

VOLUME 6 ISSUE 1

HELP YOURSELF

A DIRECTORIO EN ESPAÑOL AGREGADO

2025



COMMUNITY RESOURCE DIRECTORY

LITTLE ROCK & PULASKI COUNTY, AR

HELPLYOURSELFDIRECTORY.COM



HELP YOURSELF

2025

HELP YOURSELF: COMMUNITY RESOURCE DIRECTORY

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PRINTED BY: Leader Publishing Inc.

Help Yourself: Community Resource Directory is a highly specialized publication, presented in an easy-access format. This Directory is designed to deliver accurate information about a wide variety of free services and programs, directly to disadvantaged individuals and disenfranchised communities within Pulaski County, AK.

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. This Directory is freely distributed throughout Little Rock and Pulaski County by and through listed service providers. Copies are usually available at various locations which are easily accessible to those who may benefit most directly from the resource information it contains.

Help Yourself: Community Resource Directory is also available on-line in an easily-shared and easily-navigated PDF.

ENCOURAGEMENTS: Help Yourself: Community Resource Directory is specific to Pulaski County, Arkansas. If you would like to create your own local Resource Directory, feel free to use this publication as a guide. But, please remember—in order to maximize, and preserve the value of this type of resource directory, it must be regularly updated, as the “Good-Works” community is very fluid.

EDITORIAL & ADVERTISING POLICY: The publisher reserves the right to decline listings and reject advertising deemed as inappropriate, inflammatory, accusatory, demeaning, derogatory, biased, bigoted, rumor-mongering, inciting fear or assaulting the character of any human being. We do everything possible to keep contact and program information published herein current and accurate. However, we are aware that information concerning specific resources can sometimes change or not be correctly listed; and that sometimes other errors may happen. For any such

instance, we apologize for any inconvenience. Whenever necessary, please contact us with corrections, updates, revisions, and reports on your experiences as a service provider or client. Updated information, alerts about new help groups, useful tips, recommendations, and good ideas are always appreciated.

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To view this Directory on your device scan the QR code or enter the URL:

<https://helpyourselfdirectory.com/>



COMMUNITY RESOURCE DIRECTORY

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COVER PHOTO: Cover Photo by Jason Masters: The new **Arkansas Museum of Fine Arts**, opened in the Spring of 2023 in Little Rock. Offering unique opportunities to enjoy, connect and to enjoy, learn and connect with visual and performing arts. The museum is open free Monday thru Sunday at 501 East Ninth Street, Little Rock, AR 72202. (501) 472-4000.

Clothing

Arkansas Community Advocates

215 East 20th Street
North Little Rock AR 72116
(501) 352-5880
<https://www.facebook.com/arcommunityadvocates/arcommunityadvocates@gmail.com>
Thursday 9:00am - ... Check Face Book for location. Clothing, food, kitchen items, etc. What we can provide is dependent on what we receive.

Goodwill Benton Thrift Store

1716 Military Road, Benton AR 72015
(501) 776-1189
<https://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
<https://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 Thrift Store

16924 Cantrell Road, Little Rock AR 72223
(501) 673-1550
<https://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
<https://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, 1 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
<https://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

6929 John F. Kennedy Blvd. Suite #112
North Little Rock AR 72116
(501) 835-5286
<https://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
<https://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

2500 Cantrell Road Suite H, Little Rock AR 72202
(501) 568-5313
<https://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/LRHelpingHandlrhelphand1@att.net> Monday - Thursday 9:00am - 12:00noon Inexpensive thrift store clothing available. Open to the public.

Immanuel Baptist Church: City Center

315 North Shackelford Road, Little Rock AR 72211
(501) 396-3333
[@citycenterlr info@CityCenterLR.org](mailto:info@CityCenterLR.org) Tuesdays of each month 10:00am - 1:30pm. call for additional services. City Center is a ministry of Immanuel Baptist Church. Open the first 4 Tuesdays of each month. From 10:00am - 1:30pm. 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.com/JCCNeedy/facebook> Monday, Wednesday and Friday 10:00am - 2:00pm Free clothing for those in need.

Jericho Way Homeless Day Resource 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 Clothing available. Call for appointment. (501) 516-1603

River City Ministry - Day Services for the Homeless

1021 East Washington Ave., North Little Rock AR 72215
(501) 376-6694
www.rivercityministry.org Monday between 10:00 - 11:00am Emergency clothing provided onsite as available.

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.stfranchouse.org Monday - Friday 9:00am - 11:45am and 1:00pm - 4:00pm. Must present photo ID, proof of income and SS card.

Sylvan Hills Church of Christ

9305 Highway #107, North Little Rock AR 72120
(501) 835-4141
<https://www.shcofc.org/office@shcofc.org> Open by appointment. Call (501) 835-4141. Clothing closet is at a separate location.

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 #200
Little Rock, AR 72206
(501) 372-6119
https://www.kabf.org/?page_id=11097 kabf@kabf.org Wednesday 2:00pm - 3:00pm, KABF 88.3 FM "It Could Be You" features frank, in-depth conversations with persons and groups who advocate for social justice issues and reforms; for fact-driven criminal justice reforms; and who bring help to people who need help dealing with situations including but not limited to hunger, homelessness, and physical and other forms of abuse. ICBY's goals are to help create safer communities; explore ideas and actions that support public safety and improve communities; and ensure accurate information about help for people in need is publicly shared. Whenever possible ICBY will question and challenge misinformation as well as inaccurate, misguided and outright wrong beliefs, using verified, peer-reviewed research.

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.org/volunteers.com/> [Sign/Criminal-Justice-Reform-for-a-Safer-Arkansas](https://www.facebook.com/Sign/Criminal-Justice-Reform-for-a-Safer-Arkansas) infoAR@afphq.org.

To make Arkansas communities safer, we must to 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. agencies and concerned members of the public.

Arkansas Public Policy Panel

1308 West Second Street, Little Rock, AR 72205
(501) 376-7913
<https://arpanel.org/> Panel@arpanel.org Tuesday - Friday 9:30am - 4:30pm

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.

A.T.A.T., Arkansas Time After Time

P.O. Box #11491, Conway, AR 72203
(501) 444-2828
<http://www.arkansastimeaftertime.org/> RSOL@arkansastimeaftertime.org. Our goal is to help make communities safer and to protect our kids. In order to do this, we must learn to differentiate between those 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 re-integrate into society.

Citizens First Congress

1308 West Second Street, Little Rock, AR 72201
(501) 376-7913
<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://fammm.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 (J.C.C.S.I.)

4206 Frazier Pike, College Station, AR 72053
(501) 490-2440

<https://www.yelp.com/biz/college-station-clinic-little-rock>
Monday - Friday 8am - 5pm. Saturday 8am - 12.

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.harmonyclinicar.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

[@citycenterlr](https://citycenterlr.org).

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.

Our dental clinic opened in August of 2021, and we are starting with extractions as our only procedure.

We hope to grow this ministry in the future!. We are open monthly on the second Friday of each month from 8:00am – 1:00pm. 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 sharp for appointment.

By appointment only. For Pulaski County residents only. \$10cash payment required per visit.

Shepherd's 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. de. 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 by appointment only. NO dental walk-ins.

Free Dental hygiene and extractions, screenings, and referrals. 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 Hygene 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.org 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.aradisabilitycoalition.org <https://www.facebook.com/ArkDisabilityCoalition/> info@aradisabilitycoalition.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 thru education, social, and accessibility support.

Arkansas Relay

900 South Shackleford Road Suite #300
Little Rock AR 72211
(501) 238-3698 (800) 676-3777 (TTY) (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

<http://s://asd.ade.arkansas.gov/www.facebook.com/ASDLeopards/> hello@asdleopards.org

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

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

Arkansas Spinal Cord Commission

5800 West 10th Street Suite #108, Little Rock AR 72204
(501) 296-1788 (800) 459-1517 www.asc.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 ello@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, 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://disabilityrightsar.org/> <https://www.facebook.com/DisabilityRightsAR/> info@disabilityrightsar.org
Monday - Friday 8:30am - 5:00pm, Walk-Ins Welcome, appointments preferred. Vigorously advocate 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.

Easterseals Arkansas

3920 Woodland Heights Road, Little Rock AR 72212
(501) 227-3600 www.eastersealsar.com www.facebook.com/eastersealsarkansas
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. Easterseals 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 - 12:00noon 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's state-wide assistive technology program designed to make technology available and accessible for Arkansans who needs it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.

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.rmetro.org www.facebook.com/rmetro
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 24/7 988 Emergency
<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 East 4th Street, Little Rock AR 72202
(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) 664-6208 www.theallenschool.org <https://www.facebook.com/theallenschool/>
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/departments-of-emergency-communications-9-1-1/> 24/7

The Department of Emergency Communications is responsible for dispatching responders for the Little Rock Police Department, Little Rock Fire Department, and the Cammack Village Police Department.

American Red Cross of Arkansas

2610 Shackleford 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 (800) 838-2272 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](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/>

Little Rock (3-1-1)

Little Rock, <https://www.littlerock.gov/residents/citizen-services-helpful-numbers/3-1-1-synopsis/>
Little Rock 3-1-1 is a simple, three-digit number that residents, businesses and visitors can call to reach the City to make inquiries regarding services, report problems, check the status of issues or obtain general information. Instead of having to scroll through a list of more than 200 seven (7)-digit City numbers, all people need to know is 3-1-1. From obtaining City resources, identifying the location of a pothole, to reporting a stray dog in your neighborhood and a whole lot more, 3-1-1 operators are ready to assist.

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 (2-1-1)

211 (888) 489-6983
<https://arkansas211.org/>
ContactUs@ar211.org
Arkansas 2-1-1 connects callers, at no cost, to critical health and human services in their community.-

Education & Literacy Programs

Arkansas Baptist College, Adult Education

1600 Dr. Martin Luther King, Jr. Drive
Little Rock, AS 72202
(501) 420-1200
<https://www.arkansasbaptist.edu/ged/>
<https://www.arkansasbaptist.edu/abcadulthoodeducation@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.

Arkansas College of Health Careers

9714 West Markham Street, Little Rock, AR 72205
(501) 319-7573
<https://achc.us/> <https://www.facebook.com/ACHCAR-KANSAS/> bostic.sr@achc.us. Monday - Thursday 9:00am - 4:30pm, Friday 9:00am - 12:30pm. With evening classes. Closed Saturday & Sunday.
We currently offer 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 Community Action Agencies Association

P.O. Box #, Little Rock, AR 72201
(501) 372-0807
<https://www.acaaa.org/>
<https://www.facebook.com/arcommunityaction/tmoore@acaaa.org>. Monday - Thursday 8:30am - 5:00pm, Fridays 8:30am - 3:00pm
Community Action Agencies give people the chance to bring stability back into their lives while taking crucial steps towards self-sufficiency. CAAs enable participants to become engaged members of their community; clients are encouraged to embrace more fulfilling, productive, and enriching paths. Services include, Energy and Housing, Food Banks & Pantries, Senior Services, weatherization and youth Services.

Arkansas Employment Career School (A.E.C.C.S.)

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/>
<https://www.facebook.com/ArkansasHomeVisitingNetwork> jonesam@archildren.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 Museum of Fine Arts

501 East Ninth Street, Little Rock, AR 72202
(501) 372-4000
<https://arkmfa.org/> <https://www.facebook.com/arkmfa/connect@arkmfa.org>. Start your weekend with free art-making activities for all ages and skill levels at Creative Saturdays every Saturday from 10 a.m. to 1 p.m. Adult Programs. Youth art and theater programs, Spring Break and Summer programs. Free admission.

