Compassion Resource Directory

For

Little Rock & Pulaski County, Arkansas

(Resource Provider Edition)

Current, as of

Spring 2014

RKimC@Hotmail.com
Little Rock & Pulaski County, Arkansas
Compassion Resource Directory

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothing Resources</td>
<td>3</td>
</tr>
<tr>
<td>Disabled/Disability Resources</td>
<td>6</td>
</tr>
<tr>
<td>Education &amp; Literacy Programs</td>
<td>11</td>
</tr>
<tr>
<td>Elder-Care Resources</td>
<td>14</td>
</tr>
<tr>
<td>Employment Assistance</td>
<td>16</td>
</tr>
<tr>
<td>EX-Offender/Reentry Programs</td>
<td>19</td>
</tr>
<tr>
<td>Financial &amp; Utilities Assistance</td>
<td>23</td>
</tr>
<tr>
<td>Food Pantries</td>
<td>25</td>
</tr>
<tr>
<td>Furniture</td>
<td>32</td>
</tr>
<tr>
<td>Health Care Services</td>
<td>33</td>
</tr>
<tr>
<td>Dental Clinics</td>
<td>37</td>
</tr>
<tr>
<td>Eye Clinics</td>
<td>38</td>
</tr>
<tr>
<td>Housing &amp; Shelters</td>
<td>39</td>
</tr>
<tr>
<td>Immigrants &amp; Undocumented Persons Resources</td>
<td>44</td>
</tr>
<tr>
<td>Legal Services</td>
<td>48</td>
</tr>
<tr>
<td>LGBT Resources</td>
<td>49</td>
</tr>
<tr>
<td>Meals Available</td>
<td>51</td>
</tr>
<tr>
<td>Mental Health Care/Treatment</td>
<td>54</td>
</tr>
<tr>
<td>Substance Abuse Treatment &amp; Recovery</td>
<td>56</td>
</tr>
<tr>
<td>Transportation</td>
<td>61</td>
</tr>
<tr>
<td>Veterans Programs</td>
<td>63</td>
</tr>
<tr>
<td>Youth Services</td>
<td>64</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>68</td>
</tr>
<tr>
<td>Special Mention (Multiple Services Providers)</td>
<td>73</td>
</tr>
<tr>
<td>‣ Goodwill</td>
<td>73</td>
</tr>
<tr>
<td>‣ Jericho Way</td>
<td>74</td>
</tr>
<tr>
<td>‣ Lewis-Burnett Employment Finders</td>
<td>75</td>
</tr>
<tr>
<td>‣ Our House</td>
<td>76</td>
</tr>
<tr>
<td>‣ Promiseland</td>
<td>77</td>
</tr>
<tr>
<td>‣ River City Ministry</td>
<td>78</td>
</tr>
<tr>
<td>‣ Saint Francis House</td>
<td>79</td>
</tr>
<tr>
<td>‣ Saint Vincent Health System</td>
<td>80</td>
</tr>
<tr>
<td>‣ Salvation Army</td>
<td>81</td>
</tr>
<tr>
<td>‣ S.O.A.R. Network</td>
<td>82</td>
</tr>
<tr>
<td>‣ Union Rescue Mission</td>
<td>83</td>
</tr>
<tr>
<td>‣ Watershed</td>
<td>84</td>
</tr>
<tr>
<td>Provider Index</td>
<td>85</td>
</tr>
</tbody>
</table>
Clothing Resources:

**Central Baptist Church of North Little Rock**  (501) 771-1125
6103 Carnegie
North Little Rock, AR 72120
Open Wednesdays, 3:30pm – 5:30pm. Located 4500 North Hills Blvd. (enter thru the basement), **NOT** located at the main church on Carnegie.

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

**Goodwill Industries, Main Office**  (501) 372-5100
1110 West 7th Street
Little Rock, AR 72201
www.goodwillar.org
Open by appointment for registered clients **ONLY**. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

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

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

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

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

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

**Goodwill Industries, Thrift Store**  (501) 221-1018
109 Markham Park Drive
Little Rock, AR 72211
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.
**Goodwill Industries, Thrift Store**  
(501) 280-0863  
7001 Cantrell Road  
Little Rock, AR 72211  
Open Monday thru Saturday, 9:00am – 8:00pm, Sunday, 10:00 – 6:00pm.

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

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

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

**Jericho Way, Homeless Day Center**  
(501) 916-9859  
[www.lrjerichoway.org](http://www.lrjerichoway.org)  
3000 Confederate  
Little Rock, AR 72216  
Homeless day center, clothing closet open Monday thru Friday, 8:00am - 4:00pm.

**Mosaic Church of Central Arkansas**  
(501) 562-3336  
6420 Colonel Glenn Road, Suite #1  
Little Rock, AR 72204  
Open Tuesday starting at 2:00, primarily serving the 72204 zip code. Will be moving sometime during 2014, call to insure placement.

**Promiseland Church Ministries**  
(501) 570-0048  
Community Development Corp.  
4520 South University Avenue  
Little Rock, AR 72204  
[www.promiselandcdc.org](http://www.promiselandcdc.org)  
Ministry of Compassion clothing assistance, call for appointment.

**River City Ministry**  
(501) 376-6694  
1021 East Washington Avenue  
North Little Rock, AR 72214  
[www.rivercityministry.org](http://www.rivercityministry.org)  
Clothing bus open 1st & 3rd Wednesdays of the month, 9:00am – 11:00am.
Saint Francis House
2701 South Elm Street
Little Rock, AR 72214
Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm. Must provide photo ID.

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

Stew Pot
First Presbyterian Church
800 Scott Street
Little Rock, AR 72201
Open Thursday, 12:00pm – 1:00pm.

Sylvan Hills Church of Christ
9213 Highway 107
North Little Rock, AR 72120
Open by appointment.

The Van
www.theoneinc.org
P.O. Box #250061
Little Rock, AR 72225
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
Open Monday thru Friday, 8:00am – 5:00pm. Free clothing for infants to adults, household items when available, ID required.
Disabled/Disability Resources:

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

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

**Arkansas Disability Coalition**
(501) 614-7020
[www.adcpti.org](http://www.adcpti.org)
1501 N. University Avenue, Suite #268
Little Rock, AR 72207
The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also Family 2 Family health information center.

**Arkansas Library for the Blind & Physically Handicapped**
[www.library.arkansas.gov/libraryForTheBlind.org](http://www.library.arkansas.gov/libraryForTheBlind.org)
(501) 682-1155
900 West Capitol Avenue, Suite #100
Little Rock, AR 72201
Provide recorded and braille books on free loan.

**Arkansas Rehabilitation Service**
(501) 686-2800
[www.arsinfo.org](http://www.arsinfo.org)
601 West Capitol Avenue
Little Rock, AR 72201
Preparation for entering work force thru education, social, and accessibility support.
Arkansas Rehabilitation Service ICAN program  (501) 666-8868
www.ar-ican.org
525 West Capitol Avenue
Little Rock, AR 72201

ICAN AT4ALL is 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 learn, work, communicate and live more independently. AT can be very simple and inexpensive, like a modified knife and fork, or it can be very sophisticated and costly, like a computerized speech device.

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

Providing Free TEXT Telephone service for the deaf.

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

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

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

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

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

Open Monday-Fridays, 8:00 - 4:30. Identify and meet needs of people with spinal cord disabilities. See additional information and resources available at the website.
Camp Aldersgate  
www.campaldersgate.net  
2000 Aldersgate Road  
Little Rock, AR 72205  
Provides summer camp with traditional camping opportunities for disabled, sick, and/or at-risk children; full medical services on-site. Weekend respite program is available throughout the year. [Senior adult program is also offered: see "Elderlcare" section]

Central Arkansas Development Council  
Weatherization Assistance Program  
P.O. Box #580  
Benton, AR 72018  
Complete application for review to be wait-listed for assistance with weatherization projects.

Disability Rights Center of Arkansas  
www.arkdisabilityrights.org  
(800) 482-1174  
1100 North University Avenue, Suite #201  
Little Rock, AR 72207  
Passionately assists the lives of people with disabilities thru education, empowerment, and protection of their legal rights.

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

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

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

Goodwill Industries, Main Office  
1110 West 7th Street  
Little Rock, AR 72201  
www.goodwillar.org  
Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.
LINKS Paratransit (CAT)  (501) 375-9607
901 maple street
North Little Rock, AR 72114
www.cat.org/links-paratransit
Handicapped accessible LINKS buses cost $2.70 one way, $5.40 round trip. Must
apply to access the LINKS system and the application process takes up to 21 days.

Lions World Services for the Blind  (501) 664-7100
www.lwsb.org
2811 Fair Park Blvd
Little Rock, AR 72205
Assists blind individuals with life skills, career training, community access, and other
services.

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

National Alliance on Mental Illness Arkansas (NAMIArkansas)
1012 Autumn Road, Suite #1  (501) 661-1548
Little Rock, AR 72211  (800) 844-0381
Provide support, education and advocacy to persons with disabilities and their
families.

Pride Industries  (501) 374-8087
700 West Capitol Avenue #B-125
Little Rock, AR
Hires individuals with severe physical, mental, and developmental disabilities.

St. Luke's Respite Care Center  (501) 753-4281
4106 JFK Blvd
North Little Rock, AR 72116
Provides a safe and interactive care center for disabled adults, while enabling caregivers
to have a short break from care-giving.

Special Olympics Arkansas  (501) 771-0222
www.specialolympicsarkansas.org
2115 Main Street
North Little Rock, AR 72114
Provides year around sports training and competitions for children and adults with
disabilities.
TAP, (Telecommunications Access Program)  
(501) 686-9693  
P.O. Box #3781  
Little Rock, AR 72203  
www.ace.arkansas.gov  
Providing free specialized telephone equipment for eligible disabled Arkansans.  
A program of the Arkansas Department of Career Education.

United Way (Heart of Arkansas)  
(501) 376-4567  
www.heartaruw.org  
516 Pershing Blvd.  
North Little Rock, AR 72114  
Heart of Arkansas United Way's mission is to advance the common good by focusing on  
health and human services throughout Arkansas. We do this by providing support to  
organizations that specialize in the specific needs of their community.
Education & Literacy Programs:

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

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

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

Job Corps (501) 618-2500
www.littlerockjobcorps.gov
6900 Scott Hamilton Drive
Little Rock, AR 72209
Provides job training and remedial education for youth, ages 15 – 24.

Lewis-Burnett Employment Finders (501) 379-1592
Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204
Free GED preparation program, service, primarily focused on finding employment for ex-offenders.

Literacy Action of Central Arkansas (501) 372-7323
www.literacyatlittlerock.org
100 Rock Street, 5th Floor (Inside Public Library)
Little Rock, AR 72201
Teaching adults to read & English as a second language.
Little Rock Adult Education Center  (501) 447-1850
4800 West 26th Street (26th & Madison Street)
Little Rock, AR 72204
Offering community and adult education courses.

Mosaic Templars Cultural Center  (501) 683-3593
501 West 9th Street
Little Rock, AR 72201
Museum related education program for pre-K through post graduate level. Primarily focusing on African-American history.

Our House Learning Center  (501) 374-7383 Ext. #233
302 East Roosevelt
Little Rock, AR 72206
www.ourhouseshelther.org
Open to community members for GED prep, basic literacy classes, TABE / WAGE testing, career readiness certificate preparation and testing. Initial enrollment by appointment.

Promise Christian Academy  (501) 570-0048
4520 South University
Little Rock, AR 72204
Preschool, before and after school programs for children. Transportation is provided from local elementary schools. Summer camp program for children from kindergarten thru high school. DHS vouchers accepted, call for fees and daily rates.

Single Parent Scholarship Fund of Pulaski County  (501) 301-7773
200 River Market Avenue, Suite #100
Little Rock, AR 72201
Providing scholarships and support for single parents in Arkansas.

S.T.E.P. Ministries  (501) 758-4054
P.O. Box #122
North Little Rock, AR 72115
Tutoring in the public schools for at risk children & mentoring program.

