

Resource Guide

Pulaski County, Arkansas

2015

Child Care Assistance	2
Clothing Resources	2
Disabled/Disability Resources	3
Education & Literacy Programs	7
Elder-Care Resources	9
Employment Assistance	11
EX-Offender/Reentry Programs	13
Financial & Utilities Assistance	16
Food Pantries	17
Furniture	22
Health Care Services	23
Dental Clinics	26
Housing & Shelters	27
Immigrants & Undocumented Persons Resources	32
Legal Services	35
LGBT Resources	36
Meals Available	37
Mental Health Care/Treatment	39
Parenting resource	41
Substance Abuse Treatment & Recovery	41
Transportation	45
Veterans Programs	46
Youth Services	48
Miscellaneous	51

Child Care Assistance:

Department of Human Services has a child care assistance program for low income families. (501) 682-8947
(www.arkansas.gov/childcare/familysupport/assistance.html).

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.

Helping Hand of Greater Little Rock (501) 372-4388
1601 Marshal Street
Little Rock, AR 72202
www.lrhelphand.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
3000 Confederate
Little Rock, AR 72216

Homeless day center, clothing closet, hours vary.

River City Ministry (501) 376-6694
1021 East Washington Avenue
North Little Rock, AR 72214
www.rivercityministry.org

Clothing bus open 1st & 3rd Wednesdays of the month, 9:00am – 11:00am.

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

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

Disabled/Disability Resources:

AEDD (501) 666-0246
Arkansas Enterprises for the Developmentally Disabled Inc.
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.arccark.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

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

(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

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.arkansaschoolfortheblind.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.arschoolforthe deaf.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

(501) 225-1444

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 "Eldericare" section]

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.

Disability Rights Center of Arkansas

(501) 296-1775

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)

(501) 682-5463

700 Main Street

Little Rock, AR 72203

Provides support and services to blind and visually impaired Arkansans.

Easter Seals of Arkansas

(501) 227-3600

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

(501) 664-2961

824 North Tyler Street

Little Rock, AR 72205

Providing education and day services for special needs children from birth to age 5.

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 (NAMI Arkansas)

1012 Autumn Road, Suite #1

(501) 661-1548

Little Rock, AR 72211

(800) 844-0381

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

Pride Industries

(501) 374-8087

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

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

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

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

TAP, (Telecommunications Access Program)

(501) 686-9693

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

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

United Way (Heart of Arkansas)

(501) 376-4567

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.org100 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.ourhouseshelter.org

Open to community members for GED prep, basic literacy classes, TABE / WAGE testing, career readiness certificate preparation and testing. Initial enrollment by appointment.

Promise Christian Academy

(501) 570-0048

4520 South University

Little Rock, AR 72204

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

Single Parent Scholarship Fund of Pulaski County

(501) 301-7773

200 River Market Avenue, Suite #100

Little Rock, AR 72201

Providing scholarships and support for single parents in Arkansas.

S.T.E.P. Ministries

(501) 758-4054

P.O. Box #122

North Little Rock, AR 72115

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

Veteran's Day Treatment Center

(501) 244-1900

1000 Main Street

Little Rock, AR 72201

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

Watershed GED Program

(501) 378-0176

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

www.arkansasrelay.com

900 South Shackelford Road, Suite #300

Little Rock, AR 72211

(501) 221-1285

(501) 246-8227 (Videophone)

(501) 221-3279 (TTY)

Providing Free TEXT Telephone service for the deaf.

Alzheimer's Arkansas

www.alzark.org

201 Markham Center Drive

Little Rock, AR 72205

(501) 224-0021

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

P.O. Box #5988

700 Riverfront Drive

North Little Rock, AR 72119

www.carelink.org

(501) 372-5300 information

(800) 482-6359

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

Weatherization Assistance Program

P.O. Box #580

Benton, AR 72018

(501) 776-8446

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

Choices in Living Resource Center

Elder Choices

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

Little Rock, AR 72203

(866) 801-3435

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

2701 Aldersgate Road

Little Rock, AR 72205

www.goodshepherdcommunity.com

(501) 224-7200

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

Meals on Wheels

www.carelink.org

(501) 372-5300

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.