Arkansas Rehabilitation Services

1 Commerce Way, Little Rock, AR 72201
(501) 296-1600 800-330-0632
<https://dws.arkansas.gov/ar-rehabilitation-services/>
<https://www.facebook.com/ArkansasHomeVisitingNetwork/ACECommunications@arkansas.gov>
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 (501) 364-5461 www.hippyarkansas.org <https://www.facebook.com/ArkansasHomeVisitingNetwork> Monday - Friday, 8:00am - 4:30pm
Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with families in the home to support parents in their critical role as their child’s first and most important teacher.

Job Corps

6900 Scott Hamilton Drive, Little Rock, AR 72209
800-733-5627
<https://littlerock.jobcorps.gov/>
<https://www.facebook.com/doljobcorps>.
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 (501) 372-7323
<https://www.lovehealingwaters.com/> www.facebook.com/groups/230244068109/about lovehealingwaters@gmail.com. Monday - Friday 10am - 2pm.
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
<https://www.facebook.com/LiteracyActionAR/LACA@literacyactionar.org>.
Monday - Thursday 9:00am - 4:00pm
Teaching adults (18 and above) to read & 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 (501) 447-1000
<https://www.lrsd.org/oe/page/adult-education> www.facebook.com/mylrsd Monday - Thursday, 8:00am - 3:30pm. During the traditional school year Tuesday - Thursday night 4:30 - 8:00pm.
Offering 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.

Museum of Discovery

500 President Clinton Avenue, Suite #150
Little Rock, AR 72201
(501) 396-7050
<https://museumofdiscovery.org/>
<https://www.facebook.com/MuseumofDiscovery>
Tuesday - Saturday 9:00am - 5:00pm, Sunday 1:00 - 5:00pm
The Museum of Discovery is Little Rock, s premier science and technology center, and our mission is to ignite and fuel a passion for science, technology, engineering, arts and math through dynamic, interactive experiences.

Our House Career Center

302 East Roosevelt Road, Little Rock, AR 72206
(501) 291-0584 x2 (501) 374-7383
<https://ourhouseshelter.org/careercenter/> connect@ourhouseshelter.org. Open by appointment Monday, Wednesday and Thursday 8:00am - 4:30pm and Tuesday 8:00am - 7:30pm. Friday Closed at noon.
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
<https://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.



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) 804-3603 (501) 646-8280
<https://www.riverrockcdl.com/> <https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/> wrangler0403@hotmail.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 72115
(501) 758-4054 www.stepministries.org
www.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 72205
(501) 290-2474 (870) 372- 5151
<https://goodwillar.org/excel-center/>
<https://www.facebook.com/GoodwillAR> Excel@GoodwillAR.org. 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 of ages 19 or above and U.S. veterans to enroll in and complete a post-secondary education program. All services are provided free of charge to participants who meet the eligibility requirements. Services include: Academic Assistance, Career Exploration, Financial Aid and Student loan default counseling.

Veteran's Day Treatment Center

1000 Main Street, Little Rock, AR 72202
(501) 244-1900 (501) 244-1908 www.va.gov/central-arkansas-health-care/
<https://www.facebook.com/pages/Veterans-Day-Treatment-Center/164046787112856> . Monday - Friday 7:00am - 2:30pm
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, 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.

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., #1
North Little Rock, AR 72116
(501) 459-6554 <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/integretystaffingassociates@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/info@cityconnection-sinc.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
<https://www.peopleready.com/location/little-rock-ar-2132/> <https://www.facebook.com/PeopleReady>
Monday - Friday 5:30am - 6:00pm. Saturday 6:00am - 9:00am

Apply on-line 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 contrataci'n que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, t'cnicos y profesionales, y personal para trabajo industrial y de f'brica. 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.

River Rock CDL Training

9400 Warden Road, Sherwood, AR 72120
(501) 646-8280 <https://www.riverrockcdl.com/>
<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..

UA Pulaski Tech Career Center

3000 West Scenic Drive, UA Pulaski Tech, Noerth Little Rock, AR 72118
(501) 812-2200 <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.restorehope.org/> <https://www.facebook.com/restorehopearkansas/> Renie@restorehope.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

WHALEY LAW

FREE CONSULTATION

501-431-0360



Stewart A. Whaley

RE-ENTRY SERVICES

- ▶ Professional license reinstatement
- ▶ Seal misdemeanor and felony records
- ▶ Pardons, restore firearm rights
- ▶ Adult Maltreatment Registry Removal
- ▶ Child Maltreatment Registry Removal
- ▶ Terminate Obligation to Register

CRIMINAL DEFENSE

- ▶ Misdemeanors
- ▶ Felonies
- ▶ Hunting violations
- ▶ Traffic tickets
- ▶ Seal criminal records
- ▶ DUI/DWI
- ▶ Restore gun rights

PROFESSIONAL LICENSE DEFENSE

- ▶ Board Hearings, Investigations
Complaints, Agreements,
- ▶ Multi-state license issues
- ▶ License Reinstatement
- ▶ Concurrent criminal and license defense

ADMINISTRATIVE LAW

- ▶ Maltreatment Registry Appeals
- ▶ Maltreatment Registry Removal

WHALEY LAW

Stewart A. Whaley, Attorney

(501) 431-0360 intake@whaley.law

Little Rock 323 Center St., Suite 130
Little Rock, AR 72201

Stuttgart 413 East Michigan St.
Stuttgart, AR 72160

<https://whaley.law>

RESTORATION OF VOTING RIGHTS

For Returning Citizens

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

TERRI HOLLINGSWORTH

Pulaski County Circuit and
County Clerk
401 W. Markham St., Rm 100
Little Rock, AR 72201



www.pulaskiclerk.com

PULASKI COUNTY CONTACT INFORMATION

Voter Registration (501) 340-8336 Court Records (501) 340-8766
Fines and Court Costs (501) 340-8549

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
www.arcareered.org <https://www.facebook.com/methodistfamilyhealth> Info@MethodistFamily.org
Monday - Friday 8:00am - 4:30pm. Rehab and 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 Workforce Connections

5401 South University Avenue, Little Rock AR 72209 (501) 682-0228 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 (A.E.C.C.)

300 South Spring Street Suite #300

Little Rock AR 72201 (501) 615-8922
<https://arkansasemploymentcareercenter.com/> arem-employmentcareercenter@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. They provide: GED preparation, college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, and communications skills.

A.T.A.T., Arkansas Time After Time

P.O. Box #11491, Conway AR 72034 (501) 444-2828 www.arkansasimeaftertime.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/hoover-treatment-center/>
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
https://www.freerehabcenters.org/details/ar_72118_chance-sobriety-ministries
Meetings are on the 1st Wednesday of the month at 10:00am, 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 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) 580-0066 (501) 371-4476
<https://www.littlerock.gov/city-administration/city-departments/community-programs/re-entry-services/> <https://www.facebook.com/restorehopearkansas/videos/recovery-successful-re-entry-in-little-rock/218574263498402/> dpridgeon@littlerock.gov rockcityreentry@gmail.com
Monday - Friday 7:00am - 4:00pm
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 provides three services through contracts with private providers; provides two 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 reenter 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



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- ✓ Take college placement test
- ✓ Get out of student loan default
- ✓ Find and enroll in a GED program
- ✓ Connect to community resources

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ualr.edu/trio/centralareoc/



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TRIO

Barbara A. Porchia, DPM FOOT AND ANKLE SURGERY PODIATRIST



Dr. Porchia, a podiatrist at UAMS has more than 20 years of experience treating foot and ankle conditions.

If you have any of the following conditions:

- Ingrown Nails (ages 12 and up)
- Gout
- Heel Pain (plantar fasciitis)
- Warts (verrucae plantaris)
- Charcot Foot
- Complex wound care and management (Foot infections and Ulcerations)

call: **Dr Porchia** **870-675-1586** *Accepts most insurance*
4261 Stockton Drive Suite 100
North Little Rock, AR. 72117

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

1702.1 South Gaines Street, Little Rock AR 72206
(501) 376-4015
<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/team@goodgrid.com>
Monday - Friday 8:00am - 5:00pm Sign-in to access resource providers for Arkansans in reentry. 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

315 North Shackelford Road, Little Rock AR 72211
(501) 396-3355
<https://www.facebook.com/citycenterlr> info@citycenterlr.org daily, (time varies) Adult education and Clothing Closet daily (time varies) – Re-Entry Program Shopping.

Integrity Staffing, Healing Waters (LOVE) Let Our Violence End

14036 Sardis Road, Mablevale AR 72103
(501) 650-4753
<https://www.lovehealingwaters.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.

Magnolia Recovery Community (Men's)

3601 West Roosevelt Road, Little Rock AR 72204
(501) 454-6811
[https://www.magnoliarecoverycommunity.com/](https://magnoliarecoverycommunity.com/)<https://www.facebook.com/p/The-Magnolia-Recovery-Community-61552141200795/> themagnoliarecovery@gmail.com
Transitional housing for men. Working with substance abuse treatment and re-entry programs, ACC approved..

Magnolia Recovery Community (Women's)

760 Enmar Drive, Little Rock AR 72209
(501) 454-6811
[https://www.magnoliarecoverycommunity.com/](https://magnoliarecoverycommunity.com/)<https://www.facebook.com/p/The-Magnolia-Recovery-Community-61552141200795/> themagnoliarecovery@gmail.com
Transitional housing for women. Working with substance abuse treatment and re-entry programs, ACC approved..

Operation Restore, City Connections

10421 West Markham Street Suite #100, Inside City Suite #100, Cone Building, Little Rock AR 72205
(501) 376-1686
[https://www.cityconnectionsinc.org/](https://cityconnectionsinc.org/)<https://www.youtube.com/watch?v=blq6FuXsp6U>
Monday - Thursday 9:00 - 4:30pm, Friday 9am - 12pm. 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

3925 Asher Avenue, Little Rock AR 72204
(501) 663-3490
<https://rehabnow.org/center/quality-living-center-little-rock-ar/>
Residential and transitional housing for men and women.

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 and inpatient facility for women with substance abuse issues.

Arkansas Rehabilitation Services

900 West 7th Street Suite #206, Little Rock AR 72201
(501) 686-2800 (501) 833-1490 (North Little Rock)
<https://dws.arkansas.gov/ar-rehabilitation-services/>
Monday - Friday 8:00am - 4:30pm. Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.

River Rock CDL Training

9400 Warden Road, Sherwood AR 72120
(501) 646-8280
<https://www.riverrockcdl.com/> <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 accepted on a case-by-case basis.

Rock City Reentry

5401 South University Avenue, Little Rock AR 72209
(501) 682-7719
<https://www.lrworkforce.com/rock-city-reentry-program-unveils-new-website/> <https://www.facebook.com/rockcityreentry/> Rockcityreentry@gmail.com
Monday - Friday 8:00am - 4:30pm. Rock City Reentry is located inside the Workforce Services building. Comprehensive reentry program. Program requirements often change so call for more information.

Safe Harbor of Little Rock

4800 Springer Blvd., Little Rock AR 72206
(501) 374-5399
<https://www.safeharborlittlerock.org/contact-us.html> <https://www.transitionalhousing.org/li/safe-harbor-of-little-rock> 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><https://www.facebook.com/SHEBuild/> 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/stfranchishouse/> linda@stfranchishouse.org 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
transitions.fbtc1967@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.harmonyclinicar.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.

Shepherd's Hope - Neighborhood Health Center

2404 South Tyler Street, Little Rock, AR 72204
(501) 529-4063, www.shepherdshopelr.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, 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 The Vision Clinic is open to new patients. Located in the basement of the fellowship hall of the church. Enter through the back door by the playground.

Financial and Utilities Assistance

Arkansas Department of Environmental Quality

5301 Northshore Drive, North Little Rock AR 72118
(501) 682-0744 (888) 233-0326
<https://arkansaslihwap.com/> Monday - Friday, 9:00am – 5:00pm Need help with your water bill? The Low-Income Household Water Assistance Program (LIHWAP) helps Arkansas residents pay their water and wastewater bills. Call or visit our website for more information and learn how to apply.