University of Arkansas, Little Rock (U.A.L.R.)  (501) 569-3127
2801 South University Avenue
Little Rock, AR 72204
www.apply.ualr.edu
The University of Arkansas offers FREE tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.
Veteran’s Day Treatment Center  
1000 Main Street  
Little Rock, AR 72201  
Comprehensive homeless center for veterans ONLY. Providing a broad range of education and special programs. Available to veterans ONLY.

Watershed GED Program  
3701 Springer Boulevard  
Little Rock, AR 72206  
Open Tuesday, Thursday, and Friday 9:00am – 4:00pm, Educational Services, access to tutoring and GED classes.
**Elder-Care Resources:**

**Arkansas Adult Protective Services**  
(800) 482-8049  
www.aradultprotection.com  
24 hour abuse hotline  
Aging is a natural process, abuse is not. Elder mistreatment may be an act of commission (abuse) or omission (neglect). It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of inadequate knowledge, infirmity, or laziness on the part of the person responsible. Now is the time to stop it...Stop ignoring the abuse and neglect....You can make a difference!

**Arkansas Aging and Adult Services**  
(501) 682-2441  
www.daas.ar.gov  
P.O. Box #1437, Slot S-530  
Little Rock, AR 72203  
The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans and adults with physical disabilities.

**Arkansas Relay**  
(501) 221-1285  
www.arkansasrelay.com  
(501) 246-8227 (Videophone)  
900 South Shackleford Road, Suite #300  
(501) 221-3279 (TTY)  
Little Rock, AR 72211  
Providing Free TEXT Telephone service for the deaf.

**Alzheimer's Arkansas**  
(501) 224-0021  
www.alzark.org  
201 Markham Center Drive  
Little Rock, AR 72205  
Their mission is to provide the information and support needed so that all Arkansans affected by Alzheimer’s disease and related dementia are able to live with dignity and comfort until a cure is found.

**Care Link**  
(501) 372-5300 information  
(800) 482-6359  
P.O. Box #5988  
700 Riverfront Drive  
North Little Rock, AR 72119  
www.carelink.org  
Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

**Central Arkansas Development Council**  
(501) 776-8446  
Weatherization Assistance Program  
P.O. Box #580  
Benton, AR 72018  
Complete application for review to be wait-listed for assistance with weatherization projects.
Choices in Living Resource Center  (866) 801-3435
Elder Choices
P.O. Box #1437, Slot S-530
Little Rock, AR 72203
Pre-screening and assessment for long term care Medicaid waivers, helping people remain in the community, in their own homes in an effort to avoid long term nursing home care.

Good Shepherd Economical Retirement Center (501) 224-7200
2701 Aldersgate Road
Little Rock, AR 72205
www.goodsheperdcommunity.com
Providing options in living from HUD subsidized housing to upscale suites to long term residential care.

Meals on Wheels (501) 372-5300
www.carelink.org
P. O. Box #5988
North Little Rock, AR 72119
Hot or frozen home-delivered meals for homebound older Arkansans who are unable to shop for or prepare their own meals.

Southern Baptist Disaster Relief Program (501) 376-4791
(In partnership with American Red Cross, Salvation Army)
10 Remington Drive
Little Rock AR. 72204
Disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well.

TAP, (Telecommunications Access Program) (501) 686-9693
P.O. Box #3781
Little Rock, AR 72203
www.ace.arkansas.gov
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.

University of Arkansas, Little Rock (U.A.L.R.) (501) 569-3127
2801 South University Avenue
Little Rock, AR 72204
www.apply.ualr.edu
The University of Arkansas offers FREE tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.
Employment Assistance:

Arkansas Department of Career Education  (501) 682-1500
www.ace.arkansas.gov
3 Capitol Mall
Little Rock, AR 72201
Provides education and employment support for Arkansans with diagnosed disabilities.

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

Church at Rock Creek  (501) 221-1051
11500 West 36th Street
Little Rock, AR 72211
CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employer or career challenged individual. Both Men and Women are welcomed.

Command Labor  (501) 372-7000
600 North Olive Street
North Little Rock, AR 72114
Day labor coordinators. First fill out their forms then arrive early in the morning and wait to find daily work.

Goodwill Industries, Main Office  (501) 372-5100
1110 West 7th Street
Little Rock, AR 72201
www.goodwillar.org
Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration.

Goodwill Career Service Center, Bryant  (501) 653-2209
5914 Highway 5-N
Bryant, AR 72022

Goodwill Career Service Center, Little Rock  (501) 372-5100
1110 West 7th Street
Little Rock, AR 72201
Goodwill Career Service Center, Little Rock  (501) 221-1772
109 Markham Park Drive
Little Rock, 72211

Goodwill Adult Education Center, North Little Rock  (501) 835-5286
6929 John F. Kennedy Blvd., Suite 112
North Little Rock, AR 72116

Hope Works of Greater Little Rock  (501) 650-2787
620 Curtis Sykes Drive
North Little Rock, AR 72114
Career and Personal Development Center. A Christ centered adult education and employment assistance program. Must be at least 18 years of age.

Labor Finders  (501) 565-9632
P.O. Box #191803
Little Rock, AR 72219
Located at 7223 Geyer Springs Road. Day labor coordinators. First fill out their forms then arrive at 6:00am wait to find daily work as available.

Labor Ready  (501) 562-6111
1400 South University Avenue
Little Rock, AR 72204
Day labor coordinators. First fill out their forms then arrive early in the morning and wait to find daily work.

Lewis-Burnett Employment Finders  (501) 379-1592
Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204
Free employment assistance. Primarily focused on finding employment for ex-offenders.

Premier Staffing - Dotación de Personal Premier  (501) 223-8367
10901 Financial Centre Parkway
Little Rock, AR 72211
Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/ y una vez registrado comunicarse al teléfono 501-223-8367. Premier Staffing helps connect business with qualified candidates for employment. One division concentrates primarily on staffing needs for clerical, technical and professional positions; the other, dedicated exclusively to recruiting, placing and managing workers for both manufacturing and light industrial clients. First step is to register online at www.premierstaffinginc.com and once registered call 501-223-8367.
Pride Industries  
(501) 374-8087  
700 West Capitol Avenue, Suite #B-125  
Little Rock, AR 72201  
Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.

Watershed  
(501) 378-0176  
3701 Springer Blvd.  
Little Rock, AR 72206  
“Working to find work” Job guidance counseling, employment assistance. Job preparedness classes Tuesday thru Thursday 10:00am – 12:00am.
EX-Offender/Reentry Programs:

Arkansas C.U.R.E.  (501) 519-0064 message number
Little Rock, AR
rehab4justice@yahoo.com
The state chapter of an international grass roots organization dedicated to reducing crime through reform of the criminal justice system.

Arkansas Department of Career Education  (501) 833-1490
www.ace.arkansas.gov
1401 Main Street
North Little Rock, AR 72114
Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.

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

Arkansas Time After Time  (501) 444-2828
P.O. Box #10074
Russellville, AR 72802
www.arkansastimeaftertime.org
The local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders.

Brennan Re-Entry Corp.  (501) 681-0902
(870) 643-9455
P.O. Box #25231
Little Rock, AR 72221
Brennan Re-Entry Program Management works with state and local agencies by employing Ex-Offenders to realize structural rehabilitation and / or building trades.

Center for Women in Transition  (501) 372-5522
P.O. Box #3461
Little Rock, AR 72203
www.cwitlr.org
Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self worth, self reliance and self discipline.
F.E.I.P.A., Watershed (501) 378-0176
Friends and Family of Ex-offenders and Incarcerated Persons Association
Watershed
3701 Springer Boulevard
Little Rock, AR 72206
Call for times and location.

Goodwill Industries Reentry Services Program (501) 372-5100
1110 West 7th Street
Little Rock, AR 72201
Assistance for reentering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity (TEO) program: a 16-week, paid training program for reentering citizens without violent or sexual charges on their background.

Lewis-Burnett Employment Finders (501) 379-1592
Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204
Free GED preparation program, service, primarily focused on finding employment for ex-offenders. Pre-employment training class every other Wednesday 10:00am, Call for dates.

Veteran’s Day Treatment Center (501) 244-1900
1000 Main Street
Little Rock, AR 72201
Incarcerated veterans’ re-entry program. Provides case-management following release from prison. For veterans ONLY.

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

Chance Sobriety (501) 851-8484
12127 Gabriel Lane
North Little Rock, AR 72118
Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Sex offenders welcome. Call for fees.

City of Faith (501) 615-1090
1401 South Garfield
Little Rock, AR 72204
Transitional housing facility for men and women released from Federal prison.
Gyst House  (501) 568-1682
www.gysthouseinc.com
8101 Frenchmans Lane
Little Rock, AR 72209
Transitional home for men and women with substance abuse issues.

Hidden Creek Opportunity Center  (501) 221-1025
10905 West Markham
Little Rock, AR 72211
Faith based residential program for men and women, who are non-violent non-sex offenders. Licensed by the Arkansas Department of Community Corrections.

Hoover Treatment Center  (501) 663-4774
3604 West 12th Street
Little Rock, AR 72204
Transitional home for men and women with substance abuse issues.

Mission Global Ministries  (501) 945-0339
3719 East Broadway
North Little Rock, AR 72114
Homeless shelter & halfway house for men on parole.

New Hope Living Center  (501) 376-2457
1522 Scott Street
Little Rock, AR 72202
Men ONLY with substance abuse issues.

Quality Living Center I  (501) 663-3490
3925 Asher Avenue
Little Rock, AR 72204
Men ONLY.

Quality Living Center II  (501) 663-3490
2900 South Cedar Street
Little Rock, AR 72204
Women ONLY.

Recovery Centers of Arkansas  (501) 372-4611
1201 River Road
North Little Rock, AR 72114
www.rcota.org
Long term treatment for men and women.

Safe Harbor of Little Rock  (501) 374-5399
4800 Springer Blvd.
Little Rock, AR 72206
Transitional home for men with substance abuse issues.
Saint Francis House (501) 664-5036
2701 South Elm Street
Little Rock, AR 72209
Veterans ONLY, referred from the VA Drop-In Center.

Sober Living (501) 562-0507
4201 John Barrow Road
Little Rock, AR 72204
Transitional home for men and women with substance abuse issues.
Financial & Utility Assistance:

Central Arkansas Development Council (C.A.D.C.)  
321 Edison Avenue  
Benton, AR 72015  
(501) 315-1121
Assistance with utility bills and support with energy conservation.

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

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

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

Family Promises of Pulaski County  
222 East 8th Street  
Little Rock, AR 72202  
(501) 372-0733  
www.familypromisepc.org
Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18.

Pulaski County Tenant Based Rental Assistance Program  
201 South Broadway, Suite #220  
Little Rock, AR  72201  
(501) 340-6157
(TBRA) Tenant Based Rental Assistance, NOT section-8 rental assistance program on a funds available basis.

River City Ministry  
Free Homeless Day Resource Center  
1021 East Washington  
North Little Rock, AR 72114  
(501) 376-6694  
www.rivercityministry.org
Assistance with North Little Rock Water bills only. Call Wednesdays at 8:30am to check on availability of funds.

Saint Francis House  
2701 South Elm Street  
Little Rock, AR  72209  
(501) 664-5036 Ext. #229
Assistance with utility bills must have shut-off notice. NO rental assistance available. Call between 8:30am – 10:00am. Must provide photo ID, Social Security card, and proof of income.
Watershed

3701 Springer Blvd.
Little Rock, AR 72206

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

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

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

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

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

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

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

**Church at Rock Creek**  (501) 221-1051  
11500 West 36th Street  
Little Rock, AR 72211  
[www.churchofrockcreek.com](http://www.churchofrockcreek.com)  
Open Tuesday, thru Friday. Call in the mornings between 8:00am & 11:30am to schedule an afternoon appointment. Services available for each person/family at intervals of 5-weeks, 1 service per household. Serving Little Rock residents ONLY.
**East Gate Fishing Center**  
1900 Pine Street  
North Little Rock, AR 72114  
Open Wednesday 9:00 – 11:30am.

**First Baptist Church**  
2015 Main Street  
North Little Rock, AR 72114  
Open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.

