

Compassion Resources Directory

For

Little Rock & Pulaski County, Arkansas

(Resource Provider Edition)

Current, as of

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Clothing Resources:

Goodwill Industries Main Office (501) 372-5100

7400 Scott Hamilton Drive, Suite #50, Little Rock, AR, 72209

www.goodwillar.org

Open by appointment for registered clients **ONLY**. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

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

Goodwill Benton Thrift Store (501) 776-1189

1716 Military Road, Benton, AR, 72015

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am - 6:00pm.

Goodwill Bryant Thrift Store (501) 653-2209

5914 Highway 5-North, Bryant, AR, 72022

Open Monday thru Saturday 9:00am – 8:00pm Sunday 10:00am –6:00pm.

Goodwill Cantrell (The Ranch) Thrift Store (501) 673-1550

16924 Cantrell Road, Little Rock, AR 72223

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm.

Goodwill Industries Computer Store (501) 372-5100

7400 Scott Hamilton Drive, Little Rock, AR, 72209

Open Monday thru Saturday 10:00am – 6:00pm.

Goodwill Industries Outlet Center (501) 372-5100

7400 Scott Hamilton Drive, Little Rock, AR, 72209

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm.

Goodwill JFK Blvd. 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 10:00am – 6:00pm.

Goodwill Markham Thrift Store (501) 221-1018

109 Markham Park Drive, Little Rock, AR 72211

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm.

Goodwill Rodney Parham 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 10:00am – 6:00pm.

Goodwill University Thrift Store (501) 568-5313

2904 South University Avenue, Little Rock, AR 72204

Open Monday thru Saturday 9:00am – 8:00pm, Sunday 10:00am – 6:00pm.

Greater Second Care Center (501) 569-9988

5615 Geyer Springs Road, Little Rock, AR 72209,

www.greatersecond.org

Open by appointment.

Helping Hand of Greater Little Rock (501) 372-4388

1601 Marshal Street, Little Rock, AR 72202

www.helpinghand.com

Open Monday thru Thursday, 9:00am – 12:45pm. Inexpensive clothing.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center) (501) 516-1602

14036 Sardis Road, Shannon Hills, AR 72103,

www.letourviolenceend.com

Clothing closet open 2nd, 3rd & 4th Sundays 12:00-2:00pm.

- Liberty Hill Baptist Church** (501) 374-8060
 1215 South Schiller Street, Little Rock, AR 72202,
www.libertyhbc.org
 Open 2nd Monday, 3:00pm – 6:00pm. Serving only the 72202 Zip Code area and must have proof of residence.
- Metro Worship Center** (501) 951-1333
 2914 South Cumberland Street, Little Rock, AR 72206
www.firstnlr.com/metro-little-rock
 Clothes closet 3rd Saturday each month. Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.
- Mount Zion Baptist Church** (501) 374-5832
 924 Cross Street, Little Rock, AR 72202,
 Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon.
- 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, 8:30am – ?
- St. Francis House** (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72214
www.stfrancisministries.com
 Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm.
 Must provide photo ID.
- St. John Missionary Baptist Church Clothes Closet** (501) 975-2014
 2501 South Main Street, Little Rock, AR 72206
www.sjmbchurch.org
 Open Tuesday and Thursday 11:00am – 4:00pm and the 1st Saturday of each month 9:00am – 12:00pm, Must complete application, ID Required.
- Stew Pot First Presbyterian Church** (501) 372-1804
 800 Scott Street, Little Rock, AR 72201,
www.stewpot-littlerock.org
 Clothing Closet open Thursday, 12:00pm – 1:00pm. Adult clothing only.
- Sylvan Hills Church of Christ** (501) 835-4141
 9305 Highway #107, North Little Rock, AR 72120.
<http://www.shcofc.org>
 Clothing Closet open by appointment.
- The Van (The One Inc.)** (501) 955-3444
 8016 Faulkner Lake Road, North Little Rock, AR 72117,
www.theoneinc.org
 Mobile homeless services, locating and serving unsheltered homeless neighbors on the fringes of Little Rock. Providing: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.
- Watershed** (501) 378-0176
 3701 Springer Blvd., Little Rock, AR 72206
 Open Monday thru Friday, 8:00am – 4:00pm. Free clothing for infants to adults, household items when available, ID required.

