consulado de Mexico en Little Rock

3500 South University Avenue
Little Rock, AR 72204

(501) 372-6933

<https://consulmex.sre.gob.mx/littlerock>
conrock@sre.gob.mx

Atención al público: 8:00am a 2:00pm.

Las funciones principales son proteger y defender los derechos e intereses de los ciudadanos mexicanos, aso como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo o por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos. Entre las diversas funcionalidades del Consulado, algunos de los servicios son: Documentacion de viaje (pasaporte); ID matricula consular, cartilla militar; Servicio menaje de casa; Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos); Poderes Notariales; Visas para extranjeros (turistas, permanentes, diplomaticos, estudiantes, etc.) El Consulado promueve la unidad entre los mexicanos participando en programas de desarrollo comunitario, fomentando el arte y la cultura mexicana en el exterior, y promoviendo la informacion que contribuye a un conocimiento positivo y mejor de Mexico.

El Zocalo Immigrant Resource Center

P.O. Box #250953
Little Rock, AR, 72225
(501) 301-4652

<http://www.zocalocenter.com/resources/team@zocalocenter.org>

They are still active but difficult to reach.

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 health, social and emotional resources. ESL classes available. El Zocalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. Tambian ofrecen educacion para los inmigrantes y lo demos. Se puede contactar para mas informacion.

GUIDA DE INFORMACION, Arkansas Times

201 East Markham Street, Ste. #150

Little Rock, AR 72202

(501) 375-2985, (501) 374-0852

https://issuu.com/arkansastimesvisitorsguide/docs/immigrant_guide_to_ark_2024_jan_issuu

On-Line 72 page immigrants guide to Arkansas.

InTRANSitive

10420 Helm Drive
Little Rock, AR 72103
(501) 400-8060

<https://www.intransitive.org/>

<https://www.facebook.com/intransitive.AR>

info@intransitive.org,

lunes a viernes 11:00am - 4:30pm.

inTRANSitive seeks to support, liberate and celebrate the Trans

community statewide through community building, organizing and political advocacy.

Little Rock Compassion Center

1 Children's Way
Little Rock, AR 72202
(501) 364-4000 Ext #9,
viernes tardes.

Meals served daily: Desayuno 6:30am - 7:00am, Almuerzo 12:00 noon - 12:30pm, Cens 4:30 - 5:30. Hot meals are served 3 times a day, 365 days a year

Little Rock Police Victim Advocate

6401 Baseline Road
Little Rock, AR 72209
(501) 918-3905

<https://www.littlerock.gov/residents/police-department/21st-century-policing/lrpd-social-worker/vbryant@littlerock.gov>

lunes a viernes 8:00am - 4:00pm

The Little Rock Police Department Victim Advocate actively advocates for victims of Crime as a supportive bi-lingual advocate.

Literacy Action of Central Arkansas

9301 North Rodney Parham,
Inside Grace Presbyterian Church Education Building,
Little Rock, AR 72227
(501) 372-7323

<https://www.literacyactionar.org/>

lunes a jueves 9:00am - 4:00pm

Teaching adults (18 and above) to read & English as a second language. Free.

Mamas Unidas

3301 West Pratt Road
Little Rock, AR 72206
(501) 749-7550

<https://www.mamasunidaslr.org/>

<https://www.facebook.com/mamasunidaslr/>

admin@mamasunidaslr.org

Our mission is to empower families by disseminating vital information about available resources and guiding them through the necessary steps to help their children achieve their educational aspirations, thereby paving the way for a brighter future free from cultural, economic, or socioeconomic barriers.

North Little Rock Police, Victim Advocate

1 Justice Center Plaza
North Little Rock, AR 72114
(501) 812-2560

www.nlrpolice.org

edna.Ramirez@nlrpolice.org

lunes a viernes 8:00am - 4:00pm

The North Little Rock Police Department Victim Advocate actively advocates for victims of Crime as a supportive, bi-lingual advocate.

Numero Nacional de Crisis/Para Prevenci'n del Suicidio

(888) 628-9454 en Espanol
National Suicide/Crisis Hotline

Seis Puentes

3207 MacArthur Drive,
North Little Rock, AR 72118
(501) 246-5188

<https://seispuentes.org/es/>

<https://www.facebook.com/seispuentes>

info@seispuentes.org

Our mission at Seis Puentes is to empower the Latinx community in Central Arkansas to use education and information to improve their socio-economic position and create lasting generational change.

Mail Service: Little Rock Downtown Post Office

600 East Capitol Avenue
Little Rock AR 72202
(501) 375-5155 Have your incoming mail addressed to: your name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock, AR 72202. Ask for your mail at the counter. Your mail will be held for 30 days.

NRC Capitol View - Stiff Station

2715 West 7th Street
Little Rock AR 72205
(501) 372-3856
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
kcountrymen@littlerock.gov

NRC East Little Rock

500 East 21st Street
Little Rock AR 72206
(501) 376-3406
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
bbutler@littlerock.gov

NRC Oak Forest

2823 Tyler Street
Little Rock AR 72204
(501) 666-0916
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
ljohnson@littlerock.gov

NRC South End

1100 West 33rd Street
Little Rock AR 72206
(501) 370-9537
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
acrump@littlerock.gov

NRC Valley Drive

5621 Valley Drive
Little Rock AR 72209
(501) 562-0042
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
vtate@littlerock.gov

NRC Wakefield

3805 West 12th Street
Little Rock AR 72204
(501) 379-1515
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
fdavis@littlerock.gov

NRC West Baseline

9209 Mann Road
Little Rock AR 72204
(501) 565-1499
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>
<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>
rdean@littlerock.gov

NRC West Central

4200 John Barrow Suite B & C
Little Rock AR 72204
(501) 565-4807
[https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-center.pdf](https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/)
rdean@littlerock.gov

NRC Willie Hinton

7414 Doyle Springs Road
Little Rock AR 72209
(501) 565-7119
[https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-center.pdf](https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/)
iconley@littlerock.gov

NRC Wright Avenue

1813 Wright Avenue
Little Rock AR 72202
(501) 244-0900
[https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-center.pdf](https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/)
wcarpenter@littlerock.gov

Plasma Donation: CSL Plasma

8521 Geyer Springs Road Suite D
Little Rock AR 72209
(501) 404-3147
<https://www.cslplasma.com/search-results-zip-code?zip=72201>
Monday - Friday 7:00am - 7:00pm, Saturday and Sunday 7:00am-4:00pm.
Earn cash for your plasma donation.

Plasma Donation: KED Plasma

824 South Spring Street
Little Rock AR 72201
(501) 374-6371
<https://bplplasma.com/little-rock-plasma-center>
littlerock@bplgroup.com
Monday - Friday 7:00am - 7:00pm, Saturday and Sunday 7:00am - 5:00pm.
BPL Plasma in Little Rock is located a block east of Broadway Street on the corner of W. 9th Street and South Spring Street. This location has convenient hours during the week and on weekdays and most holidays. We offer free Wi-Fi to use while you wait and pride ourselves on our great service for our donors.

Plasma Donation: Octapharma Plasma Center

5121 Warden Road Suite B
North Little Rock AR 72116
(501) 812-0440
<http://octapharmaplasma.com/donor/center/18543>
Monday - Sunday 7:00am - 7:00pm.
Earn up-to \$55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening.

Plasma Donation: Talecris Plasma Resource (T.P.R.) Center

6227 Colonel Glenn Road
Little Rock AR 72204
(501) 565-6275
<https://www.grifolsplasma.com/en-/littlerock-ar>
Sunday: 8:00am - 4:00pm Monday: 9:00am - 5:00pm Tuesday: 7:00am - 7:00pm Wednesday: 8:00am - 4:00pm Thursday: 7:00am - 7:00pm Friday: 7:00am - 7:00pm Saturday: 8:00am - 3:00pm.
Earn up-to \$65.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening.

Promoting Positive Emotions (P.P.E.)

1521 Merrill Drive
Little Rock AR 72211
(501) 355-7764 (501) 666-8686
www.staypositivearkansas.com

info@staypositivearkansas.com
Monday – Friday, 9:00am – 4:30pm
Project Promoting Positive Emotions is a FE-MA-funded response to Covid-19 that provides free crisis counseling. Allow our crisis counselors to come to your aid during the outbreak of the Corona Virus. Project PPE will combat the negative effects of quarantine by promoting positivity in the face of an epidemic. We provide crisis counseling to struggling residents of Pulaski County. Crisis counselors connect victims of the infectious disease outbreak to resources for job loss, homelessness, and much more! We honor our first responders by connecting them to counseling, childcare, and countless other resources. We can call, FaceTime, Zoom, and meet in-person. Call (501) 355-7764 to set up an appointment or to learn more.

Recycle Bikes for Kids

717 East 10th Street
North Little Rock AR 72114
(501) 563-8264
<https://www.recyclebikesforkids.org/>
www.facebook.com/recyclebikesforkids
Mondays 1:00pm - 7:00pm, Saturdays 9:00am - 12:00pm.
Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for information.

ReStore, Habitat for Humanity

6700 South University Avenue
Little Rock AR 72207
(501) 771-9494
<https://www.habitatcentralar.org/restore>
Tuesday - Saturday, 9:00am - 5:00pm
Maybe you are looking for great deals on used home building supplies, appliances, furniture, home décor, or looking for the perfect DIY project. Shop at either Pulaski County locations where there are hundreds of new items daily.

Social Security Office, Little Rock

700 West Capitol Avenue Suite #1201
Little Rock AR 72201
(866) 593-0933
Monday - Friday 9:00am - 4:00pm. Closed federal holidays.

Social Security Office, Sherwood

3608 East Kiehl Avenue
Sherwood AR 72120
(877) 512-3854
<https://www.ssoffice.location.com/sherwood-social-security-office-so61>
Monday - Friday 9:00am - 4:00pm. Closed federal holidays.

The Van (The One Inc.)