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
6929 John F. Kennedy Blvd., Suite 112 (501) 835-5286
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 telefono 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.

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

P.O. Box #25231

(870) 643-9455

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.rcofa.org
Long term treatment for men and women.

Safe Harbor of Little Rock (501) 374-5399
4800 Springer Blvd.
Little Rock, AR 72206
Transitional home for men with substance abuse issues.

Saint Francis House (501) 664-5036
2701 South Elm Street
Little Rock, AR 72209
Veterans **ONLY**, referred from the VA Drop-In Center.

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

Financial & Utility Assistance:

Arkansas Community Action Agencies, Inc. acaa.org.

There is a list of the counties that each agency serves with a website you can click on. Each agency will help only those who live inside their catchment area. In central Arkansas, go directly to the Community Action Development Council (CADC) at Central Arkansas Development council Homepage. At the top of the page, you will see Services. Click on that and scroll down to LIHEAP/Crisis Intervention. There is an application that needs to be filled out and taken directly to the agency along with proof of income. *The website also mentions that they offer literacy workshops with a financial incentive for completing them.*

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

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

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

Entergy (Electricity)
Customer Service

(800) 368-3749

Family Promises of Pulaski County

(501) 372-0733

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

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

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

(501) 376-6694

Free Homeless Day Resource Center
1021 East Washington
North Little Rock, AR 72114
www.rivercityministry.org

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

Watershed

(501) 378-0176

3701 Springer Blvd.
Little Rock, AR 72206

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

Food Pantries:

Airport Church of Christ

(501) 490-9800

8501 Fourche Dam Pike
Little Rock, AR 72206
www.airportchurchofchrist.org

Open Wednesdays 9:00am – 1:00pm. ID required, may be served only once per month.

Amboy Community Food Pantry

(501) 753-2777

100 Auburn Drive
North Little Rock, AR 72118

Open Monday & Thursday 9:00am – 12:00noon. Proof of North Little Rock residency, and photo ID required.

Bullock Temple

(501) 375-1581

1513 South Park Street
Little Rock, AR 72202

Open Monday 1:00pm or by appoint, ID required.

Capitol City Freewill Baptist Church

(501) 562-7158

6724 West 32nd Street
Little Rock, AR 72204

Open 2nd Wednesday of each month 10:00am – 4:00pm. Photo ID Required.

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.churchofrokcreek.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

(501) 812-0776

1900 Pine Street
North Little Rock, AR 72114

Open Wednesday 9:00 – 11:30am.

First Baptist Church

(501) 758-1525

2015 Main Street
North Little Rock, AR 72114

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

First Christian Church Food Pantry

(501) 225-5656

1500 North Mississippi Street
Little Rock, AR 72207

Open Fridays, 10:30am – 12:00noon. Photo ID required.

First Christian Church of Sherwood

(501) 835-5505

2803 East Kiehl Avenue
Sherwood, AR 72120

Open Friday 10:30am – 12:00noon. Photo ID Required, for families in Sherwood and Jacksonville.

First Pentecostal Church Food Pantry

(501) 758-3090

1401 Calvary Road
North Little Rock, AR 72116

Open Fridays, 1:00pm – 5:00pm. Photo ID required.

First United Methodist Church

(501) 835-2201

6701 John F. Kennedy Blvd.

North Little Rock, AR 72116

Open Tuesday 9:30am – 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

(501) 374-9520

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

(501) 565-3175

5500 Geyer Springs Road

Little Rock, AR 72209

Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72209, 72206 &
72103 Zip Code area **ONLY**. Photo ID required.

Greater South Temple, (C.O.G.I.C.)

(501) 375-2880

2623 South Arch Street

Little Rock, AR 72206

Open 3rd Thursday of each month 4:00pm – 5:00pm. Photo ID required.

Helping Hand of Greater Little Rock

(501) 372-4388

1601 Marshall Street

Little Rock, AR 72202

www.lrhelphand.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

(501) 225-7683

Little Rock, AR 72204

Open 3rd Saturday 7:00am – 12:00noon, call for more information.