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.

Centerpoint Energy (Gas)

401 West Capitol Avenue In Simons Bank, Little Rock AR 72201 (800) 992-7552 www.centerpointenergy.com <https://www.facebook.com/CenterPointEnergy>
Monday - Friday 8:00am - 7:00pm Contact the Customer Service for more information.

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 conservations when funds are available.

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.entropy-arkansas.com
Contact our Customer Service for more information and how to apply.

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.

L.I.H.E.A.P.

5301 Northshore Drive, North Little Rock AR 72118
(501) 682-0744
<https://www.adeq.state.ar.us/energy/assistance/caad.aspx>
LIHEAP Community-Based Organization. Using the map below, click the county in which you reside to find the CBO that services your community. Search results will return the name of the CBO and contact information, including: address, telephone and website

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/>
<https://www.facebook.com/MetroHousingAlliancecustomerservice@mhapha.org> Monday - Thursday 8:00am - 4:00pm, Friday 8:00am - 12:00pm. 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.

Salvation Army Little Rock

1111 West Markham Street, Little Rock AR 72201
(501) 374-9296 (800) 728-7825 www.salvationarmy-centralarkansas.org https://www.facebook.com/SalArmyCAAC_aokcaacmedia@uss.salvationarmy.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://stfranchishouselr.org/> <https://www.facebook.com/stfranchishouselr/>
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.

Summit Utilities

401 W Capitol Avenue, Little Rock AR 72201
(800) 992-7552
<https://summitutilities.com/my-account/assistance-programs> <https://www.facebook.com/SummitUtilities/>
Monday - Friday 7:00am - 7:00pm At Summit, we are only as strong as the communities we serve, which is why we support our service areas by offering aid to

help those in need. That's why we created the Summit Heating Assistance Fund for customers in Arkansas, Oklahoma, and the Texarkana, Texas area to provide financial assistance to customers who are struggling to pay their heating bills. Contributions for the fund come from Summit Utilities and customers who generously opt-in to donate to the fund on their monthly bill. The program provides customers with up to \$200 to pay past due natural gas bills during the heating season, or until the program funds are depleted.

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/am-boy-community-food-pantry/> 2ambofoodpantry@gmail.com Mondays and Thursdays 9:00am - 12:00noon
Proof of North Little Rock or Maumelle residency, and Photo ID required. Call in advance of visit.

Arkansas Community Advocates

215 East 20th Street, North Little Rock, AR 72116
(501) 357-5880
<https://www.facebook.com/arcommunityadvocates/arcommunityadvocates@gmail.com> Thursday 9:00am - ... Check Face Book for location.
Food, Clothing, kitchen items, etc. What we can provide is dependent on what we receive.

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 #108, Sherwood, AR 72116
(501) 771-1125 X 2 <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 in the mornings 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.

Compassion Pantry for Veterans

522 North Hickory Street, Behind the church.
North Little Rock, AR 72114
(501) 612-4452 <https://cc4vinc.org/>
<https://www.facebook.com/CC4Vinc/> 2nd Thursday 9:00 - 11:00am, 4th Saturday 10:00am - Noon.
Food resources for veterans. and low income and unsheltered in Central Arkansas.

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

1401 Calvary Road, North Little Rock, 72116
(501) 758-3090
https://www.foodpantries.org/li/first_pentecostal_church_of_jesus_christ_72116 Fridays 12:00 - 3:00pm.
Photo ID required.

Fishnet Ministries

1700 Swift Drive, P.O. Box #972
Jacksonville, AR 72076
(501) 241-1211
<https://stjudejax.com/fish-net>
<https://www.facebook.com/groups/141203152735397/>
Tuesdays and Thursdays: 5:00 - 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 distribution 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. Currently not accepting new client.

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 12:00noon, 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) 399-99969 SNAP (833) 762-7275
<https://arhungeralliance.org/>
<https://www.facebook.com/ARHungerAllianceInfo@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>

info@citycenterlr.org By appointment on the first 4 Tuesdays of each month 10:00am - 1:30pm.
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, Thursdays & Fridays 9:00am - 12:00noon
Photo ID and proof of address required.

Jacksonville Care Channel

201 North Elm Street, Jacksonville, AR 72076
(501) 982-4647
<https://www.homelesshelterdirectory.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 Missionary Baptist Church

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

Little Rock Compassion Center

3618 West Roosevelt Road, Little Rock, AR 72204
(501) 296-9114 www.lrcompassioncenter.org
Tuesday and Thursday sign up between 7:00 - 7:15am.
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
info@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/>
3rd Thursdays 10am - 12noon. 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 - until supplies run out. Food boxes available.
Must register in advance.

Saint Mark's Episcopal Church Food Pantry

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

Salvation Army Food Pantry

1111 West Markham Street, Little Rock, AR 72201
(501) 374-9296
www.SalvationArmyCentralArkansas.org
Tuesdays 8:30am - 12:00noon and Thursdays 1:30 - 4:00pm No appointment required. Photo ID required. only one visit a month per person.

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 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.standrewmclr.org/community-help.html>
saintandrewlr@comcast.net 2nd and 4th Thursdays 10:00am - 12:00noon
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. John Missionary Baptist Church

2401 South Main Street, Little Rock, AR 72206
(501) 529-9206
<https://www.bing.com/search?q=St.+John%27s+Bap-tist+Church&FORM=HDRSCI>
<https://www.facebook.com/SJMBChurch/sjpublicist@sjmbchurch.org> 3rd Thursday, 9:00 - done
Food available.

Sylvan Hills Community Church

8019 John F. Kennedy Blvd., Sherwood, AR 72120
(501) 835-1612 www.sylvanhillscommunitychurch.com
Tuesdays 10:00am - 12:00noon.
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.

Watershed

3701 Springer Blvd., Little Rock, AR 72206
(501) 378-0176
<https://thewatershed1.com/>
Monday - Friday 900am - 4:00pm.
Call before coming to make sure food is available.
Appointments and referrals are preferred.
Must have photo ID.

Health Care Services

Amigos, (Bilingual) Pediatric Therapy Services (Bilingual)

4131 John F. Kennedy Blvd.
North Little Rock AR 72116
(501) 502-5420
<https://www.amigospediatrictherapy.com/>
<https://www.facebook.com/amigospediatrictherapy>
tmooore@acaaa.org Monday - Friday 9:00am - 5:00pm
A bilingual pediatric private practice that offers therapy services to English and Spanish-speaking families.
Accepts most Medicaid insurance, Call for fees Our mission is to be a pediatric therapy clinic that positively impacts our neighbors in Central Arkansas by providing individualized, client-based therapy to each child and supporting their families while celebrating their differences both personally and culturally.

ARcare

8924 Kanis Road, Little Rock AR 72205
(501) 389-0157 <https://www.arcare.net/> <https://www.facebook.com/ARcare/> 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) 364-1100 Appointments (501) 364-1202 <https://www.archildrens.org/> <https://www.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.

Arkansas Department of Health - North Little Rock Unit

2800 North Willow Street, North Little Rock AR 72114
501-791-8551
<https://arcancercoalition.org/listings/listing/arkansas-department-of-health-north-little-rock-health-unit/>
<https://www.jccsi.org/clinic-locations/north-little-rock>
Monday, Wednesday, Thursday and Friday 8:00am - 4:30pm. Tuesday 9:30am - 5:00pm. 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.

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 - 12:00noon. 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

10710 Interstate 30, Little Rock AR 72209
(501) 565-5333 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
<https://www.jccsi.org/clinic-locations>
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.

Divine Mercy Health Center

6221 Colonel Glen Road Suite B, Little Rock AR 72204
(501) 441-5558
<https://divinemercyhealthcenter.org/>
Monday - Friday 8:00am - 4:00pm DMHC is a faith-inspired ministry that offers affordable comprehensive primary care and mental health care for the whole family as well as addiction peer-support recovery. Uninsured and insured patients are welcome. Call to inquire about low-cost pricing and membership opportunities. Some insurance plans are accepted. Spanish speaking staff. DMHC also conducts free medical missions throughout the community on a regular basis - check the website for details.

Harmony Health Clinic

201 East Roosevelt Road, Little Rock AR 72206
(501) 375-4400 <https://www.harmonyclinicar.org/>
<https://www.facebook.com/harmonyclinicar>
angela@harmonyclinicar.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 C
Little Rock AR 72211
(501) 221-3338 www.hospicehomecare.com
<https://m.facebook.com/HHCCComfortCareCenter/>
Life is 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 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
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.
[asphttps://www.facebook.com/VACentralArkansas](https://www.facebook.com/VACentralArkansas)
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
<https://www.jccsi.org/clinic-locations/little-rock>
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://yzlocal.com/maumellemedicalcenter/>
<https://www.facebook.com/MaumelleMC/>
Monday - Friday 8:00am - 5:00pm 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
<https://www.jccsi.org/clinic-locations/north-little-rock>
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.

3090 Springer Blvd., Jericho Way Resource Center, Suite B (Downstairs), Little Rock AR 72206
(501) 244-2121
<https://www.chsica.org>
Monday and Wednesday 8am - 5pm.
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.facebook.com/harmonyclinicar> 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 - Jacksonville

3000 North 1st Street P.O. Box #725
Jacksonville AR 72076
(501) 982-7477
<https://www.pulaskicounty.net/health-department>
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 - Southwest Little Rock

8901 Dailey Drive, Little Rock AR 72209
(501) 565-9311

<https://www.pulaskicounty.net/health-department>

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 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 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.

Shepherd's Hope - Neighborhood Health Center

2404 South Tyler Street, Little Rock AR 72204
(501) 529-4063 www.shepherdshope.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://stfrancishouse.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 (800) 698-2411 (If you need an interpreter)

<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://uamshealth.com/health-on-12th/> <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 indirect 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
<https://www.dolr.org/catholic-charities/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://www.wcfarkansas.org/community-resources/a-b-b-a-house/>

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.

BCD, Hoover Treatment Center

3604 West 12th Street, Little Rock AR 72204
(501) 663-7223

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

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 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 #2718222 East 8th Street
Little Rock AR 72203

(501) 372-0733 (501) 372-0733 www.familypromise-sepc.org familypromise@familypromise-sepc.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) 376-4015

<https://www.thegaineshouse.org/> benita@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://www.wcfarkansas.org/community-resources/hand-up-housing-of-arkansas/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 appointment 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.

Magnolia Recovery Community (Men's)

3601 West Roosevelt Road, Little Rock AR 72204
(501) 454-6811

<https://aymag.com/magnolia-recovery-community/>

<https://www.facebook.com/people/The-Magnolia-Recovery-Community/61552141200795/> themagnoliarecovery@gmail.com

Transitional Housing and recovery center. Transitional living for men, Peer Recovery Program with educational classes, meeting with peer specialist weekly to maintain some healthy boundaries and peer support. ACC Licensed.

Magnolia Recovery Community (Women's)

7600 Enman Drive, Little Rock AR 72209
(501) 454-6811

<https://www.facebook.com/people/The-Magnolia-Recovery-Community/61552141200795/> themagnoliarecovery@gmail.com

Transitional Housing and recovery center. Transitional living for women, Peer Recovery Program with educational classes, meeting with peer specialist weekly to maintain some healthy boundaries and peer support. ACC Licensed.

Metropolitan Housing Alliance (MHA)

100 South Arch Street, Little Rock AR 72201
(501) 340-4821

<http://lrhousing.org/> https://www.facebook.com/Metro-HousingAlliance_customerservice@mhapha.org

MHA prides itself on administering federal subsidized housing and housing assistance to low-income persons and families within the city of Little Rock, Arkansas.

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 (501) 499-6639

<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>

ACC Transitional housing for women only.