Disabled/Disability Resources:

- ACCESS** (501) 217-8600
10618 Breckenridge Drive, Little Rock, AR 72211
www.accessgroupinc.org
ACCESS is committed to building new levels of confidence, competence and opportunity by empowering students with learning disabilities to define and achieve success throughout their lives.
- A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc.** (501) 666-0246
105 East Roosevelt Road, Little Rock, AR 72206,
www.aeddinc.org
AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children's learning center preschool is located in North Little Rock.
- Arc of Arkansas** (501) 375-7770
2004 South Main Street, Little Rock, AR 72206,
www.arcark.org
The Arc of Arkansas provides support, housing, advocacy, education and leadership to people with disabilities and their families. The Arc assists and encourages individuals with disabilities in acquiring skills and support, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mainstream of community life. Providing quality, affordable, accessible, integrated housing and support is a primary mission of Arc of Arkansas.
- Arkansas Library for the Blind & Physically Handicapped** (501) 682-1155
900 West Capitol Avenue - Suite #100, Little Rock, AR 72201-3108,
www.library.arkansas.gov/libraryForTheBlind.org
Provide talking books and braille books on free loan and free download of books to thumb drive, IOS or Android device.
- Arkansas Rehabilitation Service ICAN program** (501) 666-8868
900 West 7th Street, Little Rock, AR 72201,
www.ar-ican.org
Arkansas Career Education's ICAN AT4ALL is Arkansas' statewide assistive technology program designed to make technology available and accessible for Arkansans who needs it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.
- Arkansas Rehabilitation Services** (501) 686-2800
900 West 7th Street, Little Rock, AR 72201,
www.arcareered.org
Preparation for individuals with disabilities to enter work force thru education, social, and accessibility support.
- Arkansas Relay** (501) 221-1285 (501) 246-8227
900 South Shackleford Road, Suite #700, Little Rock, AR 72211,
www.arkansasrelay.com
Providing Free Telephone services for individuals who are deaf, hard of hearing and speech impaired. (Videophone) (501) 221-3279 (TTY)
- Arkansas School for the Blind and Visually Impaired** (501) 296-1810
2600 West Markham, Little Rock, AR 72203 www.arkansaschoolfortheblind.org
Serves ages Birth thru age 21: Accredited K-12 school, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.
- Arkansas School for the Deaf** (501) 324-9506
2400 West Markham, Little Rock, AR 72205,
www.arschoolfortheblind.org
Sign language classes for community and families; family education, family support, community education and early intervention programs. For children enrolled in the school

(ages 3 thru high school graduation), the following services are also provided to enrolled students: audiology services, developmental, speech and language, occupational therapy, physical therapy, and psycho-educational.

Arkansas Spinal Cord Commission (501) 296-1788 (800) 459-1517

1501 North University Avenue - Suite #470, Little Rock, AR 72207,

www.ascc.arkansas.gov

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

Camp Aldersgate (501) 225-1444

2000 Aldersgate Road, Little Rock, AR 72205,

www.campaldersgate.net

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

Disability Rights Arkansas Inc. (501) 296-1775 (800) 482-1174

400 West Capitol Avenue, Suite #1200, Little Rock, AR 72201,

www.disabilityrightsar.org

Vigorously advocate for and enforces the legal rights of people with disabilities in Arkansas.

Division of Services for the Blind (DHS) (501) 682-5463

700 Main Street, Little Rock, AR 72203

www.humanservices.arkansas.gov/dsb/Pages/default.aspx

Provides support and services to blind and visually impaired Arkansans.

Easter Seals of Arkansas (501) 227-3600

3920 Woodland Heights Road, Little Rock, AR 72212,

www.eastersealsar.com

The mission of Easter Seals Arkansas is to change the way the world defines and views disabilities by making profound and positive differences in people's lives every day.

Easter Seals provides services including therapy, job placement and education for all ages so people with disabilities can reach the greatest level of independence possible.