**First Christian Church Food Pantry**  
1500 North Mississippi Street  
Little Rock, AR 72207  
Open Fridays, 10:30am – 12:00noon. Photo ID required.

**First Christian Church of Sherwood**  
2803 East Kiehl Avenue  
Sherwood, AR 72120  
Open Friday 10:30am – 12:00noon. Photo ID Required, for families in Sherwood and Jacksonville.

**First Pentecostal Church Food Pantry**  
1401 Calvary Road  
North Little Rock, AR 72116  
Open Fridays, 1:00pm – 5:00pm. Photo ID required.

**First United Methodist Church**  
6701 John F. Kennedy Blvd.  
North Little Rock, AR 72116  
Open Tuesday 9:30am – 11:00am. Serves North Little Rock and Sherwood residents ONLY! Photo ID and one other form of ID required. Vouchers only, for Kroger and Goodwill.

**Gardner Memorial Methodist Food Pantry**  
1723 Schaer Street  
North Little Rock, AR 72114  
Open Monday & Thursday 1:00pm – 3:00pm. Photo ID Required. Serves residents of North Little Rock ONLY.

**Geyer Springs United Methodist Church**  
5500 Geyer Springs Road  
Little Rock, AR 72209  
Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72209, 72206 & 72103 Zip Code area ONLY. Photo ID required.
Greater South Temple, (C.O.G.I.C.)
2623 South Arch Street
Little Rock, AR 72206
(501) 375-2880
Open 3rd Thursday of each month 4:00pm – 5:00pm. Photo ID required.

Helping Hand of Greater Little Rock
1601 Marshall Street
Little Rock, AR 72202
(501) 372-4388
www.lrhelpinghand.org
Open Monday thru Thursday 9:00am – 1:00pm. Must bring Social Security Card. May only access food once each month. Food and inexpensive thrift store clothing available.

Hunter United Methodist Church & Angel Food Ministries
3301 Romine Road
Little Rock, AR 72204
(501) 225-7683
Open 3rd Saturday 7:00am – 12:00noon, call for more information.

Immanuel Baptist Church
10500 West Markham Street, Suite #107
Little Rock, AR 72211
(501) 376-3071
Open Tuesday 10:00am – 2:00pm. ID and proof of residence required. For children, must provide birth certificate. Serving the following Zip Code areas only: 72201, 72202, 72203, 72205, 72207, 72210, 72211, 72212, 72223, 72227, and 72135.

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

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

Jacksonville Care Channel
201 North Elm Street
Jacksonville, AR 72076
(501) 982-4647
Open Monday, Wednesday, & Friday 10:00am – 1:00pm. Serves residents of Jacksonville and surrounding areas 72076 zip code area ONLY. To qualify one must be on food stamps. Must bring proof of Jacksonville residency, Social Security card or birth certificates of each listed family member, pay stubs, and food stamp approval letter.
<table>
<thead>
<tr>
<th>Church Name</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Lakeshore Drive Baptist Church</td>
<td>(501) 565-5536</td>
</tr>
<tr>
<td>21 Lakeshore Drive</td>
<td></td>
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<tr>
<td>Little Rock, AR 72204</td>
<td></td>
</tr>
<tr>
<td>Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the 72204 Zip Code area ONLY.</td>
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<tr>
<td>Life Unlimited Christian Fellowship</td>
<td>(501) 568-3600</td>
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<tr>
<td>7001 Colonel Glenn</td>
<td></td>
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<tr>
<td>Little Rock, AR 72204</td>
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<tr>
<td>Open Wednesdays 9:00am – 11:30am. ID and Social Security cards required for all family members. Use limited to three times per year and one emergency.</td>
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<tr>
<td>Little Rock Church</td>
<td>(501) 455-0900</td>
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<tr>
<td>10701 West Baseline Road</td>
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<tr>
<td>Little Rock, AR 72209</td>
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<tr>
<td>Open every other Monday 5:00pm – 6:30pm.</td>
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<tr>
<td>Little Rock Compassion Center</td>
<td>(501) 296-9114</td>
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<tr>
<td>3618 West Roosevelt</td>
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<tr>
<td>Little Rock, AR 72204</td>
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<tr>
<td>Open Tuesday and Thursday 9:00am – 11:00am. In case of emergency contact the number above.</td>
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<tr>
<td>Mosaic Church of Central Arkansas</td>
<td>(501) 562-3336</td>
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<tr>
<td>6420 Colonel Glenn Road, Suite #1</td>
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<tr>
<td>Little Rock, AR 72204</td>
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<tr>
<td>Open Tuesday 2:00pm – 6:00pm, must reside in the 72204 area. The facility will be moving during 2014 so please call before visiting.</td>
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<tr>
<td>Mount Zion Baptist Church</td>
<td>(501) 374-5832</td>
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<tr>
<td>908 Cross Street</td>
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<tr>
<td>Little Rock, AR 72202</td>
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<tr>
<td>Open Wednesday 11:00am – 2:00pm &amp; Saturday 10:00am – 12:00noon.</td>
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<tr>
<td>New Hope Baptist Church Community Outreach</td>
<td>(501) 309-9645</td>
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<tr>
<td>1851 Howard Street</td>
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<tr>
<td>Little Rock, AR 72202</td>
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<tr>
<td>Open Wednesday, 4:00pm – 6:00pm, call ahead to confirm date and time.</td>
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<tr>
<td>Oak Forest United Methodist Church</td>
<td>(501) 663-9407</td>
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<tr>
<td>2415 Fair Park Blvd.</td>
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<tr>
<td>Little Rock, AR 72204</td>
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<tr>
<td><a href="http://www.oakforrestumc.com">www.oakforrestumc.com</a></td>
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<tr>
<td>Open 1st and 3 Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area only.</td>
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</tbody>
</table>
**Park Hill Christian Church**  
(501) 753-1109  
4400 John F. Kennedy Blvd.  
North Little Rock, AR 72116  
Open Tuesday 10:00am – 12:00pm. Serving North Little Rock residents.

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

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

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

**River City Ministries**  
(501) 376-6694  
Homeless Day Resource Center  
1021 East Washington  
North Little Rock, AR 72114  
[www.rivercityministry.org](http://www.rivercityministry.org)  
Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only, Must provide photo ID.

**Saint Francis House**  
(501) 664-5036  
2701 South Elm Street  
Little Rock, AR 72209  
Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card.

**Salvation Army**  
(501) 758-7297  
1505 West 18th Street  
North Little Rock, AR 72115  
[www.SalvationArmyCentralArkansas.org](http://www.SalvationArmyCentralArkansas.org)  
Food Pantry open Monday, Wednesday, and Friday, 9:30am – 12:00 and 1:00 – 3:00pm. Bring proof of income, proof of expenses and lease or rental agreement.
Saint John Missionary Baptist Church  (501) 537-8658  
Unto Others  
2501 South Main Street  
Little Rock, AR 72206  
Open the 2nd & 4th Thursday of each month, 9:00am – 3:00pm. Must complete application, photo ID Required. During winter weather months open only once a month.

Second Baptist Church  (501) 223-2323  
1709 John Barrow Road  
Little Rock, AR 72204  
Open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00pm. Photo ID and utility bill, or current vehicle registration required.

Second Baptist Church (South West Location)  (501) 568-3247  
2nd Baptist Church  
6111 West 83rd Street  
Little Rock 72209  
Open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00pm. 1st and 3rd Thursdays 6:00pm – 7:pm. Photo ID and utility bill, or current vehicle registration required.

Sylvan Hills Community Church  (501) 835-1612  
Crisis Corner  
8019 Hwy #107  
Sherwood, AR 72120  
Open Tuesday 10:00am – 12:00pm.

Temple Baptist Church – Manna from Heaven Food Pantry  (501) 565-4966  
10710 Interstate #30  
Little Rock, AR 72209  
Open every other Monday 6:00pm. Must register with the food pantry with each use.

Union A.M.E. Church Food Cooperative  (501) 374-3528  
1825 South Pulaski Street  
Little Rock, AR 72206  
Open 2nd Wednesday of each month, 1:00pm - 3:30pm. Call to confirm date and time.

The Van  (501) 955-3444  
P.O. Box #250061  
Little Rock, AR 72225  
www.theoneinc.org  
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.
Watershed
3701 Springer Blvd.
Little Rock, AR 72206
(501) 378-0176
Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure food is available. Appointments and referrals are preferred. Social Security card or number is preferred. Must have photo ID.

Commodities Distribution Sites:

City of Alexander Court Room
15605 Alexander Road
Alexander, AR

Jacksonville Care Channel
201 North Elm Street.
Jacksonville, AR

New Dora Baptist Church
317 Jamison Avenue
North Little Rock, AR

Oak Grove Fire Station
18122 Macarthur Drive
North Little Rock, AR

Second Presbyterian Church
Cantrell at Pleasant Valley Drive and I-430
Little Rock, AR

St. Mark Baptist Church
5722 W. 12th Street
Little Rock, AR

Woodson Community Center
508 Highway 365
Woodson, AR

Wrightsville City Hall
13022 Highway 365 south
Wrightsville, AR
Furniture:

**Saint Francis House**
2701 South Elm Street  
Little Rock, AR  72209
  Open Monday thru Friday 8:30 – 11:30am & 1:00 – 3:00pm. Must provide photo ID, Social Security card.

**Union Rescue Mission**  
www.urmission.org  
(501) 370-0808  
2921 Confederate Blvd  
Little Rock, AR 72206  
Emergency assistance related to fires and other natural disasters only. Referrals from RED CROSS with the client’s fire report required.

**Watershed**  
3701 Springer Blvd.  
Little Rock, AR 72206  
Open Monday thru Friday 8:00am – 5:00pm. Call before coming to insure furniture is available. Must have photo ID.
Health Care Services:

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

Arkansas Health Care Access Foundation, Inc.  (501) 221-3033
P.O. Box 56248
Little Rock, AR 72215
www.ahcaf.org
Open Monday thru Friday 8:30am – 12:00pm & 1:00pm – 4:00pm. For low income, medically uninsured Arkansans. Go to your County Health Department to begin the application process. Process takes 5 – 7 working days.

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

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

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

John L. McClellan Veterans Hospital  (501) 257-1000
4300 West 7th Street
Little Rock, AR 72205
Medical care and treatment for veterans ONLY.
Clinica El Samaritano  (501) 326-0198
7002 Baseline Road
Little Rock, AR 72209
Open the 1st and 3rd Tuesdays 5:30pm.

Maumelle Medical Center  (501) 803-9990
501 Millwood Circle, Suite E
Maumelle, AR 72113
Open Monday thru Friday, 7:30am – 4:30pm.

Network of Wellness  (501) 221-7238
801 Scott Street
Little Rock, AR 72201
Open Monday thru Friday 8:00am – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.

Open Hands Clinic  (501) 244-2121
1225 Martin Luther King Jr. Drive
Little Rock, AR 72202
Open Monday thru Friday, 8:30am – 5:00pm. Appointments preferred, proof of income & ID required, must be homeless, in shelter, or in transitional housing.

Pulaski County Central Health Unit  (501) 280-3100
3915 West 8th Street
Little Rock, AR 72204
Open Monday thru Friday, 8:00am – 4:30pm, appointments preferred, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

Jacksonville Health Unit  (501) 982-7477
3000 North 1st Street
Jacksonville, AR 72076
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

North Little Rock City Health Department  (501) 791-8551
2800 North Willow Street
North Little Rock, AR 72114
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings, minimum $5.00 fee. Birth control, STD, HIV / AIDS testing immunizations, and referrals. No physicals.
Pulaski County S.T.D. Clinic
3915 West 8th Street
Little Rock, AR 72204
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, photo ID required. Free or low cost STD, HIV / AIDS testing and referrals. $5.00 records maintenance fee without Medicaid.

River City Ministry
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org
By appointment only, Call Monday, Wednesday or Friday at exactly 10:00am for appointments, eligibility; adults, no insurance, no Medicare or VA benefits, & income below 200% of poverty level.