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

Unemployment: Arkansas Department of Workforce Services

5401 South University Avenue
Little Rock AR 72209
(501) 320-3027 www.dws.arkansas.gov
Monday - Friday 8:00am - 4:30pm.
Unemployment office, FAX, phone, copy machine, computer lab job search related use only.

NATIVE AMERICAN RESOURCES

American Indian Center of Arkansas

400 West Capitol Avenue Suite #1391
Little Rock AR 72201
(501) 666-9032 <https://aicago.org/>
info@AICago.org
Monday - Friday 8:30am - 4:30pm.
The purpose of the American Indian Center of Arkansas is to make a positive difference in the Native Amer-

ican population of Arkansas primarily by providing services and partnerships that offer education, welfare and employment services while striving to promote a fuller awareness of the benefits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Americans in the state of Arkansas.

Arkansas State Archives

400 Wolfe Street
Little Rock AR 72202
(501) 682-6900 <http://archives.arkansas.gov>
Monday - Saturday 8:00am - 4:30pm.
The State Archives maintain original Quapaw treaty records, Dawes Commission Rolls.

Bobby Roberts Library of Arkansas History & Arts

401 President Clinton Ave
Little Rock AR 72201
(501) 320-5700 www.Robertslibrary.org
Tuesday - Friday 10:00am - 5:00pm.
On the 2nd floor in the Research Room & Genealogy Collections, Dawes Commission records and Native American rolls may be researched. Monthly Genealogy Course: Finding Family Facts Every second Monday 3:30pm - 5:00 p.m., Room #204.

Federally Recognized Indian Tribes and Resources for Native Americans

www.usa.gov/tribes
Find information about and resources for Native Americans regarding: - Federally Recognized Indian Tribes - Cultural Resources for Native Americans - Housing Help: Resources for Native Americans - Legal Resources for Native Americans.

Historic Arkansas Museum

200 East 3rd Street
Little Rock AR 72201
(501) 324-9351 www.historicarkansas.org
info@historicarkansas.org
Tuesday - Saturday 9:00am - 5:00pm, Sundays 1:00pm - 5:00pm. We Walk in Two Worlds tells the story of Arkansas's first people, the Caddo, Osage and Quapaw Indian tribes from early times to today. The exhibit is told through objects and research. Approximately 158 objects, such as pottery, clothing and weapons, are on exhibit. The exhibit has six thematic areas arranged chronologically. Along with objects and a historical time-line are passages of relevant research from archaeologists, historians and ethnographers.

Love is Respect, Native American Resources National Helpline

(844) 762-8483
<https://www.loveisrespect.org/get-relationship-help-24-7-365/native-american-services/>
Culturally-relevant resources for Native Americans and Alaska Natives experiencing dating abuse.

Sequoyah National Research Center

2801 South University Avenue Fine Arts Building, Room #156
Little Rock AR 72204
(501) 916-3336 www.ualr.edu/sequoyah
www.facebook.com/sequoyah.ualr
sequoyah@ualr.edu
Monday - Friday 8:00am-5:00pm. The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the indigenous peoples themselves.

NATIONAL RESOURCES

Al-Anon and Alateen

(888) 425-2666
www.arkansasalanon.org

Arkansas Child Abuse Prevention Hotline

(800) 482-5964
<http://www.stoparchildabuse.com/>

Arkansas Department of Human Services Hotlines (list)

<https://humanservices.arkansas.gov/hotlines/>

Cocaine Anonymous (C.A.)(501) 301-4827 www.caarkansas.org**Federally Recognized Indian Tribes and Resources for Native Americans**www.usa.gov/tribes**Love is Respect, Teen Dating Abuse Hotline**

(866) 331-9474

<https://www.loveisrespect.org/>**Eldercare Locator**800-677-1116 www.eldercare.acl.goveldercarelocator@n4a.org

Monday - Friday 8:00am - 7:00pm

A national resource for seniors sponsored by the U.S. Administration on Aging. Health, Career, Transportation, Education, Housing and more local resources are listed.

National Abortion Hotline

(800) 772-9100, 7:00am-6:00pm

<https://findahelpline.com/organizations/national-abortion-hotline>**National Center for Missing / Exploited Children**

(800) 843-5678

www.missingkids.com**National Domestic Violence Hotline**

(800) 799-7233 (800) 787-3224 TTY

<https://www.acf.hhs.gov/fysb/programs/family-violence-prevention-services/programs/ndvh>**Numero Nacional de Crisis/Para Prevenci'n del Suicidio., 988 Suicide Crisis Line**

(888) 628-9454 en Espanol

<https://988lifeline.org/>**Promoting Positive Emotions (P.P.E.)**

(800) 273-8255

www.staypositivearkansas.com**Social Security Administration**(800) 772-1213 <https://www.ssa.gov/>**The Trevor Project**

(866) 488-7386 Hotline

<https://www.thetrevorproject.org>**VA National Call Center for Homeless Veterans**(877) 424-3838 www.va.gov/homeless

PET RESOURCES

Arkansans for Animals

11701 I-30 #2

Little Rock AR 72209

(501) 455-5400

<http://www.arkansans4animals.org/>arcan5@arkansansforanimals.org

Tuesday – Friday 7:30am - 5:30pm

AFA Inc. is a voice for the animals of Arkansas, large and small. We were founded in 1986 as an advocacy group of people dedicated to changing the lives of animals through proactive legislation to increase penalties for animal cruelty and animal fighting. However, we've evolved into a non-profit organization that works to promote the welfare of animals through education, legislation, rescue, and disaster response, healthcare programs, and more. Along with our services, we maintain 80 acres of land specifically to protect the natural wildlife.

Cabot Animal Support Services

2102 South 2nd Street

Cabot AR 72023

(501) 628.5900

<https://cabotanimalssupportservices.com/about/cass@cabotar.gov>

Monday – Friday 8:00am - 4:30pm

Cabot Animal Support Services promotes responsible

pet guardianship, humane treatment of all animals, and pet sterilization to end needless overpopulation through education and community resources. We are designed to engage the hearts, hands, and minds of our community to bring about change necessary to strengthen the human-animal bond.

Central Arkansas Rescue Effort (C.A.R.E.) for Animals

5516 Kavanaugh Blvd.

Little Rock AR 72207

(501) 603-2273

<https://www.careforanimals.org/>care@careforanimals.org

Dogs & cats available for adoption. Private foster-based rescue. Limited intake for animals in central Arkansas. Income-based low-cost spay/neuter assistance program.

Feline Rescue & ReHome (FuRR)

P.O. Box #250567

Little Rock AR 72225

(501) 661-0956

<http://www.teamfurr.org/contactus.html>aveacat@teamfurr.org

In accordance with our primary Mission is to help reduce the population of unwanted, stray, feral, and abandoned cats in Arkansas. To help with this, FuRR sponsors a low-cost clinic once a month at Little Rock Animal Village. FuRR sponsors visits made by appointment only. You must have an appointment to take advantage of these low costs. You can request an appointment by sending your name, phone number and the sex and approximate age of the cats you need altered to saveacat@teamfurr.org. Minimum age is 12 weeks and must weigh 2 pounds. These visits can include: Spay/Neuter Surgery, Vaccinations, Rabies Shots, Limited Medical Services. Priority during these appointments will be given to feral cats, stray cats, and pregnant female cats. It's better to make an appointment as soon as possible, as our clinic slots are limited, and they go quickly every month. Here is a sample of the general costs for these clinic appointments: \$35 for a Spay/Neuter Surgery, \$10 for Rabies shots (required by law) If you have a cat and our clinic slots are full, please visit our page detailing the efforts of Operation SAVE in the Little Rock area. They also alter dogs, both at very reasonable rates. FuRR does not currently have grant funds available. if you would like to help us to continue to support our Mission, please consider a Donation to our Spay/Neuter fund.

Humane Society of Pulaski County

14600 Colonel Glenn Road

Little Rock AR 72210

(501) 227-6166

<https://warmhearts.org/>

Tuesday - Saturday 11:00am - 5:30pm, Sunday

11:00am - 5:30pm

The mission of Humane Society of Pulaski County is to rescue, rehabilitate, provide veterinary care, spay/neuter, and find loving homes for Central Arkansas dogs and cats in need.

Jacksonville Animal Shelter

217 S Redmond Road

Jacksonville AR 72076

(501) 982-2916

<https://www.cityofjacksonville.net/143/Animal-Control><https://www.facebook.com/jacksonvilleddogsandcats?rf=104117459683246>

Monday - Friday 8:00am - 5:00pm

Dogs, Cats and other rescued animals available for adoption. Municipal shelter. Open intake for animals in Jacksonville.

Last Chance Arkansas

P.O. Box #242703

Little Rock AR 72223

<https://www.lastchancear.org/><https://www.facebook.com/LastChanceARRescue/adoptions@lastchancear.org>

Dogs available for adoption. Private foster-based rescue. Limited intake for animals in central Arkansas.

Little Rock Animal Services

4500 Kramer Street

Little Rock AR 72204

(501) 376-3067

<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/animal-services-division/><https://www.facebook.com/CityLittleRocktroark@littlerock.gov>

Tuesday - Saturday 8:00am - 5:00pm

Dogs, Cats and other rescued animals available for adoption. Barn cat program for feral cats. Municipal shelter. Open intake for animals in Little Rock.

Little Rock Animal Village

4500 Kramer Street

Little Rock AR 72204

(501) 376-3067

<https://www.friendsoftheanimalvillage.org/about-lrav>

The Little Rock Animal Village (LRAV) encompasses and houses Little Rock Animal Services. However, the Village is more than Animal Services, and it's much more than your average shelter. They have a learning center for volunteers with regularly scheduled classes to promote animal welfare and public safety. In addition, LRAV has a fully-staffed veterinary clinic that cares for the thousands of animals that they take in every year. The Village is a beautiful adoption center, with five large play yards for dogs, and an army of dedicated staff and volunteers.