In Your Hands Ministries, Inc.

(501) 945-1314

3905 Highway #161 North

North Little Rock, AR 72117

www.inyourhandsministries.com

Open Tuesdays 8:00am – 12:00noon. Present photo ID, Once a month per household.

Ironton Baptist Church

(501) 888-2693

14718 Ironton Cutoff

Little Rock, AR 72206

Open 3rd Tuesday 9:00am – 11:00pm & the 4th Saturday 9:00am – 11:00pm. ID
required. Call for alternate holiday schedules in November and December.

Jacksonville Care Channel

(501) 982-4647

201 North Elm Street
Jacksonville, AR 72076

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

Lakeshore Drive Baptist Church

(501) 565-5536

21 Lakeshore Drive
Little Rock, AR 72204

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

Life Unlimited Christian Fellowship

(501) 568-3600

7001 Colonel Glenn
Little Rock, AR 72204

Open Wednesdays 9:00am – 11:30am. ID and Social Security cards required for all family members. Use limited to three times per year and one emergency.

Little Rock Compassion Center

(501) 296-9114

3618 West Roosevelt
Little Rock, AR 72204

Open Tuesday and Thursday 9:00am – 11:00am. In case of emergency contact the number above.

Mosaic Church of Central Arkansas

(501) 562-3336

6420 Colonel Glenn Road, Suite #1
Little Rock, AR 72204

Open Tuesday 2:00pm – 6:00pm, must reside in the 72204 area. The facility will be moving during 2014 so please call before visiting.

Mount Zion Baptist Church

(501) 374-5832

908 Cross Street
Little Rock, AR 72202

Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon.

Oak Forest United Methodist Church

(501) 663-9407

2415 Fair Park Blvd.
Little Rock, AR 72204
www.oakforrestumc.com

Open 1st and 3 Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area only.

Park Hill Christian Church

(501) 753-1109

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

Open Tuesday 10:00am – 12:00pm. Serving North Little Rock residents.

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

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

Salvation Army (501) 758-7297

1505 West 18th Street

North Little Rock, AR 72115

www.SalvationArmyCentralArkansas.org

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

Saint John Missionary Baptist Church (501) 537-8658

Unto Others

2501 South Main Street

Little Rock, AR 72206

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

Second Baptist Church (501) 223-2323

1709 John Barrow Road

Little Rock, AR 72204

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

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 Thursday 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

10710 Interstate #30

(501) 565-4966

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

(501) 378-0176

3701 Springer Blvd.

Little Rock, AR 72206

Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure food is available. Appointments and referrals are preferred. Social Security card or number is preferred. Must have photo ID.

Furniture:

Saint Francis House

2701 South Elm Street

(501) 664-5036

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

(501) 370-0808

www.urmission.org

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

(501) 378-0176

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 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 Millwood Circle, Suite E
Maumelle, AR 72113

(501) 803-9990

Open Monday thru Friday, 7:30am – 4:30pm.

Network of Wellness
801 Scott Street
Little Rock, AR 72201

(501) 221-7238

Open Monday thru Friday 8:00am – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.

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

(501) 244-2121

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
3915 West 8th Street
Little Rock, AR 72204

(501) 280-3100

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
3000 North 1st Street
Jacksonville, AR 72076

(501) 982-7477

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
2800 North Willow Street
North Little Rock, AR 72114

(501) 791-8551

- 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

(501) 280-3100

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

(501) 376-6694

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

(501) 664-5036

2701 South Elm Street

Little Rock, AR 72204

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

Saint Francis House Clinic

(501) 552-3241

2701 South Elm Street, 3rd floor

Little Rock, AR 72204

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

Saint Vincent - Gardner Memorial Community Clinic

1723 Schaer Street

(501) 552-3241

North Little Rock, AR 72114

Walk-ins accepted must be present on Mondays between 7:00am and 7:30am. Doors open at 8:00am. Serves uninsured **ONLY**.