Goodwill Industries Main Office (501) 372-5100

7400 Scott Hamilton Drive, Little Rock, AR 72209,

www.goodwillar.org

Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County (501) 379-1549 (501) 379-1556

3805 West 12th Street, Suite #204, Little Rock, AR 72204,

www.houseaboutit.org

Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome, Friday by appointments ONLY

The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:

- Medicare Part D Extra Help (or Low Income Subsidy, LIS),
- Medicare Savings Programs (MSP),
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP),
- Low-Income Home Energy Assistance (LIHEAP) Referral

Mainstream (501) 280-0012

- 300 South Rodney Parham - Suite #5, Little Rock, AR 72205 (800) 371-9026
 www.mainstreamilrc.com
 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.
- National Alliance on Mental Illness Arkansas (NAMI Arkansas)** (501) 661-1548 (800) 844-0381
 1012 Autumn Road, Suite #1, Little Rock, AR 72211
 www.namiarkansas.org
 Provides support, education and advocacy for persons with mental illness and their families.
- Pinnacle Pointe Hospital** (501) 223-3322
 11501 Financial Centre Parkway, Little Rock, AR 72211,
 www.pinnaclepointehospital.com
 Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.
- Pride Industries** (501) 374-8087
 700 West Capitol Avenue #B-125, Little Rock, AR 72201
 www.prideindustries.com
 Hires individuals with severe physical, mental, and developmental disabilities.
- Rock Region Metro, LINKS Paratransit (C.A.T.)** (501) 375-9607
 Administrative Offices, 901 Maple Street, North Little Rock, AR 72114,
 Travel Center, 310 E. Capitol Avenue, Little Rock, AR 72201
 www.rrmetro.org
 Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to the LINKS system, the application process takes 21 days.
- Special Olympics Arkansas** (501) 771-0222
 2115 Main Street, North Little Rock, AR 72114,
 www.specialolyppicsarkansas.org
 Provides year-round sports training and competitions for children and adults with intellectual disabilities.
- St. Luke's Respite Care Center** (501) 753-4281
 4106 JFK Blvd, North Little Rock, AR 72116,
 www.stlukeepiscopal.org
 Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving.
- 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.
- The Allen School** (501) 664-2961
 824 North Tyler Street, Little Rock, AR 72205
 www.theallenschool.org
 Providing education and day services for special needs children from birth to age 5.
- The Arkansas Disability Coalition** (501) 614-7020
 1501 North University Avenue, Suite #221, Little Rock, AR 72207,
 www.adcpti.org
 The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also Family 2 Family health information center.
- United Way (Heart of Arkansas)** (501) 376-4567
 516 Pershing Blvd., North Little Rock, AR 72114,

www.heartaruw.org

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

World Services for the Blind

2811 Fair Park Blvd., Little Rock, AR 72204,

www.wsblind.org

World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.

(501) 664-7100

Education & Literacy Programs:

- Arkansas Department of Career Education** (501) 296-1600
Arkansas Rehabilitation Services, 525 West Capitol Avenue, Little Rock, AR 72201,
www.arcareereducation.org/about/arkansas-rehabilitation-services
Providing educational support and rehabilitation services for individuals with disabilities.
- Arkansas Home Visiting Network** (501) 364-5461
415 South McKinley - Suite #610, Little Rock, AR 72205,
www.arhomevisiting.org
The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness.
- Arkansas Rehabilitation Services** (501) 686-2800
900 West 7th Street, Little Rock, AR 72201,
www.arcareereducation.org/about/arkansas-rehabilitation-services
Prepares people with disabilities to enter the work force thru education, social and accessibility support. Tuition, hearing aids and prostheses provided.
- Dr. Emma K. Rhodes Education Center** (501) 372-0277
1815 Wright Avenue, Little Rock, AR 72202,
www.Emmakrhodes.wixsite.com/erec
Providing adult education and GED preparation, Life Skills training, and the following Certificate programs; Certified Nursing Assistant, Home Health Aide, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, HVAC, Painting and Drywall Finishing. Also a licensed minister and provider of other community services. Personal Development for women.
- HIPPY** (501) 364-3671
Home Instruction for Parents of Preschool Youngsters,
1 Children's Way, Slot #651, Little Rock, AR 72202,
www.hippyarkansas.org
Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with families in the home to support parents in their critical role as their child's first and most important teacher.
- Job Corps** (501) 618-2500
6900 Scott Hamilton Drive, Little Rock, AR 72209,
www.littlerockjobcorps.gov
Provides job training and remedial education for youth, ages 15 – 24.
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals.
- Literacy Action of Central Arkansas** (501) 372-7323
100 Rock Street, 5th Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201,
www.literacyactionar.org
Teaching adults to read & English as a second language.
- Little Rock Adult Education Center** (501) 447-1850
4800 West 26th Street (26th & Madison Street), Little Rock, AR 72204
<http://schools.lrsd3.org/?q=content/adult-education-center>
Offering community and adult education courses. Refresher classes, GED classes and English as a second language.
- Mosaic Templars Cultural Center** (501) 683-3593
501 West 9th Street, Little Rock, AR 72201
www.mosaictemplarscenter.com