Maumelle Animal Shelter

550 Edgewood

Maumelle AR 72113

(501) 851-2500

<https://www.maumelle.org/148/Animal-Services><https://www.facebook.com/cityofmaumelle/>

Monday - Friday 10:00am - 5:00pm; Saturday

12:00pm - 4:30pm

Dogs, Cats and other rescued animals available for adoption. Municipal shelter. Open intake for animals in Maumelle.

North Little Rock Animal Services

1 Championship Drive

North Little Rock AR 72118

(501) 791-8577

http://nlr.ar.gov/government/a_z_department_list/animal_services/animal_shelteranimalservices@nlr.ar.gov

Monday - Friday, 8:30am - 5:00pm. Closed for Lunch 12:00pm - 12:30pm. Adoption hours: Monday - Friday 10:00am - 5:00pm, Saturday 12:00pm - 4:30pm.

Dogs, Cats and other rescued animals available for adoption. Municipal shelter. Open intake for animals in North Little Rock.

Out of the Woods Animal Rescue

P.O. Box #7365

Little Rock AR 72217

(501) 503-0606 (888) 633-4442

<https://ootwrescue.org/index.html><https://www.facebook.com/ootwrescue>contact@ootwrescue.org

Dogs & cats available for adoption. Private foster-based rescue. Limited intake for animals in central Arkansas.

Rock City Rescue

2513 McCain Blvd. Suite #2, #176

North Little Rock AR 72116

(501) 425-5280

<https://www.rockcityrescue.org/>rockcityrescue@gmail.com

Dogs & cats available for adoption. Private foster-based rescue. Limited intake for animals in North Little Rock and central Arkansas.

Sherwood Animal Services

6500 North Hills Blvd.

North Little Rock, AR 72116

(501) 834-2287

<https://www.cityofsherwood.net/149/Animal-Services>

Monday - Friday 10:00am - 7:00pm, Saturday 12:00 pm - 4:00 pm

Dogs and Cats available for adoption. Municipal shelter. Open intake for animals in Sherwood.

OUTPATIENT TREATMENT RESOURCES

Behavioral Health Group

4260 Stockton Drive Suite B

North Little Rock AR 72117

(501) 664-7833

www.BHGrecovery.comnlr@catarclinic.org

Monday - Friday 5:30am - 2:30pm, Saturday 5:30am - 7:30am.

Outpatient opiate addiction treatment and rehabilitation.

EX Exodus.life

3700A West 65th Street

Little Rock AR 72209

(501) 353-0347

www.exodus.life<https://www.facebook.com/exodusprison>contact@exodus.life

Monday - Friday 9:00am - 4:00pm

Exodus.Life exists to reduce drug- and alcohol-related recidivism in the state of Arkansas through pre-release education and equipping, transitional peer support and recovery to post release family reunification and community restoration.

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

P.O. Box #21066

Little Rock AR 72221

(501) 301-4357 (501) 993-1641 Office

www.pathsaves.org

Survivors of sexual abuse, all genders and ages. Day treatment program.

Recovery Center of Arkansas

9219 Sibley Hole Road

Little Rock AR 72209

(501) 372-4611 www.rcofa.org<https://www.facebook.com/RecoveryCentersOfArkansas>

Monday - Friday 8:00am - 5:00pm for interview.

Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

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

4224 Shuffield Drive Suite #554

Little Rock AR 72205

(501) 526-8100 <https://psychiatry.uams.edu/>

Monday - Friday 6:00am - 5:00pm.

Outpatient opiate treatment.

Veteran's Substance Abuse Treatment Services

2200 Fort Root Drive

North Little Rock AR 72114

(501) 257-1000

<https://sobernation.com/listing/central-arkansas-veterans-healthcare-substance-use-disordersud-program-north-little-rock-ar/>
Monday - Friday 8:00am - 2:00pm.
Accessible to Veterans eligible for services.

SENIOR RESOURCES

Alzheimer's Arkansas

201 Markham Center Drive
Little Rock AR 72205
(501) 224-0021 www.alzark.org
info@ALZark.org
Monday - Friday 8:30am - 4:30pm.
Their mission is to help family caregivers in Arkansas whose loved ones are affected by Alzheimer's disease and other forms of dementia are affected by Alzheimer's disease and other forms of dementia.

Arkansas Adult Protective Services

P.O. Box #1437 Slot W241
Little Rock AR 72203
(501) 686-9164 (800) 482-8049 Hotline
<https://humanservices.arkansas.gov/divisions-shared-services/aging-adult-behavioral-health-services/adult-protective-services/>
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- Division of Provider Services and Quality Assurance

P.O. Box #1437 Slot W-241
Little Rock AR 72203
(501) 682-2441 (501) 686-9164
(866) 801-3435
<https://humanservices.arkansas.gov/about-dhs>
Monday - Friday 8:00am - 4:30pm.
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

900 South Shackleford Road Suite #700
Little Rock AR 72211
(501) 221-1285 (501) 238-3698
(TTY) (501) 221-3279
(Videophone) (501) 246-8227
<https://arkansasrelay.com/>
facebook.com/ArkansasRelay
Providing Free TEXT Telephone service for the deaf.

CareLink

700 West Riverfront Drive
North Little Rock AR 72114
(501) 372-5300 (800) 482-6359
TDD (501) 372-5300
www.carelink.org info@carelink.org
Monday - Friday 8:00am - 4:30pm.
CareLink provides resources to the elderly in Central Arkansas. Meals on wheels, in home care, transportation, family caregiver support, and information & assistance phone line and much more. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

Central Arkansas Development Council (C.A.D.C.)- Weatherization Assistance Program

2904 South University Ave.
Little Rock AR 72204

(501) 665-4870 www.CADC.com

Monday - Friday 8:00am - 4:30pm.
Complete application for review to be wait-listed for senior activity center and assistance with weatherization projects.

Choices in Living Resource Center-AR Choices in Homecare

700 Main Street Slot S-427
Little Rock AR 72203
(866) 682-2441 www.choicesinliving.ar.gov
choicesinliving@arkansas.gov
Monday - Friday 8:00am - 4:00pm.
Pre-screening for long term-care Medicaid Waivers, providing options to help people remain in the community, in their own homes.

Eldercare Locator

800-677-1116
www.eldercare.acl.gov
eldercarelocator@n4a.org
Monday - Friday 8:00am - 7:00pm
A national resource for seniors sponsored by the U.S. Administration on Aging. Health, Career, Transportation, Education, Housing and more local resources are listed.

Good Shepherd Community

2701 Aldersgate Road
Little Rock AR 72205
(501) 224-7200
www.goodshepherdcommunity.com
Monday - Friday 8:00am - 4:00pm.
Good Shepherd exists to provide a quality, affordable living experience in a faith-based community and is committed to maintaining the independence, well-being and dignity of all our residents long-term residential care.

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

10025 West Markham Street Suite #140
Little Rock AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
<http://houseaboutit.org/home.html>
info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm; Friday 8:00am - 12:00noon or by appointment.
The Benefit Enrollment Center (BEC) is a program that uses person-centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral

iCAN

900 West 7th Street
Little Rock AR 72201
(501) 666-8868 (800) 828-2799
<https://ar-ican.org/>
Monday - Friday 8:00am - 4:30pm.
iCAN is the Arkansas statewide Assistive Technology program designed to make technology available and accessible for everyone who needs it. Assistive technology (AT) is any kind of device or tool that helps people live, learn, work, and communicate more independently.

LifeQuest of Arkansas

600 Pleasant Valley Drive
Little Rock AR 72227
(501) 225-6073

www.lifequestofarkansas.org

info@lifequestofarkansas.org
Monday - Thursday 9:00am - 5:00pm.
Classes for active adults. We are located inside Second Presbyterian Church. Volunteer-driven, LifeQuest provides a setting where adult. explore social interaction and intellectual stimulation thrives thru adult education classes for the fun of learning.

Meals on Wheels

P.O. Box #5988
North Little Rock AR 72119
(501) 372-5300 www.carelink.org Monday - Thursday 9:00am - 5:00pm.
Hot or frozen home-delivered meals for home-bound older Arkansans over 60 who are unable to shop for or prepare their own meals.

Southern Baptist Disaster Relief Program (In partnership with American Red Cross, Salvation Army)

10 Remington Drive
Little Rock AR 72204
(501) 376-4791 ext 5249
(800) 838-2272
<https://absdisasterrelief.org/>
www.facebook.com/mtabsc
Monday - Thursday 8:00am - 4:45pm, Friday 8:00am - 12:00pm.
Emergency disaster-related tree cutting done free for low income elderly persons.

Telecommunications Access Program (T.A.P.)

P.O. Box #3781
Little Rock AR 72203
(501) 686-9693 (800) 981-4463
www.arktap.org
Monday - Friday 8:00am - 4:30pm.
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.) Senior Services

2801 South University Avenue Room #219 Little Rock AR 72204
(501) 916-3127
<https://ualr.edu/admissions/over-60/>
Monday - Friday 8:00am - 5:00pm. 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. The online application fee (\$40) and any class supplies and book costs are not waived.

SUBSTANCE ABUSE TREATMENT

Al-Anon and AlAteen

www.arkansasalanon.org
Al-Anon groups offer fellowship for relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

Arkansas AA Central Office

7509 Cantrell Road Suite #106
Little Rock AR 72207
(501) 664-7303
www.arkansascentraloffice.org
aacoar@gmail.com
Monday - Friday 10:00am - 6:00pm, Saturday

10:00am - 10:pm, Sunday 2:00pm - 6:00pm.
Providing contact information, place, date and times for Alcoholics Anonymous meetings throughout Arkansas.

Arkansas Cares

2002 South Fillmore Street
Little Rock AR 72204
(501) 906-4928
<https://www.methodistfamily.org/contact-us/>
Info@MethodistFamily.org
Monday - Friday 8:00am - 12:00pm, 1:00pm - 5:00pm. Transitional housing for women with children or who are pregnant with substance abuse or mental health issues.