Providence Park

6900 Green Road, Mabelvale AR 72103
(501) 951-1954

<https://providenceparkhome.com/> <https://www.facebook.com/providenceparkhome/> errin@providenceparkhome.com

Phase 1 of Providence Park will have 100 tiny homes and we hope to have 100 homes completed by the end of 2025. Phase 2-4 will bring an additional 300 homes. Once completed, Phases 1-4 will provide homes for 400 individuals who have been living on the streets of Pulaski County.

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 the 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 soberhouse.com

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://stfranchishouselr.org/veterans-programs/>
<https://www.facebook.com/stfranchishouselr/>

Monday - Friday 9:00am - 4:00pm. Residential placement for veterans through the Veterans Day Treatment Center.

The Centers, 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.

Veteran's Day Treatment Center

1000 South Main Street, Little Rock AR 72202

(501) 257-44-99 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

intake@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.

Center for Arkansas Legal Services

201 East Markham Street, Suite #500

Little Rock, AR, 72201,

(501) 376-3423, (501) 376-3423 espanol,

<https://www.lawhood.com/free-legal-aid-Arkansas.html>

outreach@arkansaslegalservices.org Monday - Thursday 9:00am - 3:00pm, Friday, 9:00am - 11:00am

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) 777-2233 www.arbgmf.org <https://www.facebook.com/arbgmf/forum/>

antoine.ghoston@bgmforum.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

7305 Cantrell Road, 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 X 2007 (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 Espanol. Si est en peligro, Llame al 911, 800-269-4668, a la linea nacional 800-799-7233.

Arkansas for Equality

P.O. Box #13066, Maumelle, AR 72113

(501) 444-2575 www.facebook.com/ArkansansForEquality Arkansansforequality@gmail.com

AfE is an organization supporting equality for all Arkansans.

Arkansas Queer Men's Social Club

Pulaski County, AR

(501) 556-0296

<https://queerar.org/> <https://www.facebook.com/people/Queer-Arkansas-Men/61566450036180/>

pwchannel@gmail.com

Why a social club? Disconnection is a frequently discussed topic these days. Despite living in a hyper-connected society, we're lonelier than ever. Our goal is to offer a real-life space where people can physically meet. Weekly Hangouts, Monthly Events, Opportunities to Host. Am I eligible to join? Sure! We don't gatekeep including gender, despite our primary demographic. If you are looking for a community like this, you should come."

Central Arkansas Pride (C.A.P.)

P.O. Box #250096, Little Rock, AR 72225

(501) 404-8498 www.lrpide.com www.facebook.com/centralarkansaspride info@arpride.org

Pop up third spaces provide the chance for regular connection.

House of GG

P.O. Box #26165, Little Rock, AR 72221

(501) 478-7183 (501) 904-5216

<https://houseoffgg.org/> www.facebook.com/houseoffggs/contact@houseoffgg.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.

Human Rights Campaign 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/> www.facebook.com/intransitive.AR

info@intransitive.org Monday - Friday

11:00am - 4:30pm. inTRANSitive seeks to support, liberate and celebrate the Trans community statewide through community building, organizing and political advocacy.

Natural State Bears

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

P.F.L.A.G.

<https://m.facebook.com/PFLAGlittlerock/> lrpflag@gmail.com

PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families, to create a just, and affirming world for LGBTQ+ people and those who love them.

Reel Queer Film Festival

(501) 317-0273 reelqueerfilm.org info@kalfestival.org

Stonewall Democratic Caucus of Arkansas

<https://www.facebook.com/groups/SDCoFAR/>

The objective of the Stonewall Democrats Caucus is to advance equal rights for all people, regardless of sexual orientation or gender identity.

The Strilite Foundation / AR RAPPS

8615 Chicot Road, Little Rock, AR 72209

(501) 379-8357

<https://www.arrapps.org/> <https://www.facebook.com/StarshipStrilite/> info@arrapps.org

Together we can help end HIV in Arkansas. Despite best efforts, Arkansans still face an uphill battle against HIV related stigma, misinformation, and structural barriers to access to care. Arkansas RAPPS pledges to bridge those gaps left by our current healthcare infrastructure and provide services to those demographics that have been historically excluded, yet bear the burden of heightened rates of HIV transmission.

The Trevor Project

P.O. Box #69232, West Hollywood, CA 90069
(866) 488-7386 Hotline (212) 605-8650
<https://www.thetrevorproject.org>

24/7 The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and queer (LGBTQ) young people ages 13-24.

Libraries

Adolphine Fletcher Terry Library

2015 Napa Valley Drive, Little Rock, AR 72212
(501) 228-0129
<https://cals.org/terry-library> Monday 9:00am - 8:00pm, Tuesday- Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm.

Amy Sanders Library

10200 Johnson Drive, Sherwood, AR 72120
(501) 835-7756
<https://cals.org/sanders-library/> Monday 9:00am - 8:00pm, Tuesday- Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm.

Arkansas Library for the Blind & Print Disabled

900 West Capitol Avenue, Suite #100
Little Rock, AR 7220
(501) 682-1155 Toll Free (866) 660-0885
<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.

Bobby Roberts Library of Arkansas History & Arts

401 President Clinton Avenue, Little Rock, AR 72201
(501) 320-5700
<https://robertslibrary.org> Monday - Saturday 9:00am - 6:00pm, Sunday 12:00am - 4:00pm.

Dee Brown Library

6325 Baseline Road, Little Rock, AR 72209
501-568-7494
<https://cals.org/dee-brown-library/> Monday 9:00am - 8:00pm, Tuesday- Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm.

Esther DeWitt Nixon Library

703 West Main Street, Jacksonville, AR 72076
(501) 457-5038
<https://cals.org/nixon-library/> Tuesday 9:00am - 8:00pm, Monday, Wednesday -Saturday 9:00am - 6:00pm. Closed Sunday.

Hillary Rodham Clinton Children's Library & Learning Center

4800 West 10th Street, Little Rock, AR 72204
(501) 978-3870 <https://cals.org/childrens-library/> Thursday 9am - 8pm, Monday, Tuesday, Wednesday, Friday & Saturday 9am - 6pm. Closed Sunday.

John Gould Fletcher Library

823 North Buchanan Street, Little Rock, AR 72205
(501) 663-5457
<https://cals.org/fletcher-library/> Monday & Wednesday 9:00am - 8:00pm, Tuesday, Thursday, Friday & Saturday 9:00am - 6:00pm. Closed Sunday.

Little Rock Main Library, Central Arkansas Library System (C.A.L.S.)

100 Rock Street, Little Rock, AR 72201
(501) 918-3000
<https://cals.org/cals-main-library/> Closed until 2025

The Main Library is currently closed for extensive renovations. During this process, the Main Library services are available at "Mini Main" located across the street at the Bobby L. Roberts Library of Arkansas History & Art.

Maumelle Library

10 Lake Pointe Drive, Maumelle, AR 72113
(501) 851-2551
<https://cals.org/maumelle-library/> Monday, Tuesday, Wednesday, Friday & Saturday 9:00am - 6:00pm. Thursday 9:00am - 8:00pm. Closed Sunday.

Max Milam Library

609 Aplin Avenue, Perryville, AR 72126
(501) 889-2554
<https://cals.org/milam-library/> Monday, Wednesday -Saturday 9:00am - 6:00pm. Tuesday 9:00am - 8:00pm. Closed Sunday.

Millie M. Brooks Library

13024 Hwy #365, Wrightsville, AR 72183
(501) 537-3186
<https://cals.org/brooks-library> Tuesday - Thursday 9:30am - 4:30pm. 9:30 AM -7 PM, 3rd Tuesday each month. Closed Monday, Friday Saturday and Sunday.

Oley E. Rooker Library

11 Otter Creek Court, Little Rock, AR 72210
(501) 907-5991
<https://cals.org/rooker-library/> Monday, Tuesday, Wednesday, Friday & Saturday 9:00am - 6:00pm. Thursday 9:00am - 8:00pm. Closed Sunday.

Ron Robinson Theater

100 River Market Avenue, Little Rock, AR 72201
(501) 320-5715
<https://cals.org/ron-robinson-theater/>

The Ron Robinson Theater is a 315-seat multi-purpose event venue. Part of the Central Arkansas Library System's (CALS) Main Library campus, it is designed to provide programs for all ages, including films, music performances, plays, readings, lectures, speakers, and children's activities.

Roosevelt Thompson Library

38 Rahling Circle, Little Rock, AR 72223
(501) 821-3060
<https://cals.org/thompson-library/> Monday, Wednesday, Friday & Saturday 9:00am - 6:00pm. Tuesday & Thursday 9:00am - 8:00pm. Closed Sunday.

Sidney S. McMath Library

2100 John Barrow Road, Little Rock, AR 72204
(501) 225-0066
<https://cals.org/mcmath-library/> Monday 9:00am - 8:00pm. Tuesday- Saturday 9:00am - 6:00pm. Sunday 1:00pm - 5:00pm.

Sue Cowan Williams Library

1800 Chester Street, Little Rock, AR 72206
(501) 376-4282
<https://cals.org/williams-library/> Monday, Wednesday, Friday & Saturday 9:00am - 6:00pm. Tuesday & Thursday 9:00am - 8:00pm. Closed Sunday.

William F. Laman Public Library System, North Little Rock - Argenta Branch

420 Main Street, North Little Rock, AR 72114
(501) 687-1061 www.lamanlibrary.org
<https://www.facebook.com/NLRLibraries/> Monday - Friday 9:00am - 7:00pm. Closed Saturday and Sunday.

William F. Laman Public Library System, North Little Rock - Main Library

2801 Orange Street, North Little Rock, AR 72114

(501) 758-1720 www.lamanlibrary.org
<https://www.facebook.com/NLRLibraries/> Monday - Thursday 9:00am - 7:00pm, Friday - Saturday 9:00am - 1:00pm
Closed Sunday

Rock It! Lab

120 River Market Avenue, Little Rock, AR 72201
(501) 320-5748
<https://cals.org/rock-it-lab/>
The Rock It! Lab (RIL) is a place where under-resourced entrepreneurs are given the tools, guidance, and training necessary to start, grow, and scale their businesses. A partnership of the Central Arkansas Library System (CALS) and Advancing Black Entrepreneurship (ABE), the Rock It! Lab provides resources and services, including technical assistance, mentorship, marketing and promotion, networking opportunities, business education, one-on-one instruction, and more to assist entrepreneurs in creating successful businesses.

Meals

Canvas Community Church

1111 West 7th Street, Little Rock, AR 72201
(501) 351-1531
<https://www.welovelittlerock.org/https://www.facebook.com/canvascommunity/paul.urbanmissionary@gmail.com> Wednesday: doors open at 3:00 pm, the meal is served at 4:30 pm, and the movie ends at 6:00 pm. At Dinner & a Movie, we do not just serve food and show a movie. We use dinner and entertainment as a front door to real relationships, real care, and real love that gives people a chance at real Life.

Friendly Chapel, Church of the Nazarine

116 South Pine Street, North Little Rock, AR 72114
(501) 371-0912
<https://www.friendlychapel.org/https://www.facebook.com/wix> Monday - Friday 10:15 - 12:00noon Meals Served

Jericho Way Homeless Day Resource Center

3000 Springer Blvd., Little Rock, AR 72206
(501) 916-9859 www.depaulusa.org <https://www.facebook.com/jerichowaylittlerock/> Homeless day center, Monday - Friday: Breakfast served 7:30am - 8:30am, Lunch served 11:00am - 12:00pm. Closed weekends and holidays. Meals served for breakfast and lunch.

Little Rock Compassion Center

3618 West Roosevelt Road, Little Rock, AR 72204
(501) 296-9114
<https://lrcompassioncenter.org/our-services/> Meals served daily: Breakfast 6:30am - 7:00am, Lunch 12:00 noon - 12:30pm, Supper 4:30 - 5:30. Hot meals are served 3 times a day, 365 days a year.