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

Our House Career Center

302 East Roosevelt Road, 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.

**(501) 374-7383 Ext.
#210**

Pulaski County Special School District (PCSSD)

925 East Dixon Road, Little Rock, AR 72206
www.pcspd.org

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

(501) 234-2000

S.T.E.P. Ministries

P.O. Box #122, North Little Rock, AR 72114
www.stepministries.org

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

(501) 758-4054

Single Parent Scholarship Fund of Pulaski County

200 River Market Avenue, Suite #100, Little Rock, AR 72201
www.spsfpulaski.org

Providing scholarships and support for single parents in Arkansas.

(501) 301-7773

University of Arkansas, Little Rock (U.A.L.R.) ECO/TRIO Pre-College Outreach Center

5820 Asher Avenue, Suite #800, Little Rock, AR 72204,
www.ualr.edu/trioecets/eoc

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

(501) 907-2470

Veteran's Day Treatment Center

1000 Main Street, Little Rock, AR 7220,

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

(501) 244-1900

Elder-Care Resources:

- Alzheimer's Arkansas** (501) 224-0021
201 Markham Center Drive, Little Rock, AR 72205,
www.alzark.org
Their mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementia are able to live with dignity and comfort until a cure is found.
- Arkansas Adult Protective Services** (800) 482-8049
www.aradultprotection.com
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!* **24-hour abuse hotline**
- Arkansas Aging and Adult Services** (501) 682-2441
Division of Provider Services and Quality Assurance
P.O. Box #1437, Slot S-530, Little Rock, AR 72203,
www.daas.ar.gov
The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans and adults with physical disabilities.
- Arkansas Relay** (501) 221-1285
900 South Shackleford Road, Suite #300, Little Rock, AR 72211,
www.arkansasrelay.com (501) 246-8227
Providing Free TEXT Telephone service for the deaf. (Videophone)
(501) 221-3279 (TTY)
- Care Link** (501) 372-5300
P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72114, www.carelink.org **Information**
Care Link provides resources to the elderly in 6 Central Arkansas Counties. (800) 482-6359
Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.
- Central Arkansas Development Council (C.A.D.C.)** (501) 776-8446
Weatherization Assistance Program, P.O. Box #580, Benton, AR 72018,
www.CADC.com
Complete application for review to be wait-listed for assistance with weatherization projects.
- Choices in Living Resource Center** (866) 801-3435
AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203,
www.choicesinliving.ar.gov
Pre-screening for long term care Medicaid Waivers, providing options to help people remain in the community, in their own homes.
- Good Shepherd Community** (501) 224-7200
2701 Aldersgate Road, Little Rock, AR 72205,
www.goodshepherdcommunity.com
Providing options in living from HUD subsidized housing to upscale suites to long term residential care.
- HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County** (501) 379-1549
3805 West 12th Street, Suite #204, Little Rock, AR 72204, (501) 379-1556
http://houseaboutit.org/home.html
Little Rock, AR 72204, 8:30am – 4:00pm, Monday – Thursday, Walk-Ins
Welcome, Friday by appointments ONLY
The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for

individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:

- Medicare Part D Extra Help (or Low Income Subsidy, LIS),
- Medicare Savings Programs (MSP),
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP),
- Low-Income Home Energy Assistance (LIHEAP) Referral

LifeQuest of Arkansas

(501) 225-6073

600 Pleasant Valley Drive, Little Rock, AR 72227,

www.lifequestofarkansas.org

Open Monday - Thursday: 9:00 am to 4:30 pm. We are located inside Second Presbyterian Church. Volunteer-driven, LifeQuest provides a setting where adults explore social interaction and intellectual stimulation thrive.