Saint Vincent - Glenview Community Clinic

(501) 552-3241

4800 East 19th Street

North Little Rock, AR 72117

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

Saint Vincent Health Clinic East

(501) 552-4710

2500 East 6th Street

Little Rock, AR 72202

Open Monday thru Thursday, 8:00am – 4:30pm, Friday, 8:00am – 12:00pm, fees based on sliding scale, proof of income required \$40.00 co-pay. Call for appointment. No walk-ins.

Shepherds Hope

(501) 614-9523

Neighborhood Health Center

2404 Tyler Street

Little Rock, AR 72204

www.oakforrestumc.com

By appointment only, open Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required.

Stew Pot

(501) 372-1804

First Presbyterian Church

800 Scott Street

Little Rock, AR 72201

Medical screenings with a nurse Friday, 12:00pm – 1:00pm. With a Dr. and nurse the third Thursday 12:00pm – 1:00pm.

Towbin Health Care & VA Medical Center

(501) 257-1000 Ext. #3

2200 Fort Roots Drive

North Little Rock, AR 72114

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

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

(501) 686-8000 Ext. #2

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

(501) 378-0176

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

(501) 664-0340

2000 Aldersgate Road

Ext. 356 English

Little Rock, AR 72205

Ext. 335 Spanish

Evening clinic, please call for appointment and leave a voice mail, appointments required.

Dental Clinics:

Arkansas Donated Dental Services

(501) 221-0280

P.O. Box #56248

(800) 932-8247

Little Rock, AR 72215

www.ahcaf.org

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

College Station Clinic

(501) 490-2440

4206 Frazier Pike

College Station, AR 72053

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

(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 dentist. NO WALK-INS.

River City Ministry

(501) 376-6694

1021 East Washington

North Little Rock, AR 72114

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.

Shepherds Hope

(501) 614-9523

Neighborhood Health Center

2404 Tyler Street

Little Rock, AR 72204

www.oakforrestumc.com

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

Housing & Shelters:

A.B.B.A. House

(501) 666-9718

1002 South Oak

Little Rock, AR 72204

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

Center for Women in Transition

(501) 372-5522

P.O. Box #3461

Little Rock, Arkansas 72203

www.cwithr.org

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

Centers for Youth and Families, Youth Emergency Shelter

6425 West 12th Street

(501) 666-7233

Little Rock, AR 72204

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

Dorcas House

(501) 374-4022

A Division of Union Rescue Mission

823 South Park Street

Little Rock, AR 72202

www.urmission.org

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

Empowerment Village

(501) 663-7223 Ext. #210

3604 West 12th Street

Little Rock, AR 72204

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

Family Promises of Pulaski County

(501) 372-0733

222 East 8th Street

Little Rock, AR 72202

www.familypromisepc.org

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

Firm Foundation Ministries

(501) 945-7412

2200 East Broadway

North Little Rock, AR 72114

Men's homeless shelter and half way house. 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)

(501) 296-9114

3618 West Roosevelt Road

Little Rock, AR 72204

Men's homeless shelter must have ID and be over 18. No weapons must be sober, no medical services available.

Little Rock Compassion Center (Women's)

(501) 663-2972 after 3:00pm

4210 Asher Avenue

Little Rock, AR 72204

Women's homeless shelter must have an ID and be over 18.

Little Rock Housing Authority

(501) 340-4821

100 Arch Street

Little Rock, AR 72201

Must meet HUD and Public Housing Authority requirements as to income, and citizenship status. Those with a violent /drug related misdemeanor conviction are not eligible to apply for 3 years and those with a violent /drug related felony conviction are not eligible to apply for 7 years. No sex offenders.

Cumberland Towers

(501) 340-4724

311 East 8th Street

Little Rock, AR 72202

Must be over 50 years of age with no dependents.

Fred W. Paris Towers

(501) 340-4752

1800 South Broadway

Little Rock, AR 72206

Must be over 50 years of age with no dependents.

Jesse Powell Towers

(501) 340-4766

1010 Wolfe Street

Little Rock, AR 72202

Must be over 18 years of age with no dependents.

Sunset Terrace

(501) 340-4730

2800 Battery Street

Little Rock, AR 72206

For families.