Saint Francis House
2701 South Elm Street
Little Rock, AR 72204
Prescription refills. Open Monday & Wednesday 9:00 – 11:00am. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide photo ID, Social Security card.

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

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

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

Saint Vincent Health Clinic East
2500 East 6th Street
Little Rock, AR 72202
Open Monday thru Thursday, 8:00am – 4:30pm, Friday, 8:00am – 12:00pm, fees based on sliding scale, proof of income required $40.00 co-pay. Call for appointment. No walk-ins.
Shepherds Hope
Neighborhood Health Center
2404 Tyler Street
Little Rock, AR 72204
www.oakforrestumc.com
By appointment only, open Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required.

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

Towbin Health Care & VA Medical Center
2200 Fort Roots Drive
North Little Rock, AR 72114
Medical care, treatment and domicile available to veterans ONLY.

U.A.M.S. Clinic (Appointments)
4301 West Markham
Little Rock, AR 72205
www.uams.edu
Open Monday thru Friday, 7:30am – 5:00pm, appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of $50.00 required.

Watershed
3701 Springer Blvd.
Little Rock, AR 72206
www.nebowatershed.com
Assistance with medications. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred.

Westside Free Medical Clinic
2000 Aldersgate Road
Little Rock, AR 72205
Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available.
Dental Clinics:

Arkansas Donated Dental Services
P.O. Box #56248
Little Rock, AR 72215
www.ahcaf.org
(501) 221-0280
(800) 932-8247

Call Monday thru Friday 8:30am – 12:00pm & 1:00pm – 4:00pm. For elderly, disabled, low income.

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

Open Monday, Friday 8:00am – 5:00pm. 1st and 3rd Saturdays 8:00-2:00pm.
Appointments recommended, proof of income, social security card and a second picture ID required. Minimum co-pay of $25.00 depending on income.

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

Open Monday thru Friday, 9:00am - 1:00pm to pick-up and return application packet.
Appointments required to see dentist. NO WALK-INS.

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

By appointment only. For Pulaski County residents only. Call Thursdays at 10:00am to schedule an appointment for screening, and be put on the wait list. $5.00 cash payment required per visit.

Saint Vincent Health Clinic East
2500 East 6th Street
Little Rock, AR  72202
(501) 552-4710

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

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

By appointment only, serving the 72204 and 72209 zip codes. Extractions only. Proof of residency required. Appointments Tuesday 5:30 – 8:30pm  Call Tuesdays at 1:00pm for a same day appointment.
U.A.M.S. Dental Hygiene Student Clinic
4301 WestMarkham
Little Rock, AR 72205
(501) 686-5733

The U.A.M.S. Dental Hygiene Student Clinic allows students to perform x-rays and teeth cleaning for $25.00 per visit. U.A.M.S. not only offers you an inexpensive way to get a routine dental visit, but it also provides dental hygiene students with practical experience. Their Dental Hygiene Student Clinic provides many of the basic services that any other dental clinic would offer. Those services include: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary depending on the season but never on Monday, Call (501) 686-5733 for appointment.

Eye Clinics:

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

By appointment only. Call for appointments, eligibility; adults with no insurance, no Medicare or VA benefits, & income below 200% of poverty level. Appointments required, to be on waiting list. $5.00 cash payment required at each visit.

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

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

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

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

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

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

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

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

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

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

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

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

**Family Promises of Pulaski County**
222 East 8th Street
Little Rock, AR 72202
(501) 372-0733

www.familypromisepc.org
Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under18.
Firm Foundation Ministries  
(501) 945-7412  
2200 East Broadway  
North Little Rock, AR 72114  
Men's homeless shelter and half way house. Day labor and job placements for residents ONLY.

Freewill Baptist Family Ministries  
(501) 663-3129  
3600 West 11th Street  
Little Rock, AR 72204  
Emergency shelter for DHS involved children ages 6 to 17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school.

Gaines House  
(501) 376-4015  
1702 Gaines Street  
Little Rock, AR 72206  
Transitional home for women with disabilities. Call for cost and other information.

Hand Up Housing of Arkansas  
(501) 658-1449  2:00pm Tuesday  
620 Curtis Sykes Dr.  
North Little Rock, AR 72114  
Homeless and transitional housing. The first step in graduated, Christ centered, case managed program to help men and women in need move from homelessness to self sufficiency.

The Hope House of Recovery  
(501) 565-4673  
P.O. Box #190431  
Little Rock, AR 72219  
www.hopehousearkansas.com  
Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of $100.00 a week or $360.00 a month. There are no time limits to living in the house. Hope House has two facilities on in Little Rock and one in Benton. Go to website to fill out an application at www.hopehousearkansas.com or call 501-565-4673 for admission requirements.

Hoover Treatment Center  
(501) 663-4774  
3604 West 12th Street  
Little Rock, AR 72204  
Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees.
Little Rock Compassion Center (Men’s)  
3618 West Roosevelt Road  
Little Rock, AR 72204  
(501) 296-9114  
Men’s homeless shelter must have ID and be over 18. No weapons must be sober, no medical services available.

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

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

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

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

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

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

Mid Arkansas Substance Abuse Service  
4601 West 7th Street  
Little Rock, AR 72205  
(501) 686-9393  
Detox center, must be over 18, proof of Pulaski County residency and ID required, telephone screening conducted 24 hours a day.
Mission Global Ministries (501) 945-0339
3719 East Broadway
North Little Rock, AR 72114
Men’s homeless shelter & halfway house for men on parole.

Nehemiah House (501) 374-1108
A Division of Union Rescue Mission
2921 Confederate Blvd
Little Rock, AR 72216
www.urmission.org

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

Our House (501) 375-2416
302 East Roosevelt (501) 374-7383
Little Rock, AR 72206
Working shelter for men, women, and families, wheelchair accessible, long term shelter available (up to 2-years). Many educational programs, meals, clothing and classes available, domestic violence recovery. Must be working a minimum of 32 hours a week soon after moving in.

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

Asbury Park (501) 225-1931
8500 Michael Court
Little Rock, AR 72204

Auxora Arms Apartments (501) 562-8593
101 Auxora Road
Little Rock, AR 72209

Brook Valley Apartments (501) 227-5894
1100 Brookside Drive
Little Rock, AR 72209

Buffington Towers (501) 372-6434
224 East 7th Street
Little Rock, AR 72202
**Eastview Terrace**
1200 Geyer Street
Little Rock, AR 72202
(501) 372-6606

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

**Terrace Green Housing**
8223 Scott Hamilton Drive
Little Rock, AR 72209
(501) 565-1309

**Westbridge I & II**
2123 Labette Manor Drive
Little Rock, AR 72205
(501) 224-3122

**Saint Francis House**
2710 South Elm Street
Little Rock, AR 72204
(501) 664-5036
Residential placement for veterans, administered thru the Veterans Day Treatment Center.

**Salvation Army**
1111 West Markham
Little Rock, AR 72201
(501) 374-9296
(501) 374-8636 After 5:00pm
www.SalvationArmyCentralArkansas.org
Emergency shelter for men, women, and families, opens at 6:15pm.

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

**Veteran’s Day Treatment Center**
1000 Main Street
Little Rock, AR 72201
(501) 257-4499
Provides access for veterans to VA programs including the Saint Francis House listed above.

**Women and Children First**
Address Withheld
Little Rock, AR
(501) 376-3219
Shelter for women and children in domestic abuse situations, male children allowed up to age 18, must be drug and alcohol free, women must be over 18 or emancipated.
Immigrants and Undocumented Persons Resources:

Arkansas Coalition Against Domestic Violence
www.domesticpeace.com
1401 West Capitol, Suite #170
Little Rock, AR 72201
(501) 907-5612 (800) 269-4668
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: 866-331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, llame al 911 Llamenos al 800-269-4668 ó a la linea nacional 800-799-7233.

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

Catholic Immigration Services—Little Rock
2500 North Tyler Street
Little Rock, AR 72207
(501) 664-0340 Ext. #314
By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. Additionally, supported by a U.S. Department of Justice grant through the Violence Against Women Act, specialists offer assistance to victims of trafficking and violence to leave their dangerous situations for safety and obtain immigration status to secure their future. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immigration-related needs. Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants. Counseling for immigrant victims of domestic violence and trafficking.

Clínica El Samaritano
El Faro Baptist Church
7002 Baseline Road
Little Rock 72209
(501) 565-6155
Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. $10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:00pm-8:30pm (sujeto a cambios). Appointment only, the sign up is usually put on front door night before. Limit 15 appointments/day. $10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5pm-8:30pm (subject to change).
Community of Grace Health Clinic  
(501) 916-2340  
En edificio de Tyler Street Annex. In Tyler Street Annex Building  
2100 S. Tyler Street  
Little Rock 72204  
Sólo atienden a personas sin seguro médico que viven en 72204. Requieren prueba de dirección. Hay interpretes. Clínica médica y de ginecología. $5/visita. Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. $5/visit

El Consulado de México en Little Rock  
(501) 372-6933  
consulmexlir@comcast.net  
3500 South University Avenue  
Little Rock, AR 72204  
Lunes a Viernes, 8:00am - 5:00pm. A través del Programa de Protección y Asistencia a las Víctimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido víctimas de:  
- Violencia doméstica  
- Discriminación laboral  
- Violación de derechos laborales  
- Abuso a menores  
- Secuestro de menores  
- Abuso sexual

El Zocalo Immigration Resource Center  
(501) 301-4652  
P.O. Box #250953  
Little Rock, AR 72225  
www.zocalocenter.com  
El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. May call for additional assistance with accessing resources.  
lrimmigrantcenter@gmail.com

Esperanza “Hope” Neighborhood Clinic  
(501) 562-1114  
2nd Baptist Church  
6111 West 83rd Street  
Little Rock 72209  
Solo por cita. Principalmente para 72209. $5/visita. Hay interpretes. Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209. $5/visit. Spanish interpreters available. Thurs 5:15pm-8:00pm, closed the 5th Thursday of each month. Entrance around the back. By appointment ONLY. $5.00 co pay. Have Spanish interpreters available.
Human Trafficking Statewide Crisis Hotline (PATH)  (877) 432-5368
Número para víctimas de trata de blancas

Latino Clinic (in Arkansas Children’s Hospital)  (501) 364-4000
1 Children’s Way
Little Rock 72202
Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas de bajos ingresos. Personal bilingüe. Requieren una referencia de un médico. Los viernes por la tarde. Treatment for children with complex medical conditions and whose families speak Spanish. Also has a low-income legal office. Bilingual staff. Must have a physician referral. Friday afternoons.

Legal Aid of Arkansas – Ayuda Legal de Arkansas  (501) 376-3423
www.arlegalservices.org  (800) 952-9243
Ayuda en preparar impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al inglés, beneficios públicos, veteranos/militares y sucesiones testadas e intestadas. Para impuestos/ For tax help: www.laalite.org

Número Nacional de Crisis/Para Prevención del Suicidio (888) 628-9454 en Español
National Suicide/Crisis Hotline (800) 273-8255 in English

Premier Staffing - Dotación de Personal Premier  (501) 223-8367
10901 Financial Centre Parkway
Little Rock, AR 72211
www.premierstaffinginc.com
Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/ y una vez registrado comunicarse al teléfono 501-223-8367.

Safe Places  (501) 351-4673
2607 Lehigh Drive  (877) 432 5368
Little Rock, AR 72204
Ofrecemos ayudantes a víctimas y consejería individual y en grupo para sobrevivientes de abuso doméstica, violencia sexual, y manejo de la ira. Para adultos y niños. L-V 8:30am-5:00pm.
Serve as advocates and offer 1-on-1 and group counseling for domestic abuse, sexual assault, anger management. For children and adults. M-F 8:30am-5pm
<table>
<thead>
<tr>
<th>Westside Free Medical Clinic (Spanish)</th>
<th>(501) 664-0340</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000 Aldersgate Road</td>
<td>Ext. 356 English</td>
</tr>
<tr>
<td>Little Rock, AR 72205</td>
<td>Ext. 335 Spanish</td>
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</tbody>
</table>

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

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

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

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

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

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

Advocacy group supporting the rights of the disabled.