Meals on Wheels

P.O. Box #5988, North Little Rock, AR 72119
(501) 372-5300 www.carelink.org
Monday - Thursday 9:00am - 5:00pm.
Daily meals and the socialization that comes with a friendly delivery often have a huge impact on an older person's ability to remain independent and in their own home. Hot or frozen home-delivered meals for home-bound older Arkansans over 60 who are unable to shop for or prepare.

Quapaw Quarter United Methodist Church

1601 South Louisiana Street, Little Rock, AR 72206
(501) 375-1600 <https://qqumc.org/> sack lunches handed out daily at the door 8:30 - 12:30. Sundays: Community Breakfast at 7:30am and Stone Soup Dinner at 3:00pm.
community Breakfast Stone Soum meals on Sunday

River City Ministry - Day Services for the Homeless

1021 East Washington Avenue
North Little Rock, AR 72216

(501) 376-6694
<https://www.rivercityministry.org/about> Monday - Friday, breakfast at 8:00am, lunch at 12:00noon, Sunday meal at 2:00pm.

Saint Mark Baptist Church

5722 West 12th Street, Little Rock, AR 72204
(501) 663-3955
<http://smark.org> Monday - Thursdays 10:00am - 12:00pm
Meals Served

Stew Pot Salvation Army

1111 West Markham, Thru the red dor on Soss Street, Little Rock, AR 72201 www.stewpot-littlerock.org
nrorex@gmail.com Monday - Friday, 12:00noon - 1:00pm
Stew Pot is no longer located at the First Presbyterian Church.

Salvation Army

1111 West Markham, Little Rock, AR 72201
(501) 374-9296
<https://southernusa.salvationarmy.org/central-arkansas/>
<https://www.facebook.com/SalArmyCAAC/> Breakfast, Monday - Sunday 7:00am 7:40. Lunch, Monday - Friday 12:00noon - 1:00pm

Mental Health Resources

Arkansas Cares

2002 South Fillmore Street, Little Rock, AR 72204
(501) 906-4928
<https://www.methodistfamily.org/arkansas-cares.html> Monday - Friday 8:00am - 12:00pm, 1:00pm - 5:00pm. Substance abuse treatment center and transitional housing for women with children or who are pregnant, with substance abuse or mental health issues.

Bridgeway Hospital

21 Bridgeway Road, North Little Rock, AR 72113
(501) 456-1500
www.thebridgeway.com Admissions 24/7
Private inpatient hospital, most insurance accepted. Payment required.

The Centers (Adults)

1521 Merrill Drive, Suite D-220, Little Rock, AR 72211
(501) 660-6893 (501) 666-8686 after hours & emergencies <https://www.thecentersar.com/> Monday - Friday 8:00am - 5:00pm.
Outpatient clinic for adults 21 and older.

The Centers (Children)

6425 - 6601 West 12th Street, Little Rock, AR 72204
(501) 664-4308 (501) 666-8686 after hours & emergencies <https://www.thecentersar.com/> Monday - Friday 8:00am - 5:00pm.
Outpatient clinic for age 2 thru 20

El Zocalo Centro de Recuros para los inmigrantes

5500 Guyer Springs Road, Little Rock, AR 72209
(501) 301-4652 Bilingual
<http://www.zocalocenter.com/team@zocalocenter.org>
Call for appointment and services.
Offers support groups & workshops, life coaching and referrals and assistance accessing mental health services to Spanish-speaking adults Ofrece grupos de apoyo y talleres, consejer√a y referenc√a y ayuda encontrando servicios de salud mental para adultos que hablan espa√ol

Family Service Agency

628 West Broadway Street, North Little Rock, AR 72114
(501) 372-4242
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.

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. JACKSONVILLE 1109 Burman Jacksonville, AR 72076 501-982-7515. SPRINGHILL N LITTLE ROCK 4354 Stockton Dr. N. Little Rock, AR 72117 501-955-7600. SHERWOOD 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 (800) 273-8255 Hotline 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. 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

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 (PCRCSU) 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. rvicees 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.

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

4224 Shuffield Drive, Pulaski County District Court Building, First Floor, 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, aged 18 years and up. They offer counseling and psychiatric services through a multidisciplinary team

Miscellaneous

American Red Cross of Arkansas

2610 Shackelford 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 Advocates

215 East 20th Street, North Little Rock, AR 72116
(501) 352-5880

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

arcommunityadvocates@gmail.com

Thursday 9:00am - ... Check Face Book for location. Clothing, food, kitchen items, etc. What we can provide is dependent on what we receive.

Arkansas Community Dispute Resolution Centers, Inc.

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

(501) 379-1501 www.acdrc.net admin@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@arkansas-comm.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 Libraries/ University of Arkansas, Little Rock student Union/ All Public Libraries

Computer and Internet Access:

University Libraries/ Public Librarie/ AR State Library/ AR unemployment office, job search only, Central Arkansas Library locations

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, EBT Office

1900 East Washington Avenue
North Little Rock, AR 72119

(501) 682-0100 <https://www.ebtoffices.com/li/pulaski-north-dhs-office-north-little-rock> 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 South West 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

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 - 12:00noon or 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 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 <https://apps.irs.gov/app/office-locator/>

Monday - Friday 8:30am - 12:00noon - 1:00pm - 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

<https://depaulusa.org/programs/little-rock/>

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.

Mail Service: Little Rock Downtown Post Office

600 East Capitol Avenue, Little Rock, AR 72202

(501) 375-5155

Karisma Consulting

Empowering Healthy, Happy, and Thriving Individuals & Work Communities

Invest in your Greatest Asset, Your Team!

Let's Connect
on LinkedIn



These sessions
allowed a safe
space for our team
to have candid
conversations.
City of Little Rock
Department of
Community Programs

Consultation Strategic Planning Focus Groups Leadership Development Personal Development Coaching Staff Members



Heather McMahan, MPH
karismaconsulting.org
admin@karismaconsulting.org



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.

LITTLE ROCK DEPARTMENT OF COMMUNITY PROGRAMS



DEPARTMENT OF COMMUNITY PROGRAMS

WHAT OUR DEPARTMENT LOGO REPRESENTS

We help people grow by being connected to one another. The left side is rooted in Little Rock, but expands on the other side to reach out to others as we grow as well.



If you are going to grow,
you have to be intentional.
- Curt Kampmeir

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 workforce

Place a Priority on Children and Youth to integrate an authentic youth voice in decision-making regarding programs and services

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)
- Neighborhood Safety Programs
- Summer Academic & Recreation Programs (ages 6-15)
- Community Innovation Projects
- Summer Youth Employment Opportunity (ages 16-21)
- City Year
- Career & Life Skills Training Programs
- Mayors Youth Council
- Little Rock Parks & Recreation Summer Playgrounds
- “Small Contracts” Programs
- Little Rock Police Department (LRPD) “OK” Program
- Scholars Recognition Program
- Little Rock Police Department “GEMS” 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
- Domestic Violence Counseling and Services
- Tobacco Education Programs
- 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 of 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: DCPInfo@littlerock.gov

INSTAGRAM: [@LRCommunityPrograms](https://www.instagram.com/LRCommunityPrograms)

WEBSITE: www.LRDPCares.org

FACEBOOK: [Facebook/City of Little Rock - Department of Community Programs](https://www.facebook.com/CityofLittleRock-DepartmentofCommunityPrograms)

DIRECTORIO EN ESPAÑOL

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>
La misión de la Coalición de Arkansas contra la Violencia Doméstica es eliminar la violencia doméstica y promover familias saludables. Si estás en peligro, llama al 911, a la línea directa local 800-269-4668 o a la línea nacional de EE. UU. 800-799-SAFE (7233). Línea de ayuda para abuso en citas de adolescentes: (866) 331-9474. Servicios bilingües disponibles (español).

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 después de que nazca el niño, sin problemas de drogas o enfermedades mentales.

Las Mujeres y Los Niños Primero

Apartado postal #1954, Little Rock AR 72203
(501) 376-3219 Línea directa gratuito (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

401 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.
Si está 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 Hotline

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

Shepherd's 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 8am – 12pm.

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
Hablamos Español. Si está en peligro, llame al 911
Llámenos al 800-269- 4668 o a la línea 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/ArkansasWomens-Outreach/> 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 periodo, ropa interior, toallas y condones.

Servicios de Adopción Católica

2500 North Tyler Street, Little Rock AR 72207
(501)664-0340
www.catholicadoptionoptionservices.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 8

23 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)

210 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 tener 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 abusos. 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

104 N Battery St, 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.

Shepherd's 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 8am – 12pm.
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 Miércoles 4:00 - 8:00 pm.
Apoyo médico gratuito, manejo de enfermedades crónicas (hipertensión, diabetes y colesterol). Ase-



Escuchamos y no juzgamos.

Arkansas Abortion Support Network te brinda todas las opciones para que puedas tomar la mejor decisión para tu cuerpo y tu vida.

El Centro YOU es un centro de recursos para el embarazo con todas las opciones que ofrece una variedad de recursos para el embarazo, condones, anticonceptivos de emergencia y Opill, GRATIS.

Llama, envía mensajes de texto o Signal (501) 487-5244

o encuéntranos en las redes sociales.



ArAbortionSupport.org

DIRECTORIO EN ESPAÑOL

soramiento 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 Alimentos

Despensa de alimentos de la comunidad de Amboy

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 Mautelle. 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 - 11:45 am.
Sirviendo a los residentes de Sherwood.
Tarjeta de identificación requerida.

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 Ave., 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.libertyhbc.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 Sion

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 sólo 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 12:00 noon - 4:00 pm.
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/>
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 a 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 - 11:30 am.
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 a 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.

Center de Compasión Little Rock

1 Children's Way, Little Rock, AR 72202
(501) 364-4000 Ext #9,
Viernes por las tardes.
Comida cada día: desayuno 6:30am - 7:00am, almuerzo 12:00 noon - 12:30pm, cena 4:30 - 5:30. Se sirven comidas calientes 3 veces al día, los 365 días del año.

Compassionately Connected for Veterans, Inc. Compassion Pantry

10421 W Markham St #100, Little Rock, AR 72205
<http://www.cc4vinc.org/>
(501) 612-4452
Martes y jueves, 8:00a.m.- 4:00 p.m., y el cuarto sábado del mes, de 10:00a.m. a 12:00p.m.
Entrega de donaciones, centro educativo y apoyo con becas. Para veteranos y sus familias.

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.

En Tus Manos Ministries, Inc.

3905 Carretera 161 Norte North Little Rock AR 72117
(501) 945-1314
<https://www.facebook.com/In-YourHands> Ministries-Inc-207547428968/

Correo electrónico: inyourhandsministries@gmail.com
Sólo por cita una vez al mes para cada familia. Tarjeta de identificación requerida.

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.com
Segundo tercero y cuarto domingo del mes 12:00pm - 2:00pm. Se requiere registrar cada mes con la despensa 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 miércoles del mes 1:00 - 3:00 pm llame para confirmar.

Cuenca hidrográfica

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 haya comida disponible. Cita y remisión preferida. tarjeta de identificación requerida.

Recursos de Servicio de Salud

Amigos Pediatric Clinic: Servicios (bilingües) de terapia pediátrica

4131 John F Kennedy Boulevard, Suite C North Little Rock, AR 72116
(501) 502-5420
<https://amigospediatrictherapy.com/>
Una clínica pediátrica privada bilingüe que ofrece servicios de terapia a familias que hablan inglés y español. Acepta la mayoría de los seguros de Medicaid. Llame para consultar los precios. Nuestra misión es ser una clínica de terapia pediátrica que impacte de manera positiva a nuestros vecinos en Arkansas Central, brindando terapias individualizadas y centradas en cada niño, apoyando a sus familias y celebrando sus diferencias tanto a nivel personal como cultural.

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 ninos/ 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/healthcare-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. Se puede cambiar.