Mid Arkansas Substance Abuse Service

(501) 686-9393

4601 West 7th Street

Little Rock, AR 72205

Detox center, must be over 18, proof of Pulaski County residency and ID required, telephone screening conducted 24 hours a day.

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
1100 Brookside Drive
Little Rock, AR 72209

(501) 227-5894

Buffington Towers
224 East 7th Street
Little Rock, AR 72202

(501) 372-6434

Eastview Terrace
1200 Geyer Street
Little Rock, AR 72202

(501) 372-6606

Fair Oaks Apartments
9600 West 36th Street
Little Rock, AR 72204

(501) 227-5466

Terrace Green 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

(501) 376-3219

Address Withheld

Little Rock, AR

Shelter for women and children in domestic abuse situations, male children allowed up to age 18, must be drug and alcohol free, women must be over 18 or emancipated.

Immigrants and Undocumented Persons Resources:

Arkansas Coalition Against Domestic Violence

(501) 907-5612

www.domesticpeace.com

(800) 269-4668

1401 West Capitol, Suite #170

Little Rock, AR 72201

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

ARKids – seguro médico para niños / medical insurance for children

www.arkidsfirst.com/home

(888) 474-8275

Lunes a viernes/ Monday through Friday 8:00am - 4:30pm

Catholic Immigration Services—Little Rock

(501) 664-0340 Ext. #314

2500 North Tyler Street

Little Rock, AR 72207

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

(501) 565-6155

El Faro Baptist Church

7002 Baseline Road

Little Rock 72209

Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15

citas/día. Primer y tercer Martes del mes 5:00pm-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. Clinica médica y de ginecología. \$5/visita. Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. \$5/visit

El Consulado de México en Little Rock

(501) 372-6933

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

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

Premier Staffing - Dotación de Personal Premier (501) 223-8367
10901 Financial Centre Parkway
Little Rock, AR 72211
www.premierstaffinginc.com

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

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

Westside Free Medical Clinic (Spanish) (501) 664-0340
2000 Aldersgate Road Ext. 356 English

Little Rock, AR 72205

Ext. 335 Spanish

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

Legal Services:

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

(501) 374-2660

904 West 2nd Street, Suite #1

Little Rock, AR 72201

www.acluarkansas.org

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

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.

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

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

U.A.L.R. William H. Bowen School of Law

(501) 324-9441

Legal Clinic

1201 McMath Avenue

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

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

Arkansas Initiative for Marriage Equality (AIME)

P.O. Box #13963
Little Rock, AR 72201
www.aequality.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) (501)-244-9690

800 South Scott Street

Little Rock, AR 72202

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

Living Affected, Corp. (LA Corp.)

(877) 902-7448

401 North Maple, Suite A

North Little Rock, AR 72114

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

(501)-244-9690

800 South Scott Street

Little Rock, AR 72202

Drop-in center for LGBTQI youth.

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

800 South Scott Street

(501)-291-2507

Little Rock, AR 72202

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

(501) 766-8271

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

(501) 374-0485

1700 South State Street

Little Rock, AR 72206

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

Feed the Hungry

1111 West Markham
Little Rock, AR 72201

robertj1940@hotmail.com

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

(501) 944-1209

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

(501) 945-1314

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

(501) 916-9859

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

3501 Pike Avenue
North Little Rock, AR 72118

(501) 753-7347

Sack lunches served Monday thru Friday 9:00 – 5:00pm.

Metro Worship Center

2914 South Cumberland Street
Little Rock, AR 72206

(501) 951-1333

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

210 Kathy Lane
Scott, AR 72142
www.newlifelnr.com

(501) 730-1904

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 condition.

Mental Health Care/Treatment:

Barnabas House (501) 663-3136
2423 South Tyler
72204
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 for fees.

Jericho Way, Homeless Day Center

(501) 916-9859

www.ljjerichoway.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.