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


**U.A.L.R. William H. Bowen School of Law**  
(501) 324-9441

**Legal Clinic**

1201 McMath Avenue  
Little Rock, AR 72202

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

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

Arkansas Initiative for Marriage Equality (AIME)
P.O. Box #13963
Little Rock, AR 72201
www.arequality.org
An Arkansas Marriage Equality Initiative that would amend the state constitution to allow same-sex marriage.

Center for Artistic Revolution (CAR) (501) 244-9690
P.O. Box #2300
North Little Rock, AR 72114
www.artisticrevolution.org
Providing program work and advocacy for the Pulaski County LGBTQI community.

Central Arkansas Pride (CAP) (501) 213-6543
P.O. Box #7242
Little Rock, AR 72207
www.centralarkansaspride.com
The mission of Central Arkansas Pride is to raise awareness of diversity in the community and, through celebration and education, recognize the positive contributions of the Lesbian, Gay, Bisexual and Transgender community in Arkansas, teach tolerance and acceptance, eliminate prejudice and bias both internally and externally, and honor our sexuality, our culture, our families, our accomplishments, our individuality, and our ongoing struggle for equal rights.

Diverse Youth for Social Change (DYSC) (501)-244-9690
800 South Scott Street
Little Rock, AR 72202
Meets every Friday night at 6pm, for youth ages 13-22.
Gender Equality Arkansas (GEAR)  
800 South Scott Street  
Little Rock, AR 72202  
(501)-244-9690  
Provides resources and information, for transgender people and their partners.

Living Affected, Corp. (LA Corp.)  
401 North Maple, Suite A  
North Little Rock, AR 72114  
(877) 902-7448  
www.livingaffected.org  
Primary focus are people with HIV & AIDS

Lucie's Place  
(855) 582-4377  
www.luciesplace.org  
Lucie’s Place works with homeless Lesbian, Gay, Bisexual & Transgender young adults in the Central Arkansas area. They can currently assist with free counseling, food, toiletries, bus passes, phone minutes, cell phones, etc. for LGBT homeless young adults. Their hotline is open 24/7 for individuals to call for support & they are working to open housing for LGBT homeless young adults.

Lucille Marie Hamilton Youth Drop-In Center  
800 South Scott Street  
Little Rock, AR 72202  
(501)-244-9690  
Drop-in center for LGBTQI youth.

Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock  
800 South Scott Street  
Little Rock, AR 72202  
(501)-291-2507  
Meets first Friday of each month.

The Trevor Project  
(866) 488-7386  
www.thetrevorproject.org  
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBT) young people ages 13-24.
Meals Available:

**Broadway Bridge Project**
P.O. Box #95047
North Little Rock, AR 72190
Serving dinner under the Broadway Bridge on Little Rock side Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm. May relocate due to bridge construction. Call for future location.

**Canaan Missionary Baptist Church**
1700 South State Street
Little Rock, AR 72206
Serving the homeless and hungry each 4th Saturday of the month from 12:30 - 1:00pm, under the parking deck on 8th & Main.

**Feed the Hungry**
1111 West Markham
Little Rock, AR 72201
Serving breakfast Mon-Fri at 7:00 am, 52 weeks a year, holidays included, at the Salvation Army. Feeding about 110 meals daily for more than six years.

**Food Not Bombs “Penelope Poppers”**
Condoms and vegetarian meals served Sundays 5:00pm under the Broadway Bridge on Little Rock side May relocate due to bridge construction.

**From His Throne Ministries**
1514 Johnson Street
Jacksonville, AR 72076
Serving lunch under the Broadway Bridge on Little Rock side Sundays, 10:30am. May relocate due to bridge construction. Call for future location.

**In Your Hands Ministries, Inc**
3905 Highway #161 North
North Little Rock, AR 72117
[www.inyourhandsministries.com](http://www.inyourhandsministries.com)
Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch 12:00pm - 1:00pm.

**Jericho Way, Homeless Day Center**
www.lrjerichoway.org
3000 Confederate
Little Rock, AR 72216
Homeless day center, open Monday thru Friday, 8:00am - 4:00pm. Breakfast served at 8:30am Lunch served at 11:30am, Monday thru Friday.
Levy Baptist Church  (501) 753-7347
3501 Pike Avenue
North Little Rock, AR 72118
Sack lunches served Monday thru Friday 9:00 – 5:00pm.

Metro Worship Center  (501) 951-1333
2914 South Cumberland Street
Little Rock, AR 72206
Lunch and clothes closet 3rd and 5th Saturday each month., Church bus picks-up at 10:00am at Canvas Community Church, beneath the Broadway Bridge, at the downtown public library and at the Little Rock bus depot.

New Life Ministries  (501) 730-1904
210 Kathy Lane
Scott, AR 72142
www.newlifenlr.com
Serving dinner under the Broadway Bridge on Little Rock side Sundays, 5:00pm.
May relocate due to bridge construction. Call for future location.

Quapaw Quarter United Methodist Church  (501) 375-1600
Stone Soup Hot Meals
1601 South Louisiana Street
Little Rock, AR 72206
Meal service Sundays only, breakfast at 9:00am and dinner at 3:00pm.

River City Ministry  (501) 376-6694
1021 East Washington Avenue
North Little Rock, AR 72214
www.rivercityministry.org
Monday thru Friday, following the 11:30 Bible Study. Sundays food and fellowship 2:00pm.

Saint Mark Baptist Church  (501) 663-3955
5722 West 12th Street
Little Rock, AR 72204
Serving 4th Saturday of each month 10:00am – 1:00pm.

Salvation Army  (501) 374-9296
1111 West Markham Street
Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org
Breakfast served daily, 7:00 – 7:30am. Dinner served daily, 5:30pm.
**Stew Pot**  
(501) 372-1804  
First Presbyterian Church  
800 Scott Street  
Little Rock, AR 72201  
Free lunch served Monday thru Friday, 12:00 – 1:00pm. Not handicapped accessible.

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

**Barnabas House**  
(501) 663-3136  
2423 South Tyler  
72204  
[www.oakforrestumc.com](http://www.oakforrestumc.com)  
Mental health and social work, counseling.

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

**Centers for Youth and Families**  
(501) 666-4949  
5905 Forest Place  
Little Rock, AR 72207  
Outpatient clinic for youth 20 and under.

**Family Services Agency**  
(501) 372-4242  
628 West Broadway, Suite #300  
North Little Rock, AR 72114  
Mental health counseling for depression, grief, domestic violence, and marital problems, there is a sliding scale fee structure, call fro fees.

**Jericho Way, Homeless Day Center**  
(501) 916-9859  
[www.lrjerichoway.org](http://www.lrjerichoway.org)  
3000 Confederate  
Little Rock, AR 72216  
Homeless day center, case managed referrals, Wednesdays 9:00am County Mental Health screening.

**Little Rock Community Mental Health Center**  
(501) 686-9300  
4400 Shuffield Drive  
Little Rock, AR 72205  
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done in person same day or next day. Medicare, Medicaid and insurance accepted. Call Monday thru Friday, 8:00 – 5:00pm.

**Network of Wellness**  
(501) 221-7238  
801 Scott Street  
Little Rock, AR 72201  
Open Monday thru Friday 8:00am – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.
Professional Counseling Associates  (501) 221-1843
3601 Richards Road
North Little Rock, AR 72117
Mental health counseling, there is a sliding scale fee, financial interview and triage will
be done over the phone. Satellite clinics at:
   Jacksonville  (501) 982-7515
   Sherwood      (501) 835-4174
   North Little Rock (501) 955-7600
   South West Little Rock (501) 568-4294
   Cabot         (501) 843-3503
   Lonoke        (501) 676-3151
   Hazen         (870) 255-3527

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

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

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

**AA World Service Office**
(212) 870 3400

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

**Arkansas AA Central Service Office**
7509 Cantrell Road, #106
Little Rock, AR 72207
(501) 664-6042
www.arkansascentraloffice.org

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

**Cocaine Anonymous C.A.**
www.caarkansas.org
(501) 374-1334

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

**Narcotics Anonymous**
www.caasc.org
(866) 757-2579

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

**Arkansas Cares**
(501) 661-0720
2002 South Fillmore
Little Rock, AR 72204
Inpatient and long term treatment for pregnant women or women with children under the age of 12. Fees: Call for fees and restrictions.

**Baptist Medical Center**
(501) 202-2893
9601 Interstate #630
Little Rock, AR 72205
Inpatient detox and dual diagnosis treatment. All drugs and alcohol. NO METHADONE. Fees: Medicaid, Medicare, or private insurance needed. Cannot go in asking for detox—present to ER w/ symptoms and allow psych screener or ER staff to make that referral for indigent clients. Requires client’s private insurance covers substance abuse or cash payment of $5,500.00.

**Bridgway Hospital**
(501) 771-1500
21 Bridgway Road
North Little Rock, AR 72113
Inpatient detox and dual diagnosis treatment. All drugs and alcohol including methadone. Fees: Medicare and private insurance ONLY. Must ensure that client’s private insurance covers substance abuse otherwise they are indigent for this type of treatment.

**Chance Sobriety**
(501) 851-8484
12127 Gabriel Lane
North Little Rock, AR 72118
Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Fee: Call for fees.

**Compassion Center**
(501) 296-9114
3618 West Roosevelt Road
Little Rock, AR 72204
Long term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability 75% of income will be saved for client. Chores done in shelter in exchange for fee if unemployed.

**Dorcas House**
(501) 374-4022
[www.urmission.org](http://www.urmission.org)
A Division of Union Rescue Mission
823 South Park Street
Little Rock, AR 72202
Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: $75 deposit which is returned if client completes program.
Gyst House
(501) 568-1682
www.gysthouseinc.com
8101 Frenchmans Lane
Little Rock, AR 72209

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

Hoover Treatment Center
(501) 663-4774
3604 West 12th Street
Little Rock, AR 72204

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

The Hope House of Recovery
(501) 565-4673
P.O. Box 190431
Little Rock, AR 72219
hopehousearkansas.com

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

Mid-Arkansas Substance Abuse Services
(501) 686-9380
(Sobering Center)
Emergency # (501) 686-9784
4601 West 7th Street
Little Rock, AR 72205

Inpatient initial detox.

Nehemiah House
(501) 376-8470
A Division of Union Rescue Mission
3000 Confederate Blvd
Little Rock, AR 72216
www.urmission.org

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

Quality Living Center
(501) 663-3490
3925 Asher Avenue
Little Rock, AR 72204

Long term coed treatment facility. Fees: call for fees.
Recovery Centers of Arkansas, Riverbend  
(501) 372-4611  
1201 River Road  
North Little Rock, AR 72114  
www.rcofa.org  
Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

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

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

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

Outpatient Treatment Facilities:

Catar Clinic  
(501) 664-7833  
1401 South University  
Little Rock, AR 72204  
Outpatient methadone treatment.

Mid-Arkansas Substance Abuse Services  
(501) 686-9393  
4601 West 7th Street  
Little Rock, AR 72205  
Detox center for Pulaski, Lonoke, Prairie, and Saline Counties. 3-7 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. NO METHADONE. Must call to complete phone screening prior to admittance. No walk ins are accepted. Fees: $25 assessment fee. Other fees may be assessed depending on client’s ability to pay. Must have ID and proof of income. If client has history of DT’s or other medical problems when detoxing, refer to ER or hospital as this is a “drying center” and has no medical capabilities. Will not accept clients who are suicidal. If client has mental illness or other physical illness, must have medications. If a client lives outside Pulaski, Lonoke, Prairie, or Saline Counties, they would usually be serviced by a different detox facility.
Recovery Centers of Arkansas, Williamsburg  (501) 372-4611
www.rcofa.org
6301 Father Tribou
Little Rock, AR 72205
Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

Recovery Centers of Arkansas, Steeplechase  (501) 614-4907
www.rcofa.org
6225 Father Tribou
Little Rock, AR 72205
Steeplechase Apartments provide private chemical-free apartments to those individuals who have successfully completed treatment programming.