DIRECTORIO EN ESPAÑOL

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 de 8:00am - 4:30pm.

Clinica de salud general. Servicio bilingüe disponible.

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/>

Lunes y miércoles 4:00pm - 8:00pm.

Apoyo médico gratuito. Los servicios de ayuda incluyen: manejo de enfermedades crónicas (hipertensión, diabetes y colesterol); asesoramiento médico; prevención de enfermedades. Exámenes dentales y de audiología disponibles. Asesoramiento sobre dieta y nutrición disponible.

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 Sábado 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 ler y 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. intérpretes de español disponibles. Pequeña farmacia. Solo por cita, normalmente la noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay intérpretes. 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 - 5pm Sabado 8am - 12pm Citas recomendadas, comprobante de ingresos, se requiere tarjeta de Seguridad Social. Copago mínimo de \$20 dependiendo de los ingresos.

Clinica Vecinal Esperanza en 2nd Baptist Church

2nd Baptist Church, 2nd Floor
6111 West 83rd Street, Little Rock AR 72209
(501) 562-1114 Bilingüe

<http://esperanzahopeclinic.org>

Correo electrónico: clara.white86@yahoo.com
Clinica de atencion primaria abierta los jueves de 5:15 a.m. - 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. SÓLO con cita previa. Copago de \$5. Tener intérpretes de español disponibles.

Divine Mercy Health Center, ubicado en Mosaic Church

6221 Colonel Glenn Road, Little Rock, AR 72204
<http://divinemercyhealthcenter.org/>
(501) 441-5558

De lunes a viernes, 8:00a.m. - 4:00p.m.

Un viaje coordinado hacia tu mejor salud. El Divine Mercy Health Center es un ministerio local inspirado en la fe que utiliza misiones médicas móviles y conexiones comunitarias para ayudar a los más desfavorecidos a mejorar su calidad de vida, logrando su mejor salud física, mental y espiritual.

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.

Shepherd's 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 medica, 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 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—Espanol

www.dolr.org/catholic-charities/westsidemeical-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 autobús no está disponible. Atención médica y tratamiento solo para veteranos.

Iglesia Bautista Liberty Hill

1215 South Schiller, Little Rock AR 72202 21
(501) 228-0659

www.libertyhbc.org

Enfermera de exámenes de salud disponible el 2do lunes, 3:00pm - 6:00pm

Centro Medico Maumelle

501 Millwood Circle, Suite E, Maumelle AR 72113
(501) 803-9990

<http://maumellemedicalcenter.com>

Lunes - Jueves, 8:00am - 5:00pm Viernes 8am - 12pm.

Llame para una cita, sin cita previa.

Departamento de Salud de North Little Rock

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.

Jericho Way Resource Center, Suite B
300 Springer Boulevard, Little Rock AR 72206

(501) 244-2121

<https://www.chsca.org>

Abierto Lunes 8:00am - 7:00pm, martes; miércoles y 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

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

Lunes - Viernes 8:00am - 4:30pm.

Citas requeridas Se requiere comprobante de ingresos e identificación. Exámenes de salud gratuitos 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

<https://www.pulaskicountyhealth.com/stdtesting.html>

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 la 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 máximo 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

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

Lunes - Jueves 8:30am - 4:00 pm, Walk Ins Welcome. Viernes solo con cita previa.

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 las 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 préstamos.

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-uit-jacksonville

Lunes - Viernes 8:00am - 4:30pm.

Citas requeridas. Se requiere comprobante de ingresos e identificación. Exámenes de salud gratuitos 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.

Shepherd's 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

DIRECTORIO EN ESPAÑOL

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 flexible. 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—Espanol

www.dolr.org/catholiccharities/westsidemedical-clinic

Miércoles 5:00pm - hasta que se haga la clinica 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 Clinica Oftalmológica

Clínica Harmony Health

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

www.harmonyclinical.org

Llame para obtener información.

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.

Shepherd's 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.

General

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

De lunes a viernes, de 9:00a.m. a 5:00p.m.
300 S Spring St STE 300, Little Rock, AR 72201

<http://arecc.org/>

(501) 615-8922

- ♦ Programa de Asistente de Enfermería Certificado,
- ♦ Asistente Médico Clínico Certificado,
- ♦ Programa de Técnico de Farmacia Certificado,
- ♦ Programa de Informática: Excel, Word, PowerPoint, Outlook,
- ♦ Programa de Capacitación en Preparación para el Empleo,
- ♦ Programa de Capacitación en Habilidades de Servicio al Cliente,
- ♦ Programa de Capacitación en Habilidades Empresariales,
- ♦ Programa de Ciberseguridad.

Arkansas United

(479) 347-2824,

(479) 763-2822 - solo emergencias

<https://arkansasunited.org/>

La Coalición Comunitaria de Arkansas United (Arkansas Unidos) es una organización de derechos de los inmigrantes fundada para unir a organizaciones e individuos con base en Arkansas, con la misión de promover una integración significativa de los inmigrantes a nivel local y estatal.

Belflex Staffing, a Belflex Company - Dotacion de Personal Premier

10901 Financial Centre Parkway

Little Rock, AR 72211

(501) 223-8367

<https://belflex.com/>

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

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

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.

Los Servicios Católicos de Inmigración ofrecen asesoramiento y apoyo de bajo costo a quienes son elegibles para beneficios migratorios y no pueden pagar asistencia privada. Además, los Servicios Católicos de Inmigración brindan programas educativos para líderes comunitarios, fuerzas del orden, equipos de emergencia y otros grupos sobre los derechos y beneficios disponibles para los inmigrantes que son víctimas de crímenes violentos.

Servicios:

- ♦ Asesoramiento para necesidades relacionadas con inmigración.
- ♦ Preparación de solicitudes y formularios migratorios.
- ♦ Creación de redes y derivación a recursos comunitarios.
- ♦ Talleres y seminarios de inmigración en eventos comunitarios.
- ♦ Defensa legislativa en nombre de los inmigrantes.
- ♦ Asesoramiento para inmigrantes víctimas de violencia doméstica y trata de personas.

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 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.

El Consulado de México en Little Rock

3500 South University Avenue

Little Rock, AR 72204

(501) 372-6933

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

conlrock@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, así como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo o por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos. Entre las diversas funcionalidades del Consulado, algunos de los servicios son: Documentación de viaje (pasaporte); ID matricula consular, cartilla militar; Servicio manejo de casa; Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos); Poderes Notariales; Visas para extranjeros (turistas, permanentes, diplomáticos, 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 información que contribuye a un conocimiento positivo y mejor de México.

El Zocalo Immigrant Resource Center

P.O. Box #250953, Little Rock, AR, 72225

(501) 301-4652

<http://www.zocalocenter.com/resources>

team@zocalocenter.org

Siguen siendo activos, pero son difíciles de contactar.

El Zócalo trabaja para conectar a individuos y familias inmigrantes en necesidad con servicios y apoyo.

Proporcionan educación y defensa a la comunidad.

Se puede llamar para obtener asistencia adicional con el acceso a recursos de salud, sociales y emocionales.

Clases de inglés como segundo idioma (ESL) disponibles.

GUÍA DE INFORMACIÓN, Arkansas Times

201 East Markham Street, Ste. #150

Little Rock, AR 72202

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

<https://cals.org/research-tool-language/spanish>

Guía en línea de 72 páginas para inmigrantes en 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 busca apoyar, liberar y celebrar a la comunidad trans en todo el estado mediante la construcción de comunidad, la organización y la defensa política.

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.

El Defensor de Víctimas del Departamento de Policía de Little Rock aboga activamente por las víctimas de delitos como un defensor bilingüe de apoyo.

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.

Enseñanza a adultos (mayores de 18 años) para leer y aprender inglés como segundo idioma. Gratis.

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

Nuestra misión es empoderar a las familias difundiendo información vital sobre los recursos disponibles y guiándose a través de los pasos necesarios para ayudar a sus hijos a alcanzar sus aspiraciones educativas, allanando así el camino para un futuro más brillante, libre de barreras culturales, económicas o socioeconómicas.

North Little Rock Police, Victim Advocate

1 Justice Center Plaza, North Little Rock, AR 72114

(501) 812-2560

www.nlrlpolice.org edna.Ramirez@nlrlpolice.org

Lunes a viernes 8:00am – 4:00pm.

El Defensor de Víctimas del Departamento de Policía de North Little Rock aboga activamente por las víctimas de delitos como un defensor bilingüe de apoyo.

Número Nacional de Crisis/Para Prevención del Suicidio

(888) 628-9454 en Español

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

Nuestra misión en Seis Puentes es empoderar a la comunidad Latinx en Arkansas Central para utilizar la educación y la información con el fin de mejorar su posición socioeconómica y crear un cambio generacional duradero.

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> kcountryman@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> acrumpp@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

4200 Barrow Road, Little Rock, AR 72204

(501) 565-4807

<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 (501) 563-6370

<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 Willie Hinton

7414 Doyle Springs Road, Little Rock, AR 72209

(501) 565-7119 (501) 584-7774

<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> iconley@littlerock.gov

NRC Wright Avenue

1813 Wright Avenue, Little Rock, AR 72202

(501) 244-0900 (501) 772-1643

<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> wcarpenter@littlerock.gov

Plasma Donation: CSL Plasma

8521 Guyer Springs Road, Suite D

Little Rock, AR 72209

(501) 404-3147

<https://www.cslplasma.com/find-a-donation-center>

Monday - Friday 7am - 7pm, Saturday 8am-6pm

Earn cash for your plasma donation.

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 8:00am - 6:00pm.

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: closed.

Tuesday: - 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 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. 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, 3rd Saturdays 9:00am - 12:00pm.,

1st and 3rd Wednesdays 5:00 - 8:00pm

Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteer to repair bikes for children. Call for information.

ReStore, Habitat for Humanity

6700 South University Avenue, Little Rock, AR 72207

(501) 2376.4434

<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 of our 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 (800) 772-1213

<https://www.ssofficelocation.com/sherwood-social-security-office-so61>

Monday - Friday 9am - 4pm. Closed federal holidays.

The Van (The One Inc.)

4500 West 61st Street, Little Rock, AR 72209

(501) 955-3444

www.theoneinc.org

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

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) 682-2121

www.dws.arkansas.gov <https://www.facebook.com/arkdws/>

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://www.aicargo.org/> info@AICA-go.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 American population of Arkansas primarily by providing services and partnerships that offer education, welfare and employment services while striving to promote a fuller awareness of the benefits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Americans in the state of Arkansas.

Arkansas 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- Lega Resources for Native Americans

Federally Recognized Indian Tribes and Resources for Native Americans

www.usa.gov/tribes

Historic Arkansas Museum

200 East 3rd Street, Little Rock, AR 72201

(501) 324-9150 (501) 324-9351

www.historicarkansas.org info@historicarkansas.org

Tues. - Sat. 9:00am - 5:00pm, Sun. 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 (737) 225-3150

<https://www.loveisrespect.org/get-relationship-help-24-7-365/>

[native-american-services/](https://www.facebook.com/loveisrespectpage/) <https://www.facebook.com/loveisrespectpage/>

Culturally-relevant resources for Native Americans and Alaska Natives experiencing dating abuse:

<https://www.loveisrespect.org/get-relationship-help-24-7-365/>

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 <https://eldercare.acl.gov/Public/Index.aspx>

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.

National Abortion Hotline

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

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>

Número Nacional de Crisis/Para Prevención del Suicidio

(888) 628-9454 en Español 988 Lifeline <https://988lifeline.org/>

Promoting Positive Emotions (P.P.E.)