Baptist Medical Center

9601 Baptist Health Drive
Little Rock AR 72205
(501) 202-2875
(501) 202-7006 Detox appointment
www.baptist-health.com/location/baptist-health-medical-center-little-rock-little-rock 24 Hours a day
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 with symptoms and allow psych screener or ER staff to make that referral for indigent clients. Private insurance for substance abuse or \$5,500 cash payment required.

BCD Hoover Treatment Center

3604 West 12th Street
Little Rock AR 72204
(501) 663-7223 <https://bcdinc.org/>
<https://www.facebook.com/BCDINC>
bcdinc@bcdinc.org
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.

Bridgeway Hospital

21 Bridgeway Road
North Little Rock AR 72113
(501) 771-1500 800-245-0011
www.thebridgeway.com
<https://www.facebook.com/thebridgewayarkansas/>
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 require self-pay for this type of treatment.

Central Arkansas Area Service Committee of Narcotics Anonymous

P.O. Box #165205
Little Rock AR 72216
(501) 373-8683
(501) 373-8683
www.caasc.org
NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean and maintain complete abstinence from all drugs. The only requirement for membership is the desire to stop using. We suggest that you keep an open mind and give yourself a break.

Chance Sobriety

12127 Gabriel Lane
North Little Rock AR 72118
(501) 851-8484
https://www.freerehabcenters.org/details/ar_72118_chance-sobriety-ministries 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.

26

Cocaine Anonymous (C.A.)

P.O. Box #4076
Little Rock AR 72214
(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.

Compassion Center

3618 West Roosevelt Road
Little Rock AR 72204
(501) 296-9114
www.lrcompassioncenter.org
Long-term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability, 75% of income will be saved for client. Chores done in shelter in exchange for fee if unemployed.

Dorcas House: A Division of Union Rescue Mission

823 South Park Street
Little Rock AR 72202
(501) 374-4022 X3
<https://urmissionlr.org/dorcas-house/>
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.

Family Service Agency - Central Little Rock Promise

628 West Broadway Street Suitw #300
North Little Rock AR 72214
(501) 372-4242 <http://www.helpingfamiliesfirst.org/drug-alcohol-education-program/>
<https://www.facebook.com/FamilyServiceAgency/>
Monday - Friday 8:00am - 5:00pm.
Substance abuse counseling programs. There is a sliding scale fee structure, call for fees.

Freshly Renewed Transitional Treatment

8404 Baseline Road
Little Rock AR 72209
(501) 663-0708
<https://freshlyrenewedtransitional.org/>
<https://www.facebook.com/freshlyrenewedrenew@freshlyrenewedtransitional.org>
“Monday – Thursday 8:00am – 5:00pm, Friday 8:00am – 4:00pm.
By appointment only (501) 663-0708
Freshly Renewed is a Faith-Based nonprofit organization licensed with Peer Specialist, Counselors in Training (CIT), supervised by a license drug and alcohol counselor for the state of Arkansas. SERVICES: Housing - Provide a safe shelter surrounded with a positive and drug-free atmosphere for those who battle addiction. Counseling-FRT offers a comprehensive array of alcohol- and drug-addiction counseling, family addiction counseling, and mental health services for struggling individuals and families.

Gyst House

8101 Frenchman's Lane
Little Rock AR 72209
(501) 568-1682
www.gysthouseinc.com
Monday - Friday 8:30AM to 5:30PM
Coed long-term treatment facility. Must not need detox and must be able to work. Takes parolees and court-ordered clients. \$250 entry fee.

Hope Rises

P.O. Box 166424,
Little Rock AR 72216
(501) 772-7752
<https://goodgrid.com/pages/13745/>
<https://www.facebook.com/hoperises.org/>
COURT ORDERED women's Inpatient treatment facil-

ity. 21-Day program. Affiliated with ADC/ACC.

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

14036 Sardis Road
Shannon Hills AR 72103
(501) 516-1602
<https://www.lovehealingwaters.com/>
Thursdays starting at 7:00pm.
Victory Over Addiction 12-step meetings every Thursday evening, starting at 7:00pm.

Natural State Recovery Centers

924 Main Street
Little Rock AR 72202
(501) 319-7074
<https://www.naturalstateretcovery.com/sober-living>
A clean life needs clean surroundings. Our Sober Living spaces are ideal for decluttering the mind and aiding our clients on their journeys to addiction recovery. Spaces are available for both men and women.

Nehemiah House: A Division of Union Rescue Mission

2921 Springer Blvd.
Little Rock AR 72216
(501) 374-4022 X4
<https://urmissionlr.org/nehemiah-house/>
Long-term treatment for men. Must complete interview with facility before entering. 12-month program. Fee: \$80 non-refundable application fee. Must have valid state ID, Social Security card and proof of insurance.

Phoenix Recovery Center

104 North Battery Street
Little Rock AR 72205
(501) 725-4907
<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
Phoenix Recovery Centers of Arkansas is a chem-free/sober living facility in Little Rock, Arkansas for women recovering from alcohol and substance abuse.

Quality Living Center

3925 Asher Avenue
Little Rock AR 72204
(501) 663-3490
<http://qualitylivingcenter.treatment.net>
Monday - Friday, 8:00AM - 4:00PM
Co-ed campus, separate residence for men and women. Call for fees.

Recovery Center of Arkansas, Riverbend

9219 Sibley Hole Road
Little Rock AR 72209
(501) 372-4611 www.rcofa.org.
<https://www.facebook.com/RecoveryCentersOfArkansas>
Walk-in Tuesday or Thursday at 7:30am - 4:00pm for interview. Long-term treatment for men and women. Must detox first! Client must complete interview before entering program. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

Serenity Park Recovery Center

2711 West Roosevelt Road
Little Rock AR 72204
(501) 313-0066
<https://www.serenityparkrecovery.com/admissions@serenityparkrc.com>
Serenity Park Recovery Center is committed to providing holistic, evidence-based treatment to those we serve, which will empower them and their families to live sober and productive lives. We strive to provide tools enabling a lifetime of recovery and healthy living.

Sober Living

4201 John Barrow Road
Little Rock AR 72204
(501) 562-0507
Transitional housing for men with drug and alcohol services. Fees: call for fees. Affiliated with ACC.

U.A.M.S. Crisis Stabilization Unit

3001 West Roosevelt Road
Little Rock AR 72204
(501) 340-6646
<https://uamshealth.com/location/crisis-stabilization-unit/>
24/7 The Pulaski County Regional Crisis Stabilization Unit (PCRCU) provides short-term 24/7 therapeutic psychiatric services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric assessment, medication initiation and management including injections, brief group and individual therapy interventions, Case management and Discharge planning, Referrals back to community provider, and Mild to moderate detox.

Veteran's Substance Abuse Treatment Services

2200 Fort Roots Drive
North Little Rock AR 72114
(501) 257-2846
<https://www.oefoiv.va.gov/substanceabuseprograms.asp>
Monday - Friday 8:00am - 2:00pm.
Accessible to Veterans eligible for services.

TRANSPORTATION

CareLink

P.O. Box #5988
Little Rock AR 72119
(501) 372-5300
www.carelink.org
www.facebook.com/carelinkar
Monday - Friday 8:00am - 4:30pm
CareLink's transportation program is available to people 60 years and older who live in the Metro area. Our transportation services for elderly citizens focuses on providing non-emergency medical transportation (NEMT) to doctor appointments. As well as transportation for socialization to and from senior centers, the pharmacy or grocery store, and local shopping centers. Information and Assistance (I&A) coordinates with the transportation team to check available schedules. Stops vary depending on availability. If you live in another provider's service area, our Information and Assistance Specialists will connect you with the one nearest you.

Jericho Way, Homeless Resource Center

3000 Springer Blvd
Little Rock AR 72206
(501) 916-9859
depausa.org/lotion/little-rock/
www.facebook.com/jerichowaylittlerock/
Monday - Friday 9:00am and 1:00pm
Van service from the library to Jericho Way and return. 9:00am pick-up from the Downtown Public Library Square and 1:00pm drop-off at the Downtown Public Library Square.

Recycle Bikes for Kids

717 East 10th Street
North Little Rock AR 72114
(501) 563-8264
<https://www.recyclebikesforkids.org/>
www.facebook.com/recyclebikesforkids
Monday from 1:00 – 7:00pm, the 3rd Saturday of each month 9:00am – 12:00noon, Wrench Wednesday: Every 3rd Wednesday 5:00pm – 8:00pm
Recycle Bikes for Kids has distributed over 22,000 bikes back into the community since its inception in 2008. We collect bikes through individual donations, community based bike drives and scrapyards donations. Our amazing volunteers fix and shine the bikes to make them ready for their next adventure. We distribute bikes and helmets directly to kids, through community events, and through organizations like Our House, Habitat For Humanity, and Arkansas CASA. Any person 16 years and older can obtain a bike through our

“Earn-a-Bike” Program which requires them to volunteer a set number of hours before choosing a bike to fix for themselves.

Rock Region Metro, (C.A.T.) Little Rock City Bus System

310 East Capitol Street
Little Rock AR 72201
(501) 375-1163
<http://rrmetro.org/>
<https://www.facebook.com/rrmetro>
Open Daily 7:00am - 6:00pm
Rock Region METRO is the central Arkansas public transit system serving 3 million passengers per year in the cities of Little Rock, North Little Rock, Maumelle, Jacksonville, Sherwood and Pulaski County. It comprises three branches: METRO Local, a fixed-route bus service serving Pulaski County; METRO Streetcar, a rail system operating in Little Rock and North Little Rock; and METRO Links, a custom paratransit service. Learn how easy it is to save money, help protect the environment, and build a stronger local economy by riding Rock Region METRO. Adult 31-Day Pass \$36.00, Adult 10-Ride Card \$11.50, One Way Ride Pass \$2.70, 10-Ride Pass \$25.