U.A.M.S. Psychiatric Research Institute  (501) 526-8410
www.uamshealth.com
Methadone Clinic
4301 West Markham
Little Rock, AR 72205
Outpatient opiate treatment.
Transportation:

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

Care Link can provide limited transportation for the elderly.

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

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

**Jericho Way, Homeless Day Center**
www.lrjerichoway.org
3000 Confederate
Little Rock, AR 72216
(501) 916-9859

Homeless day center, transportation services Monday thru Friday 8:00am – 4:00pm. Transportation to and from shelters to the Jericho Way Day Center and to Medical and employment appointments.

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

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

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

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

**Veteran’s Day Treatment Center**
1000 Main Street
Little Rock, AR 72201
(501) 257-4499

Shuttle service available by appointment for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities **ONLY**.
Bus passes available on a as available basis through interview. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make schedule an appointment for screening.
Veterans Programs:

ARVets (501) 246-5341
4704 West Commercial Drive, Suite B
North Little Rock, AR 72116

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

Jericho Way, Homeless Day Center (501) 91609859
www.lrjerichoway.org
3000 Confederate
Little Rock, AR 72216

Homeless day center, case managed referrals, Wednesdays 9:00am VA screening.

John L. McClellan Veterans Hospital (501) 257-1000
4300 West 7th Street
Little Rock, AR 72205

Medical care and treatment for veterans ONLY.

Saint Francis House (501) 664-5036
2701 South Elm Street
Little Rock, AR 72214

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

Towbin Healthcare & VA Medical Center (501) 257-1000
2200 Fort Roots Drive
North Little Rock, AR 72114

Medical care, treatment and domicile available to veterans ONLY.

National Call Center for Homeless Veterans (877) 424-3838

Veteran’s Day Treatment Center (501) 244-1900
1000 Main Street
Little Rock, AR 72201

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

Arkansas Advocates for Children and Families (501) 371-9678
www.aradvocates.org
1400 West Markham, Suite #306
Little Rock, AR 72201
For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children, and we have never been afraid to lead the way when the need arose.

Arkansas Child Abuse Prevention Hotline (800) 482-5964
www.stoparchildabuse.com (501) 682-8772
P.O. Box 1437, Slot S-569
700 Main Street
Little Rock, AR 72203-1437
Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children’s emotional, physical, and developmental needs and protect their children from harm.

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

Arkansas Coalition Against Domestic Violence (501) 907-5612
www.domesticpeace.com (800) 269-4668
1401 West Capitol, Suite #170
Little Rock, AR 72201
Arkansas National Guard Youth Challenge Program  (501) 212-5565
Camp Robinson #16414
North Little Rock, AR 72199
The Arkansas National Guard Youth ChalleNGe Program is a preventive rather than remedial at-risk youth program. The program targets participants who drug-free and no felony convictions and 16 to 18 years of age. You must not be older than 18 upon entry, however, you may turn 19 while in the program. Core components of the program are; responsible citizenship, academic excellence (GED/High School Diploma attainment) life-coping skills, service to community health and hygiene, job skills training, leadership, physical training. The 22 week Residential Phase, which includes a 2-week Acclimation Period, is followed by a year-long mentoring relationship with a specially trained member from each youth's community.

Big Brothers Big Sisters of Central Arkansas  (501) 374-6661
www.bbbsca.org
312 West Pershing Blvd.
North Little Rock, AR 72114
Their mission is to provide children facing adversity with strong and enduring, professional supported one-to-one relationships that change their lives for the better, forever.

Break the Silence – Speak Out America  (501) 804-0747
P.O. Box #242761
Little Rock, AR 72223
Dedicated to preventing child sexual abuse.

Catholic Adoption Services  (501) 664-0340
2415 North Tyler Street  Ext. #347 or #334
Little Rock, Arkansas 72207
Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child up to adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal protections, privacy, and are able to select the future adoptive parents for their child.
Centers for Youth and Families
www.centersforyouthandfamilies.org
(501) 666-6868
Residential Services
6501 West 12th Street
Little Rock, AR 72204
and
Bess Chisum Stephens Community Center
1200 South Cleveland Street
Little Rock, AR 72204
and
Outpatient Services
5905 Forest Place
Little Rock, AR 72207
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 to age 20. Parent Center offers parenting classes, support groups and a Parent Resource Center. Community Center not only offers a fitness center and swimming pool but an excellent locale for community meetings, classes and activities.

Child Support Enforcement Office
(501) 371-5400
322 South Main Street, Suite #100
Little Rock, AR 72203
Establishes and enforces court orders involving non-custodial parental child support.

Cru Inner City
(501) 219-0219
1320 South Schiller Street
Little Rock, AR 72202
Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (back-to-school backpacks with school supplies).

National Center for Missing Exploited Children
(800) 843-5678
www.missingkids.com

Promise House Maternity Care
(501) 350-9766
www.abchomes.org
6 Position Court
Little Rock, AR 72204
For pregnant teen and preteen girls. The Arkansas Baptist Children’s Homes and Family Ministries (ABCHomes) is committed to providing a loving and safe home for hurting and needy children and teens. From pre-natal and ObGyn to treatment to newborn care and continuing living classes along with continuing public school education.
Pulaski County Cooperative Extension, 4-H  (501) 340 -6650  
Pulaski County 4-H  
2901 West Roosevelt Road  
Little Rock, AR 72204  
4-H is open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, age, disability, martial or veteran status, or any other legally protected status.

Pulaski County Youth Services  (501) 340-8250  
201 South Broadway, Suite #220  
Little Rock, AR 72201  
www.pulaskicountyyouthservices.org  
Youth programs, including: Act Prep Program, Our Club, Public Service Internship, Rope Course, Week of the Arts, Youth Leadership Program, and Youthonomic$.

Recycle Bikes for Kids  (501) 952-4581  
1212 East 6th Street  
Little Rock, AR 72202  
Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call (501) 952-4581, for appointments, times, and requirements.

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

Youthonomic$  (501) 340-8250  
201 South Broadway, Suite #220  
Little Rock, AR 72201  
One week, half a day program designed to expose youth to various career opportunities in addition to educating them to opportunities as a small business owner. Through classroom style curriculum students are also taught financial literacy and leadership development.
Arkansas Community Dispute Resolution Centers, Inc.  
www.acdrc.net (501) 379-1501  
3805 West 12th Street, Suite #201  
Little Rock, Arkansas 72204  
Providing family/child support/visitation mediation services, neighborhood dispute resolution services, landlord/tenant disputes, consumer disputes, business disputes, facilitation services, conflict resolution training services for individuals, neighbors, families, consumers, churches, schools, businesses, groups/organizations, police and government entities.

Arkansas Community Organization (A.C.O.) (501) 376-7151  
2101 South Main Street, 1st floor  
Little Rock, AR 72206  
Empowering low income families thru credit counseling, home ownership counseling, income tax preparation, financial literacy and counseling.

Cell-phone charging locations:  
- University Libraries  
- University of Arkansas, Little Rock student union  
- All Public Libraries

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

Central High Alert Center (501) 376-7610  
Valerie Conway  
1108 South Park  
Little Rock, AR. 72204

East 21st Street Alert Center (501) 370-9537  
Bertrum Butler  
500 East 21st Street  
Little Rock AR. 72201

East 21st Street Alert Station (501) 376-3406  
Maggie Hawkins  
500 East 21st Street  
Little Rock, AR. 72206
Mann Road Alert Center
Linda Williams
9209 Mann Road
Little Rock, AR. 72209

Oak Forest Alert Center
Carla Nichols
2123 Harrison Road
Little Rock, AR. 72204

South End Alert Center
Arnuard Crump
1100 West 33rd Street
Little Rock, AR. 72206

Stiff Station Alert Center
Kathleen Countryman
2715 West 7th Street
Little Rock, AR. 72204

Upper Baseline Alert Center
Shaun Smith
Baseline Elementary
Little Rock, AR. 72209

Valley Drive Alert Center
Valeria Tate
5621 Valley Drive
Little Rock, AR. 72209

Wakefield Alert Center
Iglorida Conley
7414 Doyle Springs Road
Little Rock, AR. 72209

West Central Alert Center
Willie Carpenter
4200 John Barrow
Little Rock, AR. 72206

Willie Hinton Alert Center
Dwight Pridgeon
3805 West 12th Street
Little Rock AR. 72204
Computer and Internet Access:

**S.O.A.R. Network**  
(501) 255-0529  
www.soarnetwork.org  
1827 South Woodrow  
Little Rock, AR 72204  
Computer access for employment applications. Call for information.

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

Food Stamps (SNAP Program):

**Arkansas Department of Human Services**  
(501) 682-9200  
1105 Dr. Martin Luther King Jr. Drive  
Little Rock, AR 72203  
There are several different locations in Pulaski County; you should apply according to your zip code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded.

**Internal Revenue Service (I.R.S.)**  
(800) 829-1040  
700 West Capitol, Room 1412  
Little Rock, AR 72201  
Open Monday thru Friday 8:30 – 4:30pm. Visit in person to find free tax preparation sites in Pulaski County.

Mail Service:

**Little Rock Downtown Post Office**  
(501) 375-5155  
600 East Capitol Avenue  
Little Rock, AR 72202  
Have your incoming mail addressed to: your name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock, AR 72202.

Pet Needs:

**Quapaw Quarter United Methodist Church**  
(501) 375-1600  
Pet Food Ministry  
1601 South Louisiana Street  
Little Rock, AR 72206  
Cat and dog food is distributed between 1:00 – 3:00pm on the third Tuesday of each month, except August.
Plasma Donation:

**D.C.I. Biologicals**  
824 South Spring Street  
Little Rock, AR 72201  
Earn up-to $280.00 per month, proof of residency, ID and Social Security card required also must pass social and health screening.  
Monday, Wednesday, and Friday 8:30am – 6:30pm.  
Tuesday and Thursday 9:00am – 7:00pm.  
Saturday and Sunday 8:00 – 3:00pm.  
New donors accepted Monday and Sunday.

**Octapharma Plasma Center**  
5121 Warden Road  
North Little Rock, AR 72116  
Earn up-to $55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening.  
Monday thru Friday 7:00am – 7:00pm.  
Saturday and Sunday 7:00am – 5:00pm.

**Talecris Plasma Resource Center**  
6227 Colonel Glenn Road  
Little Rock, AR 72204,  
www.talecrisplasma.com  
Earn up-to $55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening.  
Tuesday, Wednesday, and Thursday, 9:00 – 6:00pm.  
Friday and Saturday, 8:00 – 3:00pm.

**American Red Cross of Greater Arkansas**  
401 South Monroe  
Little Rock, AR 72205  
www.redcross.org/arkansan  
Emergency Assistance Information, health and safety training (CPR & first aid) emergency military notification.

**Social Security Administration**  
www.socialsecurity.gov  
(800) 772-1213  
For general information and services, call 7:00am – 7:00pm. Provides Social Security cards and social security benefits.

**Little Rock Social Security Office**  
700 West Capitol, Room #1201  
Little Rock, AR 72201  
Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm.  
Open Wednesdays 9:00 – 12:00noon., Closed federal holidays.
Sherwood Social Security Office  
3608 East Kiehl Avenue  
Sherwood, AR 72120  
Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm  
Open Wednesdays 9:00 – 12:00noon., Closed federal holidays.

Social Services, Department of Human Services (D.H.S.)
www.humanservices.arkansas.gov/Pages/DHSOffices.aspx
Provides access to food stamps, Medicaid, & support for women and families.