(501) 526-3562 (800) 273-8255 www.staypositivearkansas.com

Social Security Administration

(800) 772-1213 <https://www.ssa.gov/>

The Trevor Project

(212) 695-8650 <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
<https://www.facebook.com/arkansansforanimals/arcan5@arkansansforanimals.org> Tuesday, Wednesday 7:30am - 5:30pm, Thursday 9:00am - 3:00pm.
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

2951 South 1st Street, Cabot, AR 72023
(501) 843-2021
<https://cabotanimalsupportservices.com/about/> <https://www.facebook.com/CabotAnimalSupportServices>
cass@cabotar.gov Monday - Friday 12:00noon - 5:00pm
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
Monday - Saturday 9am - 5pm
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/> <https://www.facebook.com/HumaneSocietyPulaskiCounty/> info@warmhearts.org
Wednesday - Sunday 11:00am - 5:00pm.

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/jacksonvilledogsandcats?rf=104117459683246_cjhenderson1@gmail.com
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.

North Little Rock Animal Services

1 Championship Drive, North Little Rock, AR 72118
(501) 791-8577 <https://nlr.ar.gov/departments/animal-services/animal-shelter/> animalservices@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.

Little Rock Animal Village

4500 Kramer Street, Little Rock, AR 72204
(501) 376-3067 (501) 725-0250
<https://www.friendsoftheanimalvillage.org/about-lrav> <https://www.facebook.com/FriendsoftheAnimalVillage>
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.

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.facebook.com/RockCityRescue> 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 12:00noon - 7:00pm, Saturday 12:00noon - 4:00pm
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 (844) 535-7291
www.BHGREcovery.com <https://www.facebook.com/BHGREcovery/> nlr@catarcclinic.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

<https://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) 519-5595 (501) 529-7639 Office www.path-saves.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 6am - 5pm. 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. s are affected by Alzheimer's desies 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/divisions-shared-services/provider-services-quality-assurance/> 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/> https://www.facebook.com/ArkansasRelay_alice.berry@t-mobile.com Monday - Friday 8:00am - 5:00pm
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 <https://www.facebook.com/CarelinkAR> info@carelink.org
Monday - Friday 8:00am - 4:30pm.
Care Link provides resources to the elderly in Central Arkansas. Meals on wheels, in home care, transportation, family caregiver support, an 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 7220
(501) 665-4870
<https://www.cadc.com/weatherization>
<https://www.facebook.com/cadckarkansas/>
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

Donaghey Plaza, P.O. Box 1437
Little Rock, AR 72203
(501) 682-1001 www.choicesinliving.ar.gov choicesin-living@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.

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 in 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)
<https://www.houseaboutit.org/supportive-services/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), Medi-

care Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral

iCAN

900 West 7th Street, Little Rock, AR 7220
(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 <https://www.facebook.com/lifequestofarkansas/?fref=ts> 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 adults explore social interaction and intellectual stimulation thrives through adult education classes for the fun of learning.

Meals on Wheels

P.O. Box #5988, North Little Rock, AR 72119
(501) 372-5300
<https://www.carelink.org/services/meals-on-wheels/>
<https://www.facebook.com/CarelinkAR> 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.

Older Individuals Who are Blind: Arkansas Division of Services for the Blind

1 Commerce Way, Suite #204, Little Rock, AR 72202
(501) 682-5462 800-960-9270
<https://dws.arkansas.gov/services-for-the-blind/> <https://www.facebook.com/arkdws/> Info@arkansas.gov Monday - Friday 8:00am - 4:30pm
This program provides independent living services to blind and visually impaired individuals who are 55 and older Arkansas Division of Workforce Services.

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://absedisasterrelief.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/admissions@ualr.edu> Monday - Friday 8am - 5pm.
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 <https://www.baptist-health.com/location/baptist-health-medical-center-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 w/ symptoms and allow psych screener or ER staff to make that referral for indigent clients. Private insurance for substance abuse or \$5,500 cash payment required.

BCD, Hoover Treatment Center

3604 West 12th Street, Little Rock, AR 72204
(501) 663-7223
<https://bcdinc.org/> https://www.facebook.com/BC-DINC_bcdinc@bcdinc.org Monday - Friday 9:00am - 8:00pm.
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) 456-1500 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 (888) 501-1607
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.

Cocaine Anonymous (C.A.)

P.O. Box #4043, Little Rock, AR 72204
(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 <https://www.facebook.com/LRCompassionCenter> williamdholloway@yahoo.com Monday - Friday 8:00am - 4:00pm, Saturday and Sunday 8:00am - 12:00 noon.
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 (800) 799-7233
<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

628 West Broadway Street, Suite #300
North Little Rock, AR 72214
(501) 372-4242 <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/freshlyrenewed_renew@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, (CIT) Counselors in Training 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. Does take parolees and court ordered clients. \$250 entry fee.

Hope Rises

P.O. Box 166424, Little Rock, AR 72216
(501) 772-7752 (501) 650-8980

<https://www.facebook.com/hoperises.org/>

COURT ORDERED, womens Inpatient treatment facility. 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.naturalstateretirement.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. No sex offenders.

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

<https://www.rehab.com/quality-living-center-male-residential> Monday - Friday, 8:00AM - 4:00PM

Coed campus, separate residence for men and women. Call for fees.

Recovery Center of Arkansas, Riverbend

2919 Sibley Hole Road, Little Rock, AR 72209
(501) 372-4611

<https://www.rcofa.org> <https://www.facebook.com/RecoveryCentersOfArkansas> info@rcofa.org

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 (479) 432-3005

<https://www.serenityparkrecovery.com/> <https://www.facebook.com/SerenityParkRecovery/> 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.oefoif.va.gov/substance-abuseprograms.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

<https://www.carelink.org> <https://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 Day Resource Center

3000 Springer Blvd, ARLittle Rock, AR 72206

(501) 916-9859 <https://depaulusa.org/programs/little-rock/> www.facebook.com/jerichowaylittlerock/

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

Van service from Jericho Way to specific locations.

Call for route information.

Recycle Bikes for Kids

717 East 10th Street, North Little Rock, AR 72114
(501) 563-8264

<https://www.recyclebikesforkids.org/> www.facebook.com/recyclebikesforkids recyclebikesforkids@gmail.com

Monday from 1:00 - 7:00pm, the 3rd Saturday of each month 9:00am - 12:00noon, Wrench Wednesday:

Every 1st and 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. Download a 12-point font METRO Links service application form here or an 18-point font application here. A large-print Spanish-language version of this application is available here.

Veteran's Day Treatment Center

Substance1000 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

6:30 a.m. to 5:00 p.m., Saturday 8:00 a.m. to 5:30 p.m., Closed Sunday.

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. Find out more below.

Veterans' Resources

Compassionately Connected for Veterans Inc.


110421 West Markham Street, Suite #100

Little Rock, AR 72205

(501) 612-4452

<https://cc4vinc.org/cc4v-programs> <https://www.facebook.com/CC4Vinc/> Info@cc4vinc.org


Aiding in the food/basic needs disparities among Veterans, their families and the community.



AECCE


Arkansas Employment Career Center

CURRENTLY ENROLLING



PROGRAMS

- Certified Nursing Assistant ✓
- Certified Clinical Medical Assistant ✓
- Pharmacy Technician ✓
- Network Cyber Security ✓



SCAN ME

www.arecc.org

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501 615-8922

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John L. McClellan Veterans Hospital

4300 West 7th Street, Little Rock, AR 72205
(501) 257-1000

www.littlerock.va.gov/locations/directions.asp
<https://www.facebook.com/VACentralArkansas>
Medical care and treatment for veterans ONLY.

St. Francis House, Veterans Re-entry

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 Veterans 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/>
<https://www.facebook.com/VACentralArkansas>
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://uapct.edu/vub> <https://www.facebook.com/pulaskitech/> 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 (501) 257-1000
<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!

Veterans Substance Abuse Treatment Services

2200 Fort Roots Drive
North Little Rock, AR 72114
(501) 257-2846 (501) 257-1000
<https://sobernation.com/listing/central-arkansas-veterans-healthcare-north-little-rock-ar/> Monday - Friday 8:0am - 3:0pm. Accessible to homeless Veterans eligible for services.

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/> https://www.facebook.com/ACADV_info@domesticpeace.com Monday - Friday 8:00am - 4:00pm 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.

Arkansas Coalition Against Sexual Assault (A.C.A.S.A.)

300 West Capitol Avenue, Little Rock, AR 72201
(501) 246-3276 (800) 656-4673
<https://www.arkcasa.org/> https://www.facebook.com/ArkCASA_info@arkcasa.org Monday - Friday 9:00am - 5:00pm. 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

(501) 682-2222
<https://www.dps.arkansas.gov/crime-info-support/arkansas-crime-information-center/community-information/victims-information/> <https://www.facebook.com/acicmedia/> Monday - Friday 8:00am - 4:00pm 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.

Centers 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/> <https://www.facebook.com/people/Center-For-Healing-Hearts-Spirits/100069068660656/> hhscenter@sbcglobal.net Mon-

day - Friday, 8:00am - 5:00pm, 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> <https://www.facebook.com/CACArkansas/> 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/> <https://www.facebook.com/rescuemissionlr/> info@urmissionlr.org Monday - Friday 9:00am - 5:00pm 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/> https://www.facebook.com/AGTimGriffin_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. Download: https://arkansasag.gov/wp-content/uploads/lauras_card_3-18-20.pdf

Mothers Against Drunk Driving (M.A.D.D.)

10515 West Markham Street, Little Rock, AR 72205
(501) 376-6100
<https://www.madd.org/> <https://www.facebook.com/MADDNational/> 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.

North Little Rock Police, Victim Advocate

1 Justice Center Drive, North Little Rock, AR 72114
(501) 812-2560 www.nlrpolice.org edna.Ramirez@nlrpolice.org Monday - Friday 8:00am - 4:00pm The North Little Rock Police Department Victim Advocate actively advocates for victims of Crime as a supportive bi-lingual advocate.

Parents of Murdered Children (Arkansas)

1015 West 2nd Street, Suite #107
Little Rock, AR 72201
(501) 351-7662 (501) 412-2629

Tomorrow's Health Starts Now!

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

FAST | FREE | ONLINE



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SCAN ME



Click "Get Started"

<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 having 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://victimrightsar.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/> https://www.facebook.com/WCFarkansas_amcgraw@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 (501) 666-9778

<https://www.dolr.org/missionaries-charity-calcutta>
<https://www.wcfarkansas.org/community-resources/a-b-b-a-house/>

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.arabortionssupport.org/>
<https://www.facebook.com/arabortionssupport>
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.arabortionssupport.org/resources-1> If you need any travel assistance please fill out their form here: [chicago abortion fund intake form: https://airtable.com/chicago-abortion-fund-intake-form](https://airtable.com/chicago-abortion-fund-intake-form)

[com/appoK9CLiGizfDNBO/shr3vcDZpxnTE2dLK](https://www.appoK9CLiGizfDNBO/shr3vcDZpxnTE2dLK)

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) 906-4928

<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 https://www.facebook.com/ACADV_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 Llamos 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

www.catholicadoptionsservices.org <https://www.facebook.com/cdolr> Monday - Friday 8:30am - 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 her 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/> <https://www.facebook.com/rescuemission.lr> 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/> <https://www.facebook.com/TheGainesHouse> 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 (501) 296-9114

<https://lrcompassioncenter.org/women-children/>
<https://www.facebook.com/LRCompassionCenter>

Check-in between 3pm - 7pm. Women's homeless shelter. Must have an ID and be over 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 - 9:30am.

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/> Monday - Friday 8:00am - 4:00pm 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 https://www.facebook.com/WCFarkansas_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

Amigos! Pediatric Therapy Services

4131 JFK Blvd., Suite C, North Little Rock, AR 72116
(501) 502-5420

amigospediatrictherapy.com <https://www.facebook.com/amigospediatrictherapy> info@amigospediatrictherapy.com Monday - Friday

We are a bilingual-Spanish pediatric private practice that offers therapy services to English and Spanish-speaking families. Most insurances are accepted; please call for fees. Our mission is to be a pediatric therapy clinic that positively impacts our neighbors in Central Arkansas by providing individualized client-based therapy to each child and supporting their families while celebrating their differences both personally and culturally.