Meals on Wheels

(501) 372-5300

P.O. Box #5988, North Little Rock, AR 72119,

www.carelink.org

Hot or frozen home-delivered meals for home-bound older Arkansans over 60 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,

www.absc.org/missions

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

TAP (Telecommunications Access Program)

(501) 686-9693

P.O. Box #3781, Little Rock, AR 72203,

www.ace.arkansas.gov

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

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

(501) 569-3127

2801 South University Avenue, Little Rock, AR 72204,

www.apply.ualr.edu

The University of Arkansas offers **FREE** tuition for Arkansas residents over the age of 60.

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

Employment Assistance:

Arkansas Department of Career Education (501) 682-1500

3 Capitol Mall, Little Rock, AR 72201,
www.ARCareerEd.org

Provides education and employment support for Arkansans in the fields of technical education and adult education.

Arkansas Department of Workforce Services (501) 682-0228

www.dws.arkansas.gov

- Jacksonville Office, 2 Crestview Plaza, Jacksonville, AR 72076, (501) 982-3835
- Little Rock Office, 5401 South University Avenue, Little Rock, AR 72209, (501) 682-7719
- North Little Rock Office, 324 Pershing Blvd., Suite 1, North Little Rock, AR 72114, (501) 376-4119

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

Church at Rock Creek (501) 221-1051

11500 West 36th Street, Little Rock, AR 72211,
www.churchatrockcreek.com

CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employed and those in a career transition. Free for men and women 18 and over.

Command Center (501) 246-4621

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

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

Employers Choice (501) 851-4111

760 Edgewood Dr, Maumelle, AR 72113,
Temporary employment Agency

Goodwill Adult Education Center, North Little Rock (01) 835-5286

6929 John F. Kennedy Blvd., Suite #112, North Little Rock, AR 72116

Goodwill Industries Main Office & Career Service Center (877) 372-5151

7400 Scott Hamilton Drive, Little Rock, AR 72209,
www.goodwillar.org

Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration.

Goodwill Career Service Center, Bryant (501) 653-2209

5914 Highway 5-N, Bryant, AR 72022

Goodwill Career Service Center, Little Rock (501) 492-5550

1110 West 7th Street, Little Rock, AR 72201

Goodwill Career Service Center, Little Rock (501) 221-1018

109 Markham Park Drive, Little Rock, 72211

Integrity Staffing, Healing Waters (501) 650-4753

14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com

If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as

well to find a job that will help meet yours and your family's needs. Integrity Staffing is a traditional staffing/employment agency serving those in need of employment. Open Monday thru Friday 8:00am – 4:00PM

- Labor Finders** (501) 565-9632
7223 Geyer Springs Road, Little Rock, AR 72209,
www.laborfinders.com
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.
- Operation Restore** (501) 376-1686
10411 West Markham Street, Little Rock, AR 72205,
www.cityconnectionsinc.org/operation-restore.html
A temporary employment agency for returning citizens.
- People Ready** (501) 562-6111
1400 South University Avenue, Little Rock, AR 72204,
www.peopleready.com
Day labor coordinators. Open Monday - Friday; 5:30 am - 6:00 pm
Saturday; 6:00 - 8:00 am and 5:00 - 5:30 pm. Make an appointment to fill out their forms then wait to be assigned daily work.
- Premier Staffing - Dotación de Personal Premier** (501) 223-8367
10901 Financial Centre Parkway, Little Rock, AR 72211,
www.premierstaffinginc.com
Open Monday – Friday 8:00am – 500pm. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call. Premier Staffing es una agencia de 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.
- Pride Industries** (501) 374-8087
700 West Capitol Avenue, Suite #B-125, Little Rock, AR 72201
www.prideindustries.com
Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.
- Watershed** (501) 378-0176
3701 Springer Blvd., Little Rock, AR 72206
“Working to find work” Job guidance counseling, employment assistance. Job preparedness classes Tuesday thru Thursday 10:00am – 12:00pm.