Rock Region Metro, Links, Paratransit

901 Maple Street
North Little Rock AR 72114
(501) 375-9607 <https://rrmetro.org/>
<https://www.facebook.com/rrmetro>
Monday - Friday 8:00am - 5:00pm
METRO Links riders are certified as paratransit-eligible under the Americans with Disabilities Act and have access to origin-to-destination bus service to and from locations that are within three-quarters of a mile from a non-express fixed bus route. The service is available to persons with disabilities whose disabilities prevent them from riding fixed-route buses. Eligibility for METRO Links paratransit service is determined by Rock Region METRO through a confidential application process that requires applicants and their preferred licensed health care provider to file a completed application with the agency.

Veterans Day Treatment Center

1000 Main Street
Little Rock AR 72202
(501) 244-1900 (800) 698-2411
<https://www.va.gov/portland-health-care/dav-vans-transportation-for-veterans/>
<https://www.facebook.com/VACentralArkansas>
Monday - Friday 7:00am - 2:00pm
VA's Veterans Transportation Program offers Veterans many travel solutions to and from their VA health care facilities in support of VA-sponsored medical appointments. This program offers services at little or no cost to eligible Veterans through the Disabled American Veterans (DAV), VA Veterans Transportation Services, VA shuttle busses, and, for eligible Veterans, reimbursement through Beneficial Travel.

VETERANS RESOURCES

John L. McClellan Veterans Hospital

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

St. Francis House

2701 South Elm Street
Little Rock AR 72204
(501) 664-5036
<https://www.shelterlistings.org/details/31345/>
Monday - Friday 9:00am - 4:00pm
Veterans residential treatment accessed only thru Veteran's Day Treatment Center.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock AR 72114

(501) 257-1000
<https://www.va.gov/central-arkansas-health-care/locations/eugene-j-towbin-healthcare-center/>
 24/7 Medical care, treatment and domicile available to veterans ONLY.

TRiO Veterans Upward Bound

3000 West Scenic Drive
 UA-Pulaski Technical College, Administration Building A, Room 126
 North Little Rock AR 72118
 (501) 812-2809 (501) 271-9075
<https://uaptc.edu/vub>
 Monday - Friday 8:00am - 4:30pm
 Veterans Upward Bound (VUB) is a FREE service offered to eligible veterans assisting them in post-secondary education planning (developmental classes in English, Math and Computer Skills and Cultural Events). Participants do not have to attend or plan to attend the University of Arkansas Pulaski Technical College to be eligible for our Services.

VA National Call Center for Homeless Veterans

(877) 424-3838
www.va.gov/homeless
 No Veteran Should Be Without a Place to Call Home

Veteran's Day Treatment Center

1000 Main Street
 Little Rock AR 72202
 (501) 244-1900
<https://www.littlerock.va.gov/>
 Monday - Friday 7:00am - 2:00pm.
 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!

Veteran's Substance Abuse Treatment Services

2200 Fort Roots Drive
 North Little Rock AR 72114
 (501) 257-2846
<https://sobernation.com/listing/central-arkansas-veterans-healthcare-north-little-rock-ar/>
 Monday - Friday 7:00am - 2:30pm.
 Accessible to homeless Veterans eligible for services.

Veteran's Village, Little Rock

1701 South Harrison Street
 Little Rock AR 72204
 (501) 287-7186
<https://www.facebook.com/veteransvillagesofamerica>
 mike.rosso6@att.net,
 v2amissionpossible@gmail.com
 By Appointment.
 Born out of necessity, Veterans Villages of America, Inc. is a non-profit organization designed to help veterans and their immediate families with material and social needs.

Veterans Village, North Little Rock

8325 MacArthur Drive
 North Little Rock AR 72118
 (501) 287-7186
<https://www.facebook.com/veteransvillagesofamerica>
 mike.rosso6@att.net,
 v2amissionpossible@gmail.com
 Monday - Friday 8:00am - 5:00pm, Food Pantry 2nd and 4th Tuesday, 8:00am - 5:00pm
 Support for veterans.

VICTIM RESOURCES

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue Suite #885
 Little Rock AR 72201
 (501) 907-5612
 (800) 269-4668

<https://www.domesticpeace.com/>
info://domesticpeace.com
 Monday - Friday 9:00am - 5:00pm
 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 est en peligro, Llame al 911 Llamemos al 800-269-4668 a la línea nacional 800-799-7233.

Arkansas Coalition Against Sexual Assault (A.C.A.S.A.)

(501) 246-3276(800) 656-4673
<https://www.arkcasa.org/>
info@arkcasa.org
 Through collaborative action, the Arkansas Coalition Against Sexual Assault advocates for the rights and needs of persons affected by all forms of sexual violence.

Arkansas Coalition to Abolish the Death Penalty (A.C.A.D.P.)

Little Rock AR
<https://www.facebook.com/ArkansasAbolish/>
 Founded in 1977, the Arkansas Coalition to Abolish the Death Penalty (ACADP) is a non-partisan, non-sectarian coalition of religious and civic organization and concerned citizens working together to end capital punishment in Arkansas. Our ultimate goal is for the General Assembly of Arkansas to pass and the Governor sign into law a bill striking the death penalty from the criminal sentencing statutes of our state. ACADP is the only organization in the state whose work is focused exclusively on the abolition of capital punishment in Arkansas.

Arkansas Crime Victims Reparations Board

1 State Police Plaza Drive
 Little Rock AR 72209
 (501) 682-1020
<https://www.dps.arkansas.gov/crime-info-support/crime-victims-reparations-board/>
 The Arkansas Crime Victims Reparations Program, administered by the Department of Public Safety on behalf of the Crime Victims Reparations Board, provides financial compensation to victims who have suffered personal injury or death as the result of violent crime.

Arkansas Department of Public Safety, Crime Victims Guide

<https://www.dps.arkansas.gov/crime-info-support/arkansas-crime-information-center/community-information/victims-information/>
 A Crime Victim's Guide to the Justice System in Arkansas was written to assist victims of crime in better understanding the Arkansas criminal justice system so they are more able to exercise their rights. It is also designed to inform victims of services available to them throughout the state including shelter, cash assistance, counseling, and private support organizations. This guide is not intended as a legal reference or to provide legal advice, but as an aid to further understanding of the criminal justice system in Arkansas.

Center for Healing Hearts and Spirits

2416 South Chester Street
 Little Rock AR 72206
 (501) 370-3800
 Hotline 1-855-643-5748
<https://www.hhscenter.org/>
hhscenter@sbcglobal.net
 The Center for Healing Hearts and Spirits was created to assist victims of violent crimes and terminal illnesses and their affected families to improve the quality of their economic and social environment, transition back into the workforce and to provide for self-sufficiency.

Children's Advocacy Centers of Arkansas

124 West Capitol Avenue Suite #1630
 Little Rock AR 72201

(501) 615-8633
<https://cacarkansas.org/default>
 The purpose of the not-for-profit Children's Advocacy Centers of Arkansas (CACA) is to promote, assist, and support the development, growth, and continuation of CACs in the State of Arkansas so that every child victim has access to the services of a CAC.

Dorcas House: A Division of Union Rescue Mission

823 South Park Street
 Little Rock AR 72202
 (501) 374-4022 Ext. 2
<https://urmissionlr.org/dorcas-house/>
 The Dorcas House shares the compassion of Christ with the women and children of Central Arkansas who are in the greatest need. We provide housing, classes, counseling, daily chapel time, and other services that help them begin to change their lives. Through a relationship with Jesus Christ, women trapped in domestic violence or struggling with chemical dependency or other addictions find the hope and support they have so desperately needed to break the shackles of their past and rebuild a new life.

Indivisible, Little Rock & Central Arkansas

P.O. Box #1304
 Little Rock AR 72203
<https://www.indivisiblelrca.org/>
<https://www.facebook.com/IndivisibleLRCA>
 ContactUs@IndivisibleLRCA.org
 Indivisible Little Rock and Central Arkansas is an all-volunteer, grassroots activist organization. We are funded by generous donations from our members and friends who share our vision of an Arkansas where every eligible voter exercises their right to vote, and every vote counts. We also operate under the umbrella of Indivisible Project, a national 501c4 organization.

Laura's Card

323 Center Street Suite #200
 Little Rock AR 72201
 (501) 682-2007 (800) 482-8982
<https://arkansasag.gov/resources/domestic-violence/lauras-card/>
oag@ArkansasAG.gov
 If you feel you are in danger of being victimized again, you should contact your local prosecutor's victim coordinator to begin the process of filing for an order of protection.

Mothers Against Drunk Driving (M.A.D.D.)

10515 West Markham Street
 Little Rock AR 72205
 (501) 376-6100
<https://www.madd.org/>
 The mission of Mothers Against Drunk Driving (MADD) is to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking.

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

P.O. Box #1954
 Little Rock AR 72221
 (501) 993-1641 Helpline (501) 301-4357
www.pathsaves.org
info@pathsaves.org
 Survivors of sexual abuse, all genders and ages. Day treatment program.

Parents of Murdered Children (Arkansas)

1015 West 2nd Street Suite #107
 Little Rock AR 72201
 (501) 351-7662 (501) 412-2629
<https://www.cacofpomc.org/>
<https://www.facebook.com/cacofpomc/>
cacofpomc@gmail.com
 Free monthly grief support meetings are for anyone affected by homicide or struggling with grief due to homicide. We are currently holding grief support meetings on the 2nd and 4th Tuesday each month. We are hav-

ing in-person meetings on the 2nd Tuesday and ZOOM Meetings on the 4th Tuesday as of now. Please don't hesitate to call if you have any questions.

Victims' Rights Arkansas

P.O. Box #1385
 Cabot AR 72023
 (501) 992-7171
<https://victimsrightsar.com/>
 We are a grassroots effort to improve the status of Victims' Rights. Our group is seeking a change to the Arkansas State Constitution to include enforceable Victims' Rights. We believe in empowering victims during their journey through the legal system. We believe in providing victims with information concerning resources, service providers, and victims' rights.