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

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

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

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

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

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

The Van  
P.O. Box 250061  
Little Rock, AR 72225  
www.theoneinc.org
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.  
(501) 955-3444
Goodwill Industries
1110 West 7th Street
Little Rock, AR 72201
www.GoodwillAR.org

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

Goodwill may connect you with other service providers such as:

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

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

**Reentry Services**: Assistance for reentering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity (TEO) program: a 16-week, paid training program for reentering citizens without violent or sexual charges on their background.
**Jericho Way, Homeless Day Center**

(501) 916-9859  
www.lrjerichoway.org  
3000 Confederate  
Little Rock, AR 72216

- Homeless day center, open Monday thru Friday, 8:00am - 4:00pm.
- Case managed referrals
- Showers
- Meals
- Clothing closet
- Mental health and VA screening
- Transportation for medical and employment issues
Lewis-Burnett Employment Finders  (501) 379-1592
Willie L. Hinton Neighborhood Resource Center, Suite #205
3805 West 12th Street
Little Rock, AR 72204
www.lewisb.org

- Needs Assessment
- One-On-One Evaluations
- Dress for Success
- Pr-Employment Training Classes
- Basic Computer Training Program
- GED Preparation
- Entrepreneur Class
- Community Service Programs
- Resume Writing
Our House
302 East Roosevelt
Little Rock, AR 72206
www.ourhouseshelter.org

Housing & Shelter:
  Shelter
  Family Housing
  Permanent Housing
  Transitions

Children & Youth
  Childcare
  After School
  My Picture Perfect Summer

Education & Workforce Training
  Job Training
  Adult Education
  Life Skills

Other Services
Promiseland
Community Development Corp.
4520 South University
Little Rock, AR 72204
www.attheland.org

- Home-buyer Classes
- Foreclosure Prevention
- Computer Lab
- Mentoring
- After School Care
- Homework Assistance
- Family and Individual Counseling
- Literacy
- Job Readiness
- Youth Development
- Ministry of Compassion (Food and Clothing Assistance)
- Financial & Credit Literacy
- Housing Fairs and Seminars
- Delinquent Mortgage Counseling
River City Ministry
Free Homeless Day Resource Center
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org

- Food Pantry: Tuesday & Thursday 9:30 – 10:30am (once a month only)
- Meal Service: Monday thru Fridays, following 11:30am devotional, Sundays food and fellowship 2:00pm
- Social Services: Monday thru Friday, 8:30 – 2:30pm
- Medical Services: By appointment only, Call Monday, Wednesday or Friday at exactly 10:00am for appointments, eligibility; adults, no insurance, no Medicare or VA benefits, & income below 200% of poverty level
- Pharmacy Services: Call in for refills for River City Ministry patients ONLY. No outside prescriptions filled.
- Dental Services: Extractions only and by appointment only, dental roster is made call Thursday at 10:00am to schedule initial screening. $5.00 cash payment per visit.
- Eye Clinic: Exams & eye glasses, call for appointment. $5.00 cash payment per visit.
- Clothes Closet: 1st & 3rd Wednesdays, 8:30 – 11:00am
- Laundry Service: Monday thru Friday 8:30-12:30pm
- North Little Rock Water Program, call for appointment Wednesdays at 8:30
- Showers: Monday thru Friday, 8:00-1:00pm
- FAX & Phone Service: (501) 376-6695, Monday thru Thursday 8:30-2:00am
- Resource Counseling: Monday thru Friday, 8:30 – 2:30pm
- Spiritual Services: Counseling, Monday thru Friday, 8:30 – 3:30pm
  Bible study Thursday, 10:00am, lunch devotional Monday thru Friday 11:00am, food & fellowship Sundays 2:00pm, Breaking Free pick-up, Mondays 5:30pm.

Serving Pulaski County residency, picture I.D., and Social Security card required for some services. Call to verify availability of services before traveling to the center.
Saint Francis House  
2701 South Elm Street  
Little Rock, AR 72204  
www.stfrancisministries.com

Open 8:30 – 11:30am & 1:30 – 3:00pm

- Clothing Closet
- Food Pantry
- Prescription Drug Assistance
- Utility Assistance
- Veterans Housing
- Health Clinic
St. Francis House Clinic
2701 South Elm Street
Little Rock, AR 72204
Tuesdays: 8:00 till done
Appointments required, call 552-3241664-5036
- Medical Services
- Pharmacy Services

St. Vincent-Gardner Memorial Community Clinic
1723 Schaer Street
North Little Rock, AR 72114
Mondays: 8:00 till done
Walk-ins accepted, call 552-3241
- Medical Services
- Pharmacy Services

St. Vincent - Glenview Community Clinic
4800 East 19th Street
North Little Rock, AR 72117
Thursdays: 8:00 till done
Appointments required, call 552-3241
- Medical Services
- Pharmacy Services
Salvation Army
1111 West Markham
Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org

- Homeless Shelter for individuals and families
- Food pantries
- Meals
- Youth mentoring (North Little Rock only.)
- Angel Tree gifts for children
- Youth camps
- Emergency support for victims of natural disasters
Homeless programs coordinating center. Connecting the homeless population of Pulaski County with referrals for food, clothing, housing, transportation, technology, employment, and transition assistance.

- Homeless Help Line (501) 255-0529

- Outreach and Support Center, referrals for:
  * Showers
  * Laundry
  * Storage for Homeless Possessions
  * Food
  * Housing
  * Mental Health Assistance

- Volunteer Resource Center

- Transportation Services

- Employment Assistance With:
  * Resume Preparation
  * Transportation
  * Interview Clothes
  * Job Referrals

- Computer employment application support
Nehemiah House
   ① Men’s transient lodge
   ② Men’s transitional work program
   ③ Men’s 9-month recovery program

Dorcas House
   ① Emergency Services such as; food, shelter, clothing, and crisis intervention for women and children
   ② 9-month Domestic Violence Recovery Program for women and children
   ③ Women’s 9-month recovery program