Parenting Resource:

Excellent handouts for parents on various parenting issues. It is out of Arkansas children's Hospital and is under direction of Dr. Nick Long, a psychologist there who is a national parenting expert: www.parenting-ed.org

Substance Abuse Treatment & Recovery:

Al-Anon and Alateen

(501) 372-5234

www.ar.al-anon.alateen.org

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

AA World Service Office

(212) 870 3400

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

Arkansas AA Central Service Office

(501) 664 7303

7509 Cantrell Road, #106

(501) 664-6042

Little Rock, AR 72207

www.arkansascentraloffice.org

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

Cocaine Anonymous C.A.

(501) 374-1334

www.caarkansas.org

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

Narcotics Anonymous

(501) 373-8683

www.caasc.org

(866) 757-2579

c/o Central Arkansas ASC

PO Box 165205

Little Rock, AR 72216

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.

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
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)
4601 West 7th Street
Little Rock, AR 72205

Emergency # (501) 686-9784

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

4201 John Borrow Road
Little Rock, AR 72204

(501) 562-0507

Transitional housing with drug and alcohol services. Fees: call for fees.

United Methodist Children's Home, Arkansas Cares

2002 South Fillmore Street
Little Rock, AR 72204

(501) 661-0720

Women **ONLY** with substance abuse issues, who are pregnant or with children to 12.

Veteran's Substance Abuse Treatment Services

2200 Fort Root Drive
North Little Rock, AR 72118

(501) 257-1000

Must be processed through Veteran's ER. Veterans **ONLY**! Co-ed facility. Long Term Treatment Facilities.

Outpatient Treatment Facilities:**Catar Clinic**

1401 South University
Little Rock, AR 72204

(501) 664-7833

Outpatient methadone treatment.

Mid-Arkansas Substance Abuse Services

4601 West 7th Street
Little Rock, AR 72205

(501) 686-9393

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

www.rcofa.org
6301 Father Tribou
Little Rock, AR 72205

(501) 372-4611

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

(501) 372-5300

P.O. Box #5988

(800) 482-6359

North Little Rock, AR 72119

www.carelink.org

Care Link can provide limited transportation for the elderly.

Central Arkansas Transit (C.A.T.)

(501) 375-1163

Little Rock City Bus System

310 East Capitol Street

Little Rock, AR 72202

Open 7:00am – 6:00pm daily. One ride \$1.35, all day pass \$3.75, all month pass (31-day) \$36.00. *Discount bus passes are available for the disabled and Veterans.*

Jericho Way, Homeless Day Center

(501) 916-9859

www.lrjerichoway.org

3000 Confederate

Little Rock, AR 72216

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.)

(501) 375-9607

901 Maple Street

North Little Rock, AR 72114

www.cat.org/links-paratransit

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

S.O.A.R. Network

(501) 255-0529

1827 South Woodrow

Little Rock, AR 72204

www.soarnetwork.org

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

Veteran's Day Treatment Center

(501) 257-4499

1000 Main Street

Little Rock, AR 72201

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

Watershed

(501) 378-0176

3701 Springer Blvd.

Little Rock, AR 72206

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

Veterans Programs:

ARVets

(501) 246-5341

www.arvets.org

4704 West Commercial Drive, Suite B

North Little Rock, AR 72116

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

Compensated Work Therapy (CWT) Fort Roots Veterans Administration, North Little Rock.

Vocational Rehabilitation Counseling Services

Central Arkansas Veterans Healthcare System

2200 Fort Roots Drive 116B/NLR.

CWT is housed within our Vocational Rehabilitation Counseling Services Department, in building 89. Our programs are designed for any Veteran needing work, advancement, or in need preparing for a return to the world of work. Once eligibility is established, our staff of VRC/VRS will assist the Veteran served with job search, resume' writing, interview skills, referrals to community based employers and employment agencies, and vocational exploration. The CWT program has four programs: Supported Employment Program, Transitional Work Experience Program, Incentive Therapy, and Homeless Veterans Supported Employment Program. For more information about the programs we offer Contact: **Jeremy Duncan, CWT Programs Supervisory Vocational Rehab Counselor. (601) 687-7375**

Homeless Veterans Supported Employment Program (HVSEP)

This program helps Veterans who are homeless or who are at-risk of becoming homeless to find and maintain a job. Veterans work individually with staff who support the Veteran before and after they are hired. For more information contact: **Kinney Ramey (501) 319-4753.**