Women & Children First

P.O. Box #1954
 Little Rock AR 72203
 (501)-376-3219
<https://www.wcfarkansas.org/>
 Domestic Violence is a pattern of controlling and dangerous behavior that can include physical, psychological, verbal, and sexual abuse and may be experienced at a victim's home, place of work, or even in public. Domestic violence does not discriminate against gender, race, ethnicity, age, or socioeconomic status.

WOMEN'S RESOURCES

A.B.B.A. House

1002 South Oak Street
 Little Rock AR 72204
 (501) 663-3596
<https://www.dolr.org/missionaries-charity-calcutta>
 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. Must be able to negotiate stairs. Must leave the facility during the day.

Arkansas Abortion Support Network (AASN)

4 Office Park Drive
 Little Rock AR 72211
 (501) 487-5244
<https://www.arabortionsupport.org/>
<https://www.facebook.com/arabortionsupport>
 Friday - Saturday, 10:00am - 4:00pm
 Founded in April of 2016, Arkansas Abortion Support Network is a nonprofit, 501(c)(3) organization whose mission is to reduce barriers to abortion access in Arkansas. As of Friday, June 24th, 2022, abortion is illegal in Arkansas, but WE ARE STILL HERE! Volunteers and donations always welcome. We believe that anyone seeking abortion services deserves to do so free from the shame, ridicule, and harassment regularly heaped upon them outside of reproductive healthcare clinics. We believe that abortion should be accessible regardless of a pregnant person's economic or social status, or zip code. We believe in the dignity of pregnant people and the right to make their own decisions about their bodies, without interference from politicians, extremists, or bullies. We can help you go out of state to access abortion in states where it is still legal. Visit <https://www.ineedana.com/> to find a clinic in a state where abortion is legal. Make your appointment and let the clinic know you need financial assistance. The funding process varies by clinic. If you want more information on self-managed abortions, go to our resources page: <https://www.arabortionsupport.org/resources-1> If you need any travel assistance please fill out their form here: [chicago abortion fund intake form: https://airtable.com/appoK9CLiGizfDNBQ/shr3vc-DZpxnTE2dLK](https://www.ineedana.com/) They will be in contact with you within 24-48 hours. We Fund Abortions. While the travel fund is redirected, we will continue to provide financial assistance to arkansans to help cover their out of state abortion appointment costs. If you need help paying for your procedure, please let the clinic where you have booked your appointment know you need assistance.

Arkansas Cares

1600 Aldersgate Road
Little Rock AR 72205
(501) 803-3388

<https://www.methodistfamily.org/contact-us/>
Info@MethodistFamily.org

Monday - Friday 8:00am - 12:00pm, 1:00pm - 4:30pm.

Transitional housing for women with children or who are pregnant with substance abuse or mental health issues.

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue
Little Rock AR 72201

(501) 907-5612 (800) 269-4668

www.domesticpeace.com

info@domesticpeace.com

Monday - Thursday 9:00am - 5:00pm

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 est en peligro, Llame al 911 Llamemos al 800-269-4668 a la linea nacional 800-799-7233.

Catholic Adoption Services

2415 North Tyler Street
Little Rock AR 72207

(501) 664-0340 X347

www.catholicadoptionsservices.org

Monday - Friday 9:00am - 5:00pm

Catholic Adoption Services is a non-profit, licensed child placement agency that provides direct assistance to birth mothers considering making a loving plan for adoption of the child. Birth mothers are given confidential and caring personal support, legal coordination, medical assistance, and counseling. There is a range of openness in adoption, and birth mothers assist in the selection of the adoptive family.

Dorcas House: A Division of Union Rescue Mission

823 South Park Street
Little Rock AR 72202

(501) 374-4022 X3

<https://urmissionlr.org/dorcas-house/>

Monday - Friday 7:00am - 9:00pm, Saturday and Sunday 8:00am - 9:00pm

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: 9-12 month recovery program for women with domestic violence or substance or alcohol addiction. Children are NOT permitted.

Gaines House

1702 South Gaines Street
Little Rock AR 72206

(501) 376-7922

<https://www.thegaineshouse.org/>

info@thegaineshouse.org

Contact hours 7:00am - 10:00pm.

Women's Homeless transitional Shelter (Non-Emergency) 22 beds, women 18 and above only.

Little Rock Compassion Center (Women's)

4210 Asher Avenue
Little Rock AR 72204

(501) 663-2972

<https://lrcompassioncenter.org/women-children/>

Check-in between 3:00pm - 7:00pm.

Women's homeless shelter. Must have an ID and be over age 18.

P.H.U.M.C. Diaper Bank

4823 Woodlawn Drive
Pulaski Heights United Methodist Church Gathering Hall

Little Rock AR 72205

(501) 664-3600

<http://phumc.com/diaperbank/>

First Wednesday 8:00am - 10:00am.

EMAIL to pre-register at PHUMCdiaperbank@gmail.com. drive thru to receive diapers.

Phoenix Recovery Center

104 North Battery Street
Little Rock AR 72205

(501) 725-4907

<http://phoenixarkansas.com/phoenix-recovery-center-for-women/>

ACC Transitional housing for women only.

Women and Children First

P.O. Box #1954

Little Rock AR 72203

(501) 376-3219

Toll Free Hotline (800) 332-4443

www.wcfarkansas.org

info@wcfarkansas.org

Women's shelter for victims of domestic violence and sexual assault.

Y.O.U. Center

4 Office Park Drive

Little Rock AR 72211

(501) 487-5244

<https://www.arabortionssupport.org/youcenter>

Friday - Saturday 10:00am - 4:00pm

YOUTH RESOURCES**Angels' Choice Adoption Agency, Inc.**

2299 East Lee Ave

Little Rock, AR 72120

(501) 615-3094

(800) 879-7233

<https://www.angelschoice.org/>

michelle.aaca@gmail.com

Angels' Choice is private adoption agency in Arkansas. Angel's Choice offers customized adoption plans for biological parents including choosing closed to very open adoptions. We can help you with choosing the type of family you want for your newborn baby or child. We offer financial and legal assistance. We also offer support and professional counseling. All of these services are free to biological parents.

Arkansas Advocates for Children and Families

1400 West Markham Street Suite #306

Little Rock AR 72201

(501) 371-9678 www.aradvocates.org

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

Arkansas Arts Center

501 East Ninth Street

Little Rock AR 72202

(501) 372-4000 <https://arkmfa.org/connect@arkmfa.org>

Tuesday - Saturday 10:00am - 8:00pm. Sunday 12:00 noon - 5:00pm

Youth art and theater programs, Spring Break and Summer programs.

Arkansas Child Abuse Prevention Hotline

(800) 482-5964

<http://www.stoparchildabuse.com/>

Arkansas Children's Hospital, General Pediatric & After Hours Clinic

3 Children's Way

Little Rock AR 72202

(501) 364-1100 (501) 364-1202 After Hours

www.archildrens.org/programs-services/a-to-z-services-list/general-pediatrics/general-pediatric-clinic

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

Call the afterhours resource line at (501) 364-1212 for more information.

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue Suite #885

Little Rock AR 72201

(501) 907-5612 US Hotline (800) 799-7233

Teen Dating Abuse Helpline (866) 331-9474

<https://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 (see local info, above) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llámanos al 800-269e-4668 a la linea nacional 800-799-7233.

Arkansas DHS/Division of Children and Family Services

P.O. Box #1437 Slot S-560

Little Rock AR 72203

(501) 682-8770

<https://humanservices.arkansas.gov/about-dhs/dcfs>

Monday - Friday 8:00am - 4:30pm.

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

Arkansas Home Visiting Network

415 North McKinley Street Suite #610

Little Rock AR 72205

(501) 364-3671

www.arhomevisiting.org

Monday - Friday 8:00am - 4:30pm

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.

Arkansas National Guard Youth Challenge Program

16418 North Dakota Avenue

Camp Robinson

North Little Rock AR 72199

501-212-5565

www.aryouthchallenge.com

arngyc93@gmail.com

NEED AN ABORTION?