Angels' Choice Adoption Agency, Inc.

2299 East Lee Avenue, Little Rock, AR 72120
(501) 615-3094 (800) 879-7233

<https://www.angelschoice.org/> michelle.aaca@gmail.com Monday - Friday 8:00am - 8:00pm, Saturday 10:00am - 8:00pm, Sunday 12:00 noon - 8:00pm.

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 <https://www.facebook.com/AR-Advocates/> connect@aradvocates.org Monday - Friday 8:30am - 5:00pm



We listen and we don't judge.

Arkansas Abortion Support Network provides you with **all** the options so you can make the best decision for your body and life.

The YOU Center is an all-options pregnancy resources center that offers a variety of pregnancy resources, condoms, Emergency Contraceptive and Opill—for FREE.

Call, text, or signal
(501) 487-5244

or find us on social media.



ArAbortionSupport.org

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

Arkansas Child Abuse Prevention Hotline

(800) 482-5964

<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 <https://www.facebook.com/ArkansasChildrens/> Children's after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am - 7:45pm.

Call the after hours 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 Hotline (866) 331-9474

<https://www.domesticpeace.com/> <https://www.facebook.com/ACADV> info@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 Espanol. Si est en peligro, Llame al 911 Llamenos al 800-269-4668 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 <https://www.facebook.com/ArkansasHomeVisitingNetwork> mccurdyce@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 Museum of Fine Arts

501 East Ninth Street, Little Rock, AR 72202

(501) 372-4000

<https://arkmfa.org/> connect@arkmfa.org Start your weekend with free art-making activities for all ages and skill levels at Creative Saturdays every Saturday from 10 a.m. to 1 p.m.

Youth art and theater programs, Spring Break and Summer programs. Free admission.

ARKids First

P.O. #Box 1437, Slot S-401, Little Rock, AR 72203

(501) 682-8292

<https://humanservices.arkansas.gov/divisions-shared-services/medical-services/healthcare-programs/arkids/> Monday - Friday 8:00am - 4:30pm.

ARKids First health insurance provides two coverage options for Arkansas children who otherwise might have gone without.

Big Brothers Big Sisters of Central Arkansas

1201 West Third Street., north Little Rock, AR 72201

(501) 374-6661

www.bbbsca.org <https://www.facebook.com/bbbsof-centralarkansas/> agency@bbbsca.org

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

Our mission to create and support one-to-one mentoring that provides positive role models in the lives of children. Our vision is for all youth to reach their fullest potential.

Break the Silence - Speak Out America

P.O. Box #242761, Little Rock, AR 72223

(501) 804-0747

<https://www.breakthesilence.org/> info@breakthesilence.org

Dedicated to preventing child sexual abuse.

Catholic Adoption Services

2500 North Tyler Street, Little Rock, AR 72207

(501) 664-0340 X379

<https://www.dolr.org/catholic-charities/adoption>

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

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 her 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.

Child Support Enforcement Office

322 South Main Street, Suite #100

Little Rock, AR 72201

(501) 371-5400

<https://www.dfa.arkansas.gov/office/child-support-enforcement/>

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

Enforces court orders involving non-custodial parental child support.

Cru Inner City

1215 South Schiller Street, Little Rock, AR 72202

(501) 690-5433

<https://www.cru.org/> centralarkansas.innercity@cru.org

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

HIPPY Home Instruction for Parents of Preschool Youngsters

1 Children's Way, Slot #651, Little Rock, AR 72202

(501) 364-1100 (844) 502-9837 (toll free)

<https://www.archildrens.org/programs-and-services/hippy-program?&journey=symptoms>

Home Instruction for Parents of Preschool Youngsters Program (HIPPPY) is a 30-week school readiness-parent involvement program for parents of three, four and some five-year-old children. Most programs operate concurrently with the school year and are staffed by a professional coordinator and well-trained home-based educators.

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

<http://houseaboutit.org/> Info@houseaboutit.org

Monday - Thursday 8:00am - 4:30pm Friday by appointment. Access Temporary Assistance for Needy Families (TANF) thru Houseaboutit. Provides assistance to needy families with children.

Immerse Arkansas

5300 Asher Avenue, Little Rock, AR 72204

(501) 404-9890

<https://immersearkansas.org/> <https://www.facebook.com/ImmerseArkansas/> info@immersearkansas.org

Monday, Tuesday and Thursday 12:00noon - 6:00pm, Friday 9:00am - 3:00pm, Saturday 10:00am - 3:00pm, Closed Sunday and Wednesday. Shelter and special programs for youth ages 14 - 21. At Immerse, we believe unconditional, supportive, and nurturing relationships that are coupled with high expectations create a path for healing and growth. This belief shapes our model, which we've found leads to overcoming.

Job Corps

6900 Scott Hamilton Drive, Little Rock, AR 72209

(800) 733-5627

<https://littlerock.jobcorps.gov/> <https://www.facebook.com/doljobcorps> Monday - Friday, 8:00am - 5:00pm.

Provides job training and remedial education for youth, ages 16 - 24. At Little Rock Job Corps Center, we support the Job Corps program's mission to teach eligible young people the skills they need to become employable and independent and place them in meaningful jobs or further education.

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/contact> <https://www.facebook.com/groups/230244068109/> After school program 3:00pm - 6:00pm weekdays, with meals. GED and afterschool programs. Call for appointment.

MacArthur Museum of Arkansas Military History

503 East 9th Street, Little Rock, AR 72202

(501) 376-4602 <https://www.littlerock.gov/residents/parks-and-recreation/city-park-information/macarthur-museum-of-arkansas-military-history/>

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

National Center for Missing/Exploited Children

(800) 843-5678

www.missingkids.com <https://www.facebook.com/nccmec> <https://www.littlerock.gov/>

Tuesday - Saturday 10:00am - 5:00pm, Sunday 1:00 - 5:00pm, The MacArthur Museum of Arkansas Military History was created to interpret our state's military heritage from its territorial period to the present. Located in the historic Tower Building of the Little Rock Arsenal--the birthplace of General Douglas MacArthur--the museum preserves the contributions of Arkansas men and women who served in the armed forces. Exhibits feature artifacts, photographs, weapons, documents, uniforms and other military items that vividly portray Arkansas's military history at home and abroad. Free Admission.


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.



Arkansas Employment Career Center

CURRENTLY ENROLLING





SCAN ME

www.arecc.org

SIGN UP NOW!

501 615-8922

PROGRAMS

- Certified Nursing Assistant ✔
- Certified Clinical Medical Assistant ✔
- Pharmacy Technician ✔
- Network Cyber Security ✔

++++++

EMAIL to pre-register at PHUMCDiaperbank@gmail.com. drive thru to receive diapers.

Pinnacle Pointe Hospital

11501 Financial Centre Parkway, Little Rock, AR 72211 (800) 880-3322
www.pinnaclepointehospital.com 24/7

Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to our patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.

Pulaski County Cooperative Extension, 4-H

2301 South University University, UALR Little Rock, AR 72204 (501) 671-2000
www.uaex.uada.edu <https://www.facebook.com/arkansas.extension> Monday - Friday 8:00am - 4:30pm.

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

Pulaski County Youth Services

201 South Broadway Street, Suite #220 Little Rock, AR 72201 (501) 340-8250
<https://www.pulaskicounty.net/youth-services> jwarren@pulaskicounty.net Monday - Friday 8:30am - 4:30pm. County Youth Services is an organization dedicated to providing quality enrichment and educational programs for the youth of Pulaski County. Our mission is to establish and strengthen the county-wide effort of mobilizing resources for quality enrichment and educational programs for Pulaski County youth.

Recycle Bikes for Kids

717 East 10th Street, North Little Rock, AR 72114 (501) 563-8264 www.recyclebikesforkids.org [@recyclebikesforkids@gmail.com](https://www.facebook.com/recyclebikesforkids) Open shop days: Mondays 1:00 - 7:00pm, and the 3rd Saturday 9:00am - noon. Wrench Wednesday, every 3rd Wednesday from 5:00 - 8:00pm Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for appointments, times, and requirements.

S.T.E.P. Ministries

P.O. Box #122, North Little Rock, AR 72115 (501) 758-4054 www.stepministries.org Tutoring in the public schools for at risk children & Christian mentoring program.

Teen Dating Abuse Hotline, Love Is Respect

(866) 331-9474 <https://www.thehotline.org/news/new-national-teen-dating-abuse-helpline/>

The Centers, Family Counseling Center

6601 West 12th Street, Attn: OS Little Rock, AR 72204 (501) 664-4308
<http://centersforyouthandfamilies.net/> <https://www.facebook.com/TheCentersAR> Monday - Friday 8:00am - 5:00pm

Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 26. Parent Center offers parenting classes, support groups and a Parent Resource Center.

The Centers, Residential Services

6501 West 12th Street, (EMAC) Little Rock, AR 72204 (501) 664-4308
www.centersforyouthandfamilies.org <https://www.facebook.com/TheCentersAR> Residential Treatment is best for children and teens with severe behavioral and or emotional difficulties that have been unsuccessful with outpatient therapy and other lower level interventions. Residential Treatment programs place children and teens in one location to receive educational, medical, and psychiatric services. This multi-disciplinary team works closely together with the child and family to provide comprehensive assistance as they heal together. Residential Treatment provides enough time and distance from their regular environment to promote, support, and guide the child and his or her family to learn new healthy behavior patterns. day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 26.

The First Tee

1 First Tee Way, Little Rock, AR 72204 (501) 562-4653
<https://firstteecentralarkansas.org/> Tuesday - Saturday 8:00am - 6:00pm. Youth development program teaching life skills through the game of golf.

To view this Directory on your device scan the QR code or enter the URL:

<https://helpyourselfdirectory.com/>



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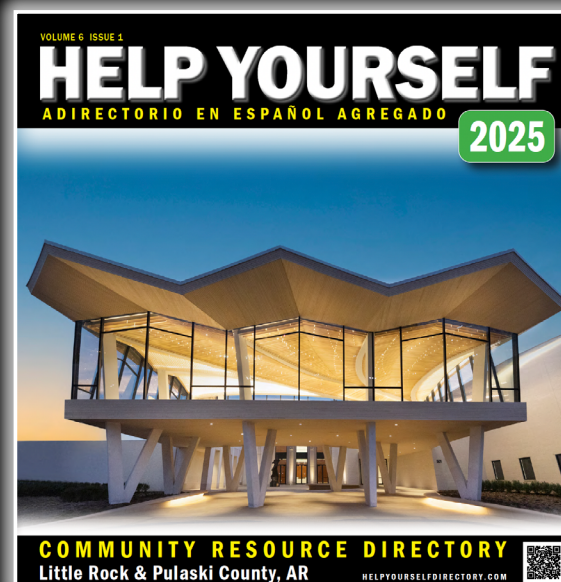
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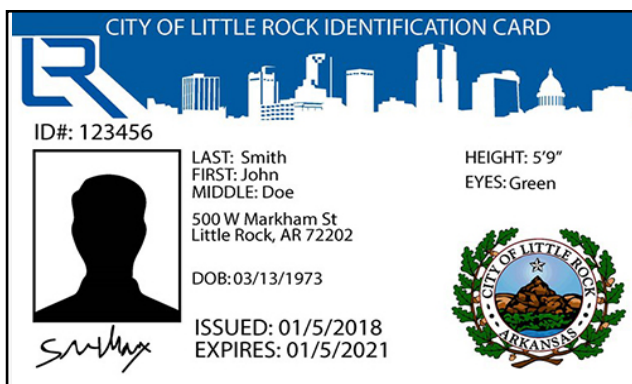


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