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

AA World Service Office 56
A.B.B.A. House 39
A.E.D.D. 6
Airport Church of Christ 25
Al-Anon and Alateen 56
Amboy Community Food Pantry 25
American Civil Liberties Union (A.C.L.U.) 48
American Red Cross of Greater Arkansas 71
Arc 6
Arkansas AA Central Service Office 56
Arkansas Adult Protective Services 14
Arkansas Advocates for Children and Families 64
Arkansas C.U.R.E. 19
Arkansas Cares 57
Arkansas Children’s Hospital 33, 64
Arkansas Child Abuse Prevention Hotline 64
Arkansas Community Dispute Resolution Centers, Inc. 68
Arkansas Coalition Against Domestic Violence 44, 49, 64
Arkansas Community Organization (A.C.O.) 68
Arkansas Department of Career Education 11, 16, 19
Arkansas Department of Human Services (DHS) 70
Arkansas Department of Workforce Services 16, 19
Arkansas Disability Coalition 6
Arkansas Donated Dental Services 37
Arkansas Health Care Access Foundation, Inc. 33
Arkansas Initiative for Marriage Equality 49
Arkansas Library for the Blind 6
Arkansas National Guard Youth Challenge Program 65
Arkansas Rehabilitation Services 6, 11
Arkansas Rehabilitation Services ICAN Program 7
Arkansas Relay 7, 14
Arkansas School for the Blind and the Visually Impaired 7
Arkansas School for the Deaf 7
Arkansas Spinal Chord Commission 7
Arkansas Time After Time 19
ARKids 44
ARVets 63
Asbury Park 42
Auxora Arms Apartments 42
Barnabas House 54
Baptist Medical Center 57
Big Brothers Big Sisters of Central Arkansas 65
Break the Silence – Speak out America 65
<table>
<thead>
<tr>
<th>Organization</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brennan Re-Entry Corp.</td>
<td>19</td>
</tr>
<tr>
<td>Bridgway Hospital</td>
<td>54, 57</td>
</tr>
<tr>
<td>Broadway Bridge Project</td>
<td>51</td>
</tr>
<tr>
<td>Brook Valley Apartments</td>
<td>42</td>
</tr>
<tr>
<td>Bullock Temple</td>
<td>25</td>
</tr>
<tr>
<td>Buffington Towers</td>
<td>42</td>
</tr>
<tr>
<td>Camp Aldersgate</td>
<td>8</td>
</tr>
<tr>
<td>Canaan Missionary Baptist Church</td>
<td>51</td>
</tr>
<tr>
<td>Capitol City Freewill Baptist Church</td>
<td>25</td>
</tr>
<tr>
<td>Care - Link</td>
<td>14, 61</td>
</tr>
<tr>
<td>Catar Clinic</td>
<td>59</td>
</tr>
<tr>
<td>Catholic Adoption Services</td>
<td>65</td>
</tr>
<tr>
<td>Catholic Immigration Services—Little Rock</td>
<td>44</td>
</tr>
<tr>
<td>Cell Phone Charging</td>
<td>68</td>
</tr>
<tr>
<td>Centerpoint Energy (Gas)</td>
<td>23</td>
</tr>
<tr>
<td>Center for Arkansas Legal Services</td>
<td>48</td>
</tr>
<tr>
<td>Center for Artistic Revolution</td>
<td>49</td>
</tr>
<tr>
<td>Center for Women in Transition</td>
<td>19, 39</td>
</tr>
<tr>
<td>Centers for Youth and Families</td>
<td>39, 54, 66</td>
</tr>
<tr>
<td>Centers for Youth and Families, Youth Emergency Shelter</td>
<td>39</td>
</tr>
<tr>
<td>Central Arkansas Development Council (CADC)</td>
<td>8, 14, 23</td>
</tr>
<tr>
<td>Central Arkansas Pride</td>
<td>49</td>
</tr>
<tr>
<td>Central Arkansas Transit (C.A.T.)</td>
<td>61</td>
</tr>
<tr>
<td>Central Baptist Church of North Little Rock</td>
<td>3, 25</td>
</tr>
<tr>
<td>Chance Sobriety</td>
<td>20, 57</td>
</tr>
<tr>
<td>Child Support Enforcement Office</td>
<td>66</td>
</tr>
<tr>
<td>Choices in Living Resource Center</td>
<td>15</td>
</tr>
<tr>
<td>Christ Temple Outreach Center</td>
<td>25</td>
</tr>
<tr>
<td>Church at Rock Creek</td>
<td>16, 25</td>
</tr>
<tr>
<td>City of Alexander Court Room</td>
<td>31</td>
</tr>
<tr>
<td>City of Faith</td>
<td>20</td>
</tr>
<tr>
<td>City of Little Rock Alert Centers</td>
<td>68</td>
</tr>
<tr>
<td>Clinica el Samaritano</td>
<td>34, 44</td>
</tr>
<tr>
<td>Cocaine Anonymous</td>
<td>56</td>
</tr>
<tr>
<td>College Station Clinic</td>
<td>33, 37</td>
</tr>
<tr>
<td>Command Labor</td>
<td>16</td>
</tr>
<tr>
<td>Community of Grace Health Clinic</td>
<td>45</td>
</tr>
<tr>
<td>Compassion Center</td>
<td>57</td>
</tr>
<tr>
<td>Computer and Internet Access</td>
<td>70</td>
</tr>
<tr>
<td>Cru Inner City</td>
<td>66</td>
</tr>
<tr>
<td>Cumberland Towers</td>
<td>41</td>
</tr>
<tr>
<td>D.C.I. Biologicals</td>
<td>71</td>
</tr>
<tr>
<td>Disability Rights Center</td>
<td>8, 48</td>
</tr>
<tr>
<td>Diverse Youth for Social Change</td>
<td>49</td>
</tr>
<tr>
<td>Division of Services for the Blind (DHS)</td>
<td>8</td>
</tr>
<tr>
<td>Dorcas House</td>
<td>39, 57</td>
</tr>
<tr>
<td>Dr. Emma K. Rhodes Education Center</td>
<td>11</td>
</tr>
<tr>
<td>Organization</td>
<td>Page</td>
</tr>
<tr>
<td>------------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>East Gate Fishing Center</td>
<td>26</td>
</tr>
<tr>
<td>East Little Rock D.H.S.</td>
<td>72</td>
</tr>
<tr>
<td>Easterseals of Arkansas</td>
<td>8</td>
</tr>
<tr>
<td>Eastview Terrace</td>
<td>43</td>
</tr>
<tr>
<td>El Consulado de México en Little Rock</td>
<td>45</td>
</tr>
<tr>
<td>El Zocalo Immigration Resource Center</td>
<td>45</td>
</tr>
<tr>
<td>Empowerment Villiage</td>
<td>39</td>
</tr>
<tr>
<td>Entergy (Electricity)</td>
<td>23</td>
</tr>
<tr>
<td>Esperanza “Hope” Neighborhood Clinic (Spanish)</td>
<td>33, 45</td>
</tr>
<tr>
<td>Fair Oaks</td>
<td>43</td>
</tr>
<tr>
<td>Family Promises of Pulaski County</td>
<td>23, 39</td>
</tr>
<tr>
<td>Family Services Agency</td>
<td>54</td>
</tr>
<tr>
<td>Feed the Hungry</td>
<td>51</td>
</tr>
<tr>
<td>F.E.I.P.A., Watershed</td>
<td>20</td>
</tr>
<tr>
<td>Firm Foundation Ministries</td>
<td>40</td>
</tr>
<tr>
<td>First Baptist Church</td>
<td>26</td>
</tr>
<tr>
<td>First Christian Church Food Pantry</td>
<td>26</td>
</tr>
<tr>
<td>First Christian Church of Sherwood</td>
<td>26</td>
</tr>
<tr>
<td>First Pentecostal Church Food Pantry</td>
<td>26</td>
</tr>
<tr>
<td>First Presbyterian Church</td>
<td>3</td>
</tr>
<tr>
<td>First United Methodist Church</td>
<td>26</td>
</tr>
<tr>
<td>Food Not Bombs “Penelope Poppers”</td>
<td>51</td>
</tr>
<tr>
<td>Food Stamps (S.N.A.P.)</td>
<td>70</td>
</tr>
<tr>
<td>Francis Allen School for Exceptional Children</td>
<td>8</td>
</tr>
<tr>
<td>Fred W. Paris Towers</td>
<td>41</td>
</tr>
<tr>
<td>Freewill Baptist Family Ministries.</td>
<td>40</td>
</tr>
<tr>
<td>From His Throne Ministries</td>
<td>51</td>
</tr>
<tr>
<td>Gaines House</td>
<td>40</td>
</tr>
<tr>
<td>Gardner Memorial Methodist Food Pantry</td>
<td>26</td>
</tr>
<tr>
<td>Gender Equality Arkansas</td>
<td>50</td>
</tr>
<tr>
<td>Geyer Springs United Methodist Church</td>
<td>36</td>
</tr>
<tr>
<td>Good Shepherd Economical Retirement Center</td>
<td>15</td>
</tr>
<tr>
<td>Goodwill Industries</td>
<td>3, 8, 16, 20, 73</td>
</tr>
<tr>
<td>Greater Second Care Center</td>
<td>4</td>
</tr>
<tr>
<td>Greater South Temple, (C.O.G.I.C.)</td>
<td>27</td>
</tr>
<tr>
<td>Gyst House</td>
<td>21, 58</td>
</tr>
<tr>
<td>Hand Up Housing</td>
<td>40</td>
</tr>
<tr>
<td>Harmony Health Clinic</td>
<td>33, 37</td>
</tr>
<tr>
<td>Helping Hand of Greater Little Rock</td>
<td>4, 27</td>
</tr>
<tr>
<td>Hidden Creek Development Center</td>
<td>21</td>
</tr>
<tr>
<td>Hoover Treatment Center</td>
<td>21, 40, 58</td>
</tr>
<tr>
<td>The Hope House of Recovery</td>
<td>40, 58</td>
</tr>
<tr>
<td>Hope Works of Greater Little Rock</td>
<td>17</td>
</tr>
<tr>
<td>Human Trafficking Statewide Crisis Hotline (P.A.T.H.)</td>
<td>46</td>
</tr>
<tr>
<td>Hunter United Methodist Church &amp; Angel Food Ministries</td>
<td>27</td>
</tr>
<tr>
<td>Immanuel Baptist Church</td>
<td>27</td>
</tr>
<tr>
<td>In Your Hands Ministries, Inc</td>
<td>27, 51</td>
</tr>
<tr>
<td>Organization</td>
<td>Page(s)</td>
</tr>
<tr>
<td>--------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Internal Revenue Service (I.R.S.)</td>
<td>70</td>
</tr>
<tr>
<td>Ironton Baptist Church</td>
<td>27</td>
</tr>
<tr>
<td>Jacksonville C.A.D.C.</td>
<td>23</td>
</tr>
<tr>
<td>Jacksonville Care Channel</td>
<td>27, 31</td>
</tr>
<tr>
<td>Jacksonville D.H.S.</td>
<td>72</td>
</tr>
<tr>
<td>Jacksonville Health Unit</td>
<td>34</td>
</tr>
<tr>
<td>Jericho Way Homeless Day Center</td>
<td>4, 51, 54, 61, 63, 74</td>
</tr>
<tr>
<td>Jesse Powell Towers</td>
<td>41</td>
</tr>
<tr>
<td>Job Corps</td>
<td>11</td>
</tr>
<tr>
<td>John L. McClellan Veterans Hospital</td>
<td>33, 63</td>
</tr>
<tr>
<td>Labor Finders</td>
<td>17</td>
</tr>
<tr>
<td>Labor Ready</td>
<td>17</td>
</tr>
<tr>
<td>Lakeshore Drive Baptist Church</td>
<td>28</td>
</tr>
<tr>
<td>Latino Clinic</td>
<td>46</td>
</tr>
<tr>
<td>Legal Aid of Arkansas</td>
<td>46</td>
</tr>
<tr>
<td>Levy Baptist Church</td>
<td>52</td>
</tr>
<tr>
<td>Lewis-Burnett Employment Finders, Inc.</td>
<td>11, 17, 20, 75</td>
</tr>
<tr>
<td>Life Unlimited Christian Fellowship</td>
<td>28</td>
</tr>
<tr>
<td>LiNKs Paratransit (C.A.T.)</td>
<td>9, 61</td>
</tr>
<tr>
<td>Lions World Services for the Blind</td>
<td>9</td>
</tr>
<tr>
<td>Literacy Action of Central Arkansas</td>
<td>11</td>
</tr>
<tr>
<td>Little Rock Adult Education Center</td>
<td>12</td>
</tr>
<tr>
<td>Little Rock C.A.D.C.</td>
<td>23</td>
</tr>
<tr>
<td>Little Rock Church</td>
<td>28</td>
</tr>
<tr>
<td>Little Rock Community Mental Health Center</td>
<td>54</td>
</tr>
<tr>
<td>Little Rock Compassion Center</td>
<td>28, 41</td>
</tr>
<tr>
<td>Little Rock Downtown Post Office</td>
<td>70</td>
</tr>
<tr>
<td>Little Rock Housing Authority</td>
<td>41</td>
</tr>
<tr>
<td>Little Rock Social Security Office</td>
<td>71</td>
</tr>
<tr>
<td>Living Affected, Corp.</td>
<td>50</td>
</tr>
<tr>
<td>Lucie's Place</td>
<td>50</td>
</tr>
<tr>
<td>Lucille Marie Hamilton Youth Drop-in Center</td>
<td>50</td>
</tr>
<tr>
<td>Mail Service</td>
<td>70</td>
</tr>
<tr>
<td>Mainstream</td>
<td>9</td>
</tr>
<tr>
<td>Maumelle Medical Center</td>
<td>34</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>15</td>
</tr>
<tr>
<td>Metro Worship Center</td>
<td>52</td>
</tr>
<tr>
<td>Mid-Arkansas Substance Abuse Services</td>
<td>41, 58, 59</td>
</tr>
<tr>
<td>Mission Global Ministries</td>
<td>21, 42</td>
</tr>
<tr>
<td>Mosaic Church of Central Arkansas</td>
<td>4, 28</td>
</tr>
<tr>
<td>Mosaic Templar’s Cultural Center</td>
<td>12</td>
</tr>
<tr>
<td>Mount Zion Baptist Church</td>
<td>28</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>56</td>
</tr>
<tr>
<td>National Alliance on Mental Illness Arkansas</td>
<td>9</td>
</tr>
<tr>
<td>National Center for Missing / Exploited Children</td>
<td>66</td>
</tr>
<tr>
<td>Nehemiah House</td>
<td>42, 58</td>
</tr>
<tr>
<td>Network of Wellness</td>
<td>34, 54</td>
</tr>
</tbody>
</table>
New Dora Baptist Church 31
New Hope Community Outreach 28
New Hope Living Center 21
New Life Ministries 52
North Little Rock City Health Department 34
North Little Rock D.H.S. 72
Numero Nacional de Crisis/Para Prevencion del Suicidio 46
Oak Grove Fire Station 31
Oak Forest United Methodist Church 28
Octapharma Plasma Center 71
On-Line Information on Free Legal Services in Arkansas 48
Open Hands Clinic 34
Our House 42, 76
Our House Learning Center 12
Parents and Friends of Lesbian and Gay People (P.F.L.A.G.) 50
Park Hill Christian Church 29
Pet Needs 70
Plasma Donation 71
Premier Staffing 17, 46
Pride Industries 9, 18
Professional Counseling Associates 55
Promise Christian Academy 12
Promise House Maternity Care 66
Promiseland Church Ministries 4, 29, 77
Pulaski County Central Health Unit 34
Pulaski County Cooperative Extension, 4-H 67
Pulaski County S.T.D. Clinic 35
Pulaski County Tenant Based Rental Assistance Program 23
Pulaski County Youth Services 67
Pulaski Heights United Methodist Church 29
Quality Living Center (I & II) 21, 58
Quapaw Quarter United Methodist Church 29, 52, 70
Recovery Centers of Arkansas 21, 59, 60
Recycle Bikes for Kids 67
River City Ministry 4, 23, 29, 35, 37, 38, 52, 78
S.O.A.R. Network 61, 70, 82
Safe Harbor of Little Rock 21
Safe Places 46
Saint Francis House 5, 22, 23, 29, 32, 35, 43, 63, 79
Saint Francis House Clinic 35
Saint John Missionary Baptist Church 5, 30
Saint Luke's Respite Care Center 9
Saint Mark Baptist Church 31, 52
Saint Vincent - Gardner Memorial Community Clinic 35
Saint Vincent - Glenview Community Clinic 35
Saint Vincent Health Clinic East 35, 37
Saint Vincent Health System 35, 80
Salvation Army 29, 43, 52, 81
Second Baptist Church 30
Second Presbyterian Church 31
Shepherds Hope 36, 37, 38
Sherwood Social Security Office 72
Single Parent Scholarship Fund of Pulaski County 12
Sober Living 22, 43, 59
Social Security Administration 71
Social Services, Department of Human Services (D.H.S.) 72
Southern Baptist Disaster Relief Program 15
South Little Rock D.H.S. 72
South-West Little Rock D.H.S. 72
Special Olympics Arkansas 9
S.T.E.P. Ministries 12
Stew Pot 5, 36, 53
Sunset Terrace 41
Sylvan Hills Church of Christ 5
Sylvan Hills Community Church 30
Talecris Plasma Resource Center 71
TAP, (Telecommunications Access Program) 10, 15
Temple Baptist Church – Manna From Heaven Food Pantry 30
Terrace Green Housing 43
The First Tee 67
The Van 5, 30, 53, 72
Towbin Health Care & VA Medical Center 36, 63
The Trevor Project 50
U.A.L.R. William H. Bowen School of Law, Legal Clinic 48
U.A.M.S. Clinic (Appointments) 36
U.A.M.S. Dental Hygiene Student Clinic 38
U.A.M.S. Psychiatric Research Institute 60
U.A.M.S. Walker Family Clinic 55
Unemployment Office, Arkansas Workforce Services 72
Union A.M.E. Church Food Cooperative 30
Union Rescue Mission 32, 83
United Methodist Children’s Home, Arkansas Cares 59
United Way 10
University of Arkansas, Little Rock (U.A.L.R.) 12, 15
Veteran’s Day Treatment Center 13, 20, 43, 61, 63
Veteran’s Administration National (VA) Call Center 63
Veteran’s Substance Abuse Treatment Services 59
Watershed 5, 13 18, 24, 31, 32, 36, 62, 84
Westbridge I & II 43
Westside Free Medical Clinic 36, 47
Women and Children First 43
Woodson Community Center 31
Wrightsville City Hall 31
Youthonomic$ 67