**CALL OR TEXT:
(501) 487-5244**

ARKANSAS ABORTION SUPPORT NETWORK

Index of Resource Providers

| | | | | | |
|--|------------|---|-----------|--|--------------------|
| "It Could Be You" KABF 88.3 FM Radio..... | 3 | Arkansas Employment Care Center | 6, 8 | Central Arkansas Library System (C.A.L.S.)* | 14 |
| (P.F.L.A.G.) | 14 | Arkansas Employment Career School (A.C.C.S.) | 6, 8 | Central Arkansas Pride (C.A.P.)..... | 13 |
| 100 Families..... | 8 | Arkansas Home Visiting Network..... | 6, 28 | Central Arkansas ReEntry Coalition (C.A.R.E.) | 3 |
| 9-1-1* | 5 | Arkansas Homeless Coalition..... | 12 | Central Arkansas Rescue Effort (C.A.R.E) for Animals..... | 24 |
| A.B.B.A. House | 12, 18, 27 | Arkansas Hungry Relief Alliance | 10 | Central Arkansas Water (C.A.W.) | 10 |
| A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc..... | 4 | Arkansas Law Legal Helpline..... | 13 | Central Baptist Church of North Little Rock | 10 |
| ACCESS | 4 | Arkansas Legal Help | 13 | Chance Sobriety | 8, 12, 25 |
| Al-Anon and Alateen | 23, 25 | Arkansas Library for the Blind & Print Disabled..... | 4, 14 | CHI, St. Vincent Health Clinic East..... | 4, 11 |
| Alzheimer's Arkansas* | 25 | Arkansas National Guard Youth Challenge Program | 28 | Child Support Enforcement Office*..... | 29 |
| Amboy Community Food Pantry..... | 10 | Arkansas Public Policy Panel..... | 3 | Children's Advocacy Centers of Arkansas | 27 |
| American Civil Liberties Union (A.C.L.U.)* | 13 | Arkansas Rehabilitation Services..... | 4 | Choices in Living Resource Center-AR Choices in Homecare | 25 |
| American Indian Center of Arkansas | 23 | Arkansas Rehabilitation Services, Department of Workforce Services | 6 | Church at Rock Creek | 6, 10, 19 |
| American Red Cross of Greater Arkansas* | 5, 15 | Arkansas Relay | 4, 25 | Citizens First Congress..... | 3 |
| Americans for Prosperity, Central Arkansas..... | 3 | Arkansas Rental Assistance Program | 10 | City of Faith | 8 |
| Amy Sanders Library..... | 14 | Arkansas School for the Blind and Visually Impaired..... | 4 | City of Little Rock Re-Entry | 9 |
| Angel's Choice Adoption Agency, Inc.* | 28 | Arkansas School for the Deaf..... | 4 | Clinica el Samaritano - El Faro Baptist Church* | 11, 20 |
| Approved A.C.C. Transitional Houses..... | 8 | Arkansas Spinal Cord Commission..... | 4 | Cocaine Anonymous (C.A.) | 24, 26 |
| ARCare | 11, 20 | Arkansas State Archives | 23 | College Station Clinic (J.C.C.S.I.)* | 4, 11, 20 |
| Arkansans for Animals | 24 | Arkansas Time After Time (A.T.A.T.)..... | 3, 8 | Compassion Center* | 18, 22, 26 |
| Arkansans for Equality | 13 | Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos* | 22 | Compassion in Action..... | 9 |
| Arkansas - GLSEN | 13 | ARKids First..... | 29 | Computer and Internet Access..... | 15 |
| Arkansas AA Central Office | 25 | ARKids- seguro medico para ninos/ medical insurance for children* | 20 | Cru Inner City..... | 29 |
| Arkansas Abortion Support Network | 27 | B.C.D., Hoover Treatment Center..... | 8, 12, 25 | DecARcerate..... | 3 |
| Arkansas Adult Protective Services* | 25 | Baptist Medical Center..... | 25 | Dee Brown Library | 14 |
| Arkansas Advocates for Children and Families* | 28 | Behavioral Health Group..... | 24 | DHS Jacksonville | 15 |
| Arkansas Aging and Adult Services- Division of Provider Services and QA..... | 25 | Berea Baptist Church..... | 10 | DHS North Little Rock | 15 |
| Arkansas Arts Center | 5, 28 | Big Brothers Big Sisters of Central Arkansas..... | 29 | DHS South Little Rock | 15 |
| Arkansas Baptist College Adult Education..... | 5 | Bobby Roberts Library of Arkansas History & Arts..... | 14, 23 | DHS Southwest Little Rock | 15 |
| Arkansas Baptist Disaster Relief | 5 | Break The Silence - Speak Out America | 29 | Disability Rights Arkansas Inc. | 4, 13 |
| Arkansas Black Gay Men's Forum..... | 13 | Bridgway Hospital | 14, 25 | Disaster Assistance.Gov | 5 |
| Arkansas Black Pride..... | 13 | Bullock Temple* | 10, 19 | Division of Services for the Blind (A.D.W.S.) | 4 |
| Arkansas Care..... | 8 | Cabot Animal Support Services | 24 | Dorcas House: A Division of Union Rescue Mission..... | 12, 18, 26, 27, 28 |
| Arkansas Cares..... | 14, 24, 28 | Camp Aldersgate | 4 | Easterseals Arkansas..... | 4 |
| Arkansas Child Abuse Prevention Hotline* | 23, 28 | Canvas Community Church* | 14 | El Consulado de Mexico en Little Rock* | 22 |
| Arkansas Children's Hospital, General Pediatric & After Hours Clinic* | 11, 20, 28 | Care Link | 25, 26 | El Zocalo Centro de Recursos para los inmigrantes* | 14, 22 |
| Arkansas Coalition Against Domestic Violence* | 13, 27, 28 | Casa Elim* | 18 | El Zocalo Immigrant Resource Center* | 22 |
| Arkansas Coalition Against Sexual Assault (A.C.A.S.A.)* | 18, 27 | Catholic Adoption Services* | 18 | Eldercare locator | 24, 25 |
| Arkansas Coalition to Abolish the Death Penalty (A.C.A.D.P.)..... | 27 | Catholic Adoption Services* | 28, 29 | Employers Choice | 6 |
| Arkansas College of Health Careers | 6 | Catholic Immigration Services, Little Rock*..... | 22 | Empowerment Village, BCD Inc. | 12 |
| Arkansas Community Correction, Area #8..... | 8 | Cell-phone charging locations..... | 15 | Entergy (Electricity)* | 16 |
| Arkansas Community Dispute Resolution Centers, Inc | 15 | Center for Arkansas Legal Services - Ayuda Legal de Arkansas* | 13, 22 | Esther DeWitt Nixon Library..... | 14 |
| Arkansas Community Organization (A.C.O.)* | 15 | Center For Youth and Families, Family Counseling Center | 29 | EX Exodus.LIFE | 9, 24 |
| Arkansas Crime Victims Reparations Board | 27 | Centerpoint Energy (Gas)..... | 10 | F.E.M.A.* | 5 |
| Arkansas Department of Career Education, Arkansas Rehabilitation Services..... | 8 | Centers for Healing Hearts and Spirits..... | 27 | Faith Baptist Church | 10 |
| Arkansas Department of Human Services Hotlines* | 23 | Centers for Youth and Families (Adults) | 14 | Families Against Mandatory Minimums (F.A.M.M.) | 3 |
| Arkansas Department of Public Safety, Crime Victims Guide..... | 27 | Centers for Youth and Families (Children) | 14 | Family Promise of Pulaski County..... | 12 |
| Arkansas Department of Workforce Services | 8 | Centers for Youth and Families Residential Services..... | 29 | Family Service Agency..... | 14 |
| Arkansas DHS/Division of Children and Family Services | 28 | Centers for Youth and Families, Youth Emergency Shelter..... | 12 | Family Service Agency - Central Little Rock Promise | 13, 26 |
| Arkansas Disability Coalition..... | 4 | Central Arkansas Area Service Committee of Narcotics Anonymous..... | 26 | Federally Recognized Indian Tribes and Resources for Native Americans | 23, 24 |
| Arkansas Division of Emergency Management | 5 | Central Arkansas Development Council (C.A.D.C.) Little Rock | 10 | Feline Rescue & ReHome (FuRRFirst Baptist Church | 24 |
| Arkansas Division of Workforce Services..... | 6 | Central Arkansas Development Council (C.A.D.C.)- Weatherization Program | 25 | First Baptist Church..... | 10, 19 |