Incentive Therapy Program (IT)

Incentive Therapy (IT) is separate from CWT and is a program that pays Veterans for work done at the VA. This program is for individuals who cannot work due to health problems. The program helps the Veteran to learn how to live better, allows them something to do with their free time, and become a better person in society. Some Veterans may be able to move to TWE or SE programs where they can look for jobs. For more information contact: **Rosie Muldrew (501) 257-1645 or Ronnie Martin (501) 257-1653.**

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.**

Psychosocial Rehabilitation and Recovery Service (PRRC) Veterans 4 Veterans

2200 Fort Roots Drive, Bldg 89

North Little Rock, AR 72214

(501) 257-1668

PRRC is a specialized program for Veterans living with serious mental illnesses. We will assist individuals to develop and/or enhance personal skills and resources. Greater community participation is encouraged and more satisfying relationships through identifying, choosing, and accomplishing personal recovery goals. RECOVERY = a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

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.

Supported Employment Program (CWT/SE)

This program works with Veterans who have a serious mental illness with psychosis, to find and keep employment. Veterans work individually with staff members who support the Veteran before and after they are hired. For more information contact: **Craig Friedl at (501) 765-2411**

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

(501) 257-1000

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

Transitional Work Experience Program (CWT/TWE)

Transitional Work Experience (TWE) is a program to help Veterans return to work while addressing other treatment needs (homelessness, substance abuse recovery, mental illness). TWE Veterans can work in Environmental Maintenance Services (EMT), Engineering/Grounds, Food Services or Laundry. These settings are real work and the Veteran is expected to perform as a regular employee. This assists the Veteran to improve work skills and strength. The worksite supervisor provides feedback on how the Veteran is progressing on the worksite. All Veterans placed in TWE should have the desire to become employed and return to community living. For more information contact: **Kim Fletcher (501) 257-1673**.

Veteran's Day Treatment Center
1000 Main Street
Little Rock, AR 72201

(501) 244-1900

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
www.aradvocates.org
1400 West Markham, Suite #306
Little Rock, AR 72201

(501) 371-9678

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

(800) 482-5964

(501) 682-8772

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 Coalition against Domestic Violence

(501) 907-5612

www.domesticpeace.com
1401 West Capitol, Suite #170
Little Rock, AR 72201

(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 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233

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 (501) 666-6868
www.centersforyouthandfamilies.org
Residential Services (501) 660-6880
6501 West 12th Street
Little Rock, AR 72204
and

Bess Chisum Stephens Community Center
1200 South Cleveland Street (501) 664- 4268
Little Rock, AR 72204

and
Outpatient Services
5905 Forest Place (501) 666-4949
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

Miscellaneous:

Cell-phone charging locations:

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

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

Internal Revenue Service (I.R.S.)

(800) 829-1040

700 West Capitol, Room 1412

Little Rock, AR 72201

www.irs.gov

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

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

(501) 374-6371

824 South Spring Street

Little Rock, AR 72201

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

Monday, 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

(501) 812-0440

5121 Warden Road

North Little Rock, AR 72116

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

Monday thru Friday 7:00am ~ 7:00pm.

Saturday and Sunday 7:00am – 5:00pm.

Talecris Plasma Resource Center

(501) 565-6275

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 (501) 748-1000
401 South Monroe (800) 733-2767
Little Rock, AR 72205
www.redcross.org/arkansan
Emergency Assistance Information, health and safety training (CPR & first aid)
emergency military notification.

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

Little Rock Social Security Office (866) 593-0933
700 West Capitol, Room #1201
Little Rock, AR 72201
Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm.
Open Wednesdays 9:00 – 12:00noon., Closed federal holidays.

Sherwood Social Security Office (877) 512-3854
3608 East Kiehl Avenue
Sherwood, AR 72120
Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm
Open Wednesdays 9:00 – 12:00noon., Closed federal holidays.

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

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

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

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

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

South-West Little Rock D.H.S. (501) 371-1100

6801 Baseline Road
Little Rock, AR 72219