| | | | | | |
|--|-------------------------------|---|---------------|---|-----------------------------|
| First Christian Church of Sherwood | 10, 19 | Laura's Card | 27 | NRC Willie Hinton | 23 |
| First Pentecostal Church Food Pantry | 10, 19 | Let Our Violence End (L.O.V.E.)* | 9, 15, 26, 29 | NRC Wright Avenue | 23 |
| Fish Net Ministries..... | 10 | Liberty Hill Baptist Church* | 3, 11, 19 | Numero Nacional de Crisis/Para Prevenci'n del Suicidio* | 22, 24 |
| Freewill Baptist Family Ministries, Florence Crittenton Home | 12 | LifeQuest of Arkansas | 20, 25 | Oak Forest United Methodist Church* | 11, 19 |
| Fresh Renewed Transitional Treatment..... | 26 | Literacy Action of Central Arkansas* | 6 | Oley E. Rooker Library..... | 14 |
| Friendly Chapel, Church of the Nazerine..... | 14 | Little Rock Adult Education Center | 6 | On-Line Information on Free Legal Services in Arkansas | 13 |
| Gaines House | 9, 12, 18, 28 | Little Rock Animal Services | 24 | Open Hand Center (Homeless) Jefferson Comprehensive Care System Inc. | 11 |
| Gardner Memorial United Methodist Church Food Pantry | 10, 19 | Little Rock Animal Village | 24 | Operation Restore, City Connections | 7, 9 |
| Good Grid..... | 9 | Little Rock Black Pride..... | 13 | Our House | 13 |
| Good Shepherd Community | 25 | Little Rock Compassion Center | 11, 14 | Our House Career Center | 6, 7 |
| Goodwill Adult Education Center, North Little Rock..... | 6 | Little Rock Compassion Center (Men's) | 13 | Our House Reentry Program..... | 9 |
| Goodwill Career Service Center , Riverdale Center, Little Rock..... | 7 | Little Rock Compassion Center (Women's)..... | 13, 28 | Out of the Woods Animal Rescue | 24 |
| Goodwill Career Service Center, Jacksonville | 6 | Little Rock Health Clinic (J.C.C.S.I.)..... | 11 | P.A.T.H. Human Trafficking Statewide Crisis Helpline* | 15, 24, 27 |
| Goodwill Career Service Center, Little Rock | 6 | Little Rock Main Library* | 14 | P.H.U.M.C. Diaper Bank..... | 28, 29 |
| Goodwill Industries Main Office & Career Service Center | 3, 7 | Little Rock Police Victims Advocate* | 22 | Parents of Murdered Children (Arkansas)..... | 27 |
| Goodwill Industries Outlet Center | 3 | Little Rock, AR Low Income Housing List..... | 13 | Park Hill Christian Church | 11 |
| Goodwill Industries Reentry Services (T.E.O.) Program | 9 | Love Is Respect, Native American Resources National Helpline | 23 | People Ready..... | 7 |
| Goodwill Thrift Stores | 3 | Love is Respect, Teen Dating Abuse Hotline..... | 24 | Phoenix Recovery Center | 9, 13, 18, 26, 28 |
| Guida de Informacion, Arkansas Times* | 22 | Lucie's Place | 14 | Pinnacle Pointe Hospital..... | 29 |
| Gyst House | 12, 26 | MacArthur Museum of Arkansas Military History..... | 29 | Plasma Donation: CSL Plasma | 23 |
| Hand Up Housing of Arkansas* | 12 | Mail Service: Little Rock Downtown Post Office..... | 27 | Plasma Donation: KEDPlasma..... | 23 |
| Harmony Health Clinic* | 4, 9, 11, 20, 21 | Mainstream | 4 | Plasma Donation: Octapharma Plasma Center..... | 23 |
| Helping Hand of Greater Little Rock..... | 3, 10 | Mamas Unidas* | 22 | Plasma Donation: Talecris Plasma Resource (T.P.R.) Center | 23 |
| Hillary Rodham Clinton Children's Library & Learning Center..... | 14 | Maumelle Animal Shelter | 24 | Premier Staffing, a Belflex Company - Dotaci'n de Personal Premier* | 7 |
| HIPPY Home Instruction for Parents of Preschool Youngsters..... | 6, 29 | Maumelle Library..... | 14 | Pride Industries | 5, 7 |
| Hire Quest Direct..... | 7 | Maumelle Medical Center..... | 11, 21 | Professional Counseling Associates | 15 |
| Historic Arkansas Museum | 23 | Max Milam Library..... | 14 | Promoting Positive Emotions (P.P.E.) | 15, 23, 24 |
| Hope Rises | 26 | Meals on Wheels | 14, 25 | Pulaski County Cooperative Extension, 4-H..... | 29 |
| Hospice Comfort Care Center, Inpatient Center | 11, 21 | METROLINKS Paratransit, Rock Region Metro..... | 4 | Pulaski County Emergency Management..... | 5 |
| House of GG | 13 | Metropolitan Housing Alliance (MHA) | 10, 13 | Pulaski County Health Unit - Central Little Rock..... | 11 |
| HOUSEABOUTIT..... | 4, 10, 11, 13, 15, 21, 25, 29 | Millie Brooks Library | 14 | Pulaski County Health Unit - North Little Rock..... | 12 |
| HRC Arkansas | 13 | Mosaic Church of Central Arkansas* | 11 | Pulaski County Health Unit - Southwest Little Rock..... | 12 |
| Humane Society of Pulaski County..... | 24 | Mosaic Templars Cultural Center | 6 | Pulaski County Health Unit - Jacksonville | 12 |
| iCAN (Increasing Capabilities Access Network) Arkansas Rehabilitation Services | 4, 11, 21, 25 | Mothers Against Drunk Driving (M.A.D.D.)..... | 27 | Pulaski County Health Unit & STD Clinic Central Little Rock..... | 12 |
| Immanuel Baptist Church: City Center* | 3, 4, 9, 10, 19 | National Abortion Hotline* | 24 | Pulaski County Rapid Rehousing Assistance | 10 |
| Immerse Arkansas..... | 13, 29 | National Alliance on Mental Illness Arkansas (N.A.M.I. Arkansas)..... | 5 | Pulaski County Regional Office | 12 |
| In Your Hands Ministries, Inc. | 10 | National Center for Missing / Exploited Children* | 24, 29 | Pulaski County Special School District (P.C.S.S.D.) | 6 |
| Indivisible, Little Rock & Central Arkansas..... | 27 | National Domestic Violence Hotline* | 24 | Pulaski County West Little Rock, Unit (W.I.C. Only) | 12 |
| Integrity Staffing, Healing Waters (L.O.V.E.) Let Our Violence End* | 7, 9 | Natural State Bears..... | 14 | Pulaski County Youth Services | 29 |
| Internal Revenue Service (I.R.S.)* | 15 | Natural State Recovery Centers..... | 26 | Pulaski County, Tenant Based Rental Assistance (T.B.R.A.) | 10 |
| InTRANSitive* | 13, 22 | Nehemiah House: A Division of Union Rescue Mission | 13, 26 | Pulaski Heights United Methodist Church* | 11, 19 |
| Jacksonville Animal Shelter..... | 24 | North Little Rock Police Victims Advocate* | 22 | Quality Living Center..... | 26 |
| Jacksonville Care Channel..... | 3, 10 | North Little Rock Animal Services..... | 24 | Quality Living Center, Men's..... | 9 |
| Jericho Way, Homeless Day Resource Center | 3, 14, 15, 26 | North Little Rock Health Clinic (J.C.C.S.I.)..... | 11, 21 | Quapaw Quarter United Methodist Church..... | 14 |
| Job Corps | 6, 7, 29 | NRC Capitol View - Stiff Station..... | 23 | Recover Center of Arkansas | 24 |
| John Gould Fletcher Library | 14 | NRC East Little Rock..... | 23 | Recovery Center of Arkansas, Riverbend | 26 |
| John L. McClellan Veterans Hospital* | 11, 21, 26 | NRC Oak Forest | 23 | Recovery Centers of Arkansas, Sibley Hole..... | 9 |
| L.O.V.E. "Let Our Violence End' Inc. (Healing Waters Outreach Center)* | 3, 6, 9, 11, 15, 16, 20, 25 | NRC South End | 23 | Recycle Bikes for Kids..... | 22, 26, 29 |
| | 3, 6, 9, 11, 15, 16, 20, 25 | NRC Valley Drive | 23 | ReStore, Habitat for Humanity..... | 23 |
| Labor Finders | 7 | NRC Wakefield..... | 23 | River City Ministry- Day Services for the Homeless* | 3, 4, 9, 11, 12, 14, 19, 21 |
| Last Chance Arkansas..... | 24 | NRC West Baseline..... | 23 | River Rock CDL Training | 6, 8, 9 |
| | | NRC West Central | 23 | Rock City Reentry | 9 |

Rock City Rescue.....24

Rock Region Metro, (C.A.T.) Little Rock City Bus System26

Rock Region Metro, LINKS, Paratransit (C.A.T.)26

Ron Robinson Theater.....14

Roosevelt Thompson Library.....14

S.T.E.P. Ministries.....6, 29

Safe Harbor of Little Rock.....9

Saint Mark Baptist Church.....3, 11, 14, 19

Salvation Army.....13

Salvation Army Food Pantry.....11

Salvation Army Little Rock.....10

Second Baptist Church.....11

Seis Puentes*.....22

Sequoyah National Research Center

Serenity Park Recovery Center.....23

She Build.....9

Shepherds Hope - Neighborhood Health Center*18, 20, 26

Sherwood Animal Services.....4, 5, 12

Sidney S. McMath Library.....24

Sober Living.....14

Social Security Administration*9, 13, 26

Social Security Office, Little Rock.....23

Social Security Office, Sherwood.....23

Southern Baptist Disaster Relief Program.....25

Special Olympics Arkansas.....5

St. Andrew Food Bank.....11

St. Francis House.....3, 9, 10, 11, 12, 13, 26

St. John Missionary Baptist Church, Clothes Closet.....3

St. Mark's Episcopal Church Food Pantry.....11, 19

Stew Pot, First Presbyterian Church.....15

Stonewall Democratic Caucus of Arkansas.....14

Sue Cowan Williams Library.....14

Sylvan Hills Church of Christ.....3

Sylvan Hills Community Church.....11, 19

TAP (Telecommunications Access Program).....5, 25

Teen Dating Abuse Hotline*.....29

Terry Library.....14

The Allen School.....5

The Excel Center at Goodwill.....6

The First Tee.....29

The Trevor Project.....14, 24

The Van (The One Inc.).....3, 11, 23

Towbin Healthcare & VA Medical Center.....12, 26

Transitional Faith-Based Therapeutic Community*5, 18

TRiO Veterans Upward Bound.....27

U.A.L.R. William H. Bowen, School of Law Legal Clinic.....13

U.A.M.S. 12th Street Health and Wellness Center*4, 12, 20

U.A.M.S. Clinic (Appointments).....12

U.A.M.S. Crisis Stabilization Unit.....12, 15, 26

U.A.M.S. Dental Hygiene Student Clinic.....4

U.A.M.S. Psychiatric Research Institute Methadone Clinic.....24

U.A.M.S. Walker Family Clinic (Appointments)*15, 20

UA Pulaski Tech Career Center.....8, 18,

Unemployment: Arkansas Department of Workforce Services.....23

Union A.M.E. Church Food Pantry.....11, 20

United Way (211).....5

University of Arkansas, Little Rock (U.A.L.R.) EOC TRIO Program.....6

University of Arkansas, Little Rock (U.A.L.R.) Senior Service.....25

VA National Call Center for Homeless Veterans.....24, 27

Veteran's Day Treatment Center.....6, 9, 13, 26, 27

Veteran's Substance Abuse Treatment Services.....24, 26, 27

Veteran's Village.....11, 27

Veterans Village Food Pantry.....11

Victims' Rights Arkansas*27

Watershed.....3, 8, 11

Westside Free Medical Clinic.....12

Westside Free Medical Clinic (Spanish)*19, 20

William F. Laman Public Library System, North Little Rock - Argenta Branch.....14

William F. Laman Public Library System, North Little Rock- Main Library.....14

Women and Children First.....13, 27, 28

World Services for the Blind.....5

Y.O.U. Center*28

Young Democrats of Arkansas Stonewall Caucus.....14

* = SPANISH (ESPAÑOL)

RESTORATION OF VOTING RIGHTS

For Convicted Felons



RESTORING VOTING RIGHTS

Arkansas law affords persons convicted of a felony the unique opportunity to have their voting rights restored under certain conditions.

Ark. Code Ann. Amend. 51 §11(d)(2)(A-D)

STEPS TO RESTORING VOTING RIGHTS

1: Obtain proof from the appropriate state or local agencies that all of the requirements have been completed **OR** proof that the record has been sealed.

2: Submit proof to the Voter Registration Department of the county clerk's office where the person convicted of a felony now resides.

3: Complete an Arkansas Voter Registration Application and return it to the Voter Registration Department of the county clerk's office.



PROVIDE TO THE COUNTY CLERK

- discharged from probation or parole;
- paid all probation or parole fees;
- satisfied all terms of imprisonment;
- paid all applicable court costs, fines, or restitution

CONTACT INFORMATION

TERRI HOLLINGSWORTH
 Pulaski County Circuit and
 County Clerk
 401 W. Markham St., Rm 100
 Little Rock, AR 72201



www.pulaskclerk.com