EX-Offender/Reentry Programs:

Approved transitional housing

Facilities in the Little Rock, Pulaski County area for men and women leaving prison, as of November 2017
www.dcc.arkansas.gov/images/uploads/THF_Facilities_Feb_16.pdf

Arkansas C.U.R.E. (501) 519-0064

Citizens United for the Rehabilitation of Errants (CURE), P.O. Box #1045, Mayflower, AR 72106,
www.arkansascure.org
The state chapter of an international grass roots organization dedicated to reducing crime by reforming of the criminal justice system through education and advocacy.

Arkansas Cares (501) 906-4928

2002 South Fillmore, Little Rock, AR 72204
www.methodistfamily.org
Substance abuse treatment center and transitional housing for women with children or who are pregnant, with substance abuse or mental health issues, who have completed an approved OADAP residential treatment program.

Arkansas Department of Career Education, Arkansas Rehabilitation Services, (501) 296-1600

525 West Capitol Avenue, Little Rock, AR 72201,
www.ace.arkansas.gov
Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.

Arkansas Department of Workforce Services (501) 682-0228

5401 South University Avenue, Little Rock, AR 72209,
www.dws.arkansas.gov
Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX, phone, copy machine, computer lab job search related use only.

Arkansas Time After Time (501) 444-2828

P.O. Box #11491, Conway, AR. 72034,
www.arkansastimeaftertime.org
The local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders.

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 Drive, Little Rock, AR 72204,
www.cityoffaith.org
Transitional housing facility for men and women released from **Federal** prison.

Compassion in Action (501) 420-3803

300 South Spring St., Suite #604, Little Rock, AR 72201,
4314 Landers Road, North Little Rock, AR, 72117
www.compassioninactionofar.org/#home
“Compassion In Action” reentry is a re-entry program which provides structure, training, education, and mentoring to ex-offenders who are preparing to reenter society, and who are already in society that are in need of the mission of “Compassion In Action”. They provide a 12 week, 12 Principles to Success program, job searches, and other resources needed to decrease the recidivism rate by teaching these men and woman how to cope with reentering society, and teaching ex-offenders ways to maximize their God given potential

in productive ways.

- Goodwill Industries Reentry Services Program** (501) 372-5100
7400 Scott Hamilton Drive, Little Rock, AR 72209,
www.goodwillar.org
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.
- Gyst House** (501) 568-1682
8101 Frenchmans Lane, Little Rock, AR 72209,
www.gysthouseinc.com
Transitional housing for men and women with substance abuse issues.
- Hoover Center** (501) 663-4774
3604 West 12th Street, Little Rock, AR 72204,
www.bcdinc.org/index-9.html
Transitional housing for men and women with substance abuse issues.
- 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 \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved.
- Integrity Staffing (Healing Waters Outreach Center)** (501) 650-4753
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as well to find a job that will help meet yours and your family's needs. Integrity Staffing is a traditional staffing/employment agency. Open Monday thru Friday 8:00am – 4:00PM
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
Working with women returning from incarceration.
- Operation Restore** (501) 376-1686
10411 West Markham Street, Little Rock, AR 72205,
www.cityconnectionsinc.org/operation-restore.html
A temporary employment agency for returning citizens.
- Our House Reentry Program** (501) 374-7383 Ext. #218
302 East Roosevelt, Little Rock, AR 72206,
www.ourhouseshelter.org
The Reentry Program at Our House is open Monday - Thursday 8:00am - 8:00pm and Friday 8:00am – 5:00pm. In addition to the job skills, life skills and adult education programming offered at the career Center, reentry participants receive one-on-one guidance in building a career plan and navigating potential obstacles to employment, housing and the legal system.
- Phoenix Recovery Center** (501) 725-4907
104 North Battery, Little Rock, AR 72205,
<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
Transitional housing for women only.
- Quality Living Center, Men's** (501) 663-3490
3925 Asher Avenue, Little Rock, AR 72204,
<http://qualitylivingcentertreatment.net>
Transitional housing for men only.

Quality Living Center, Women's (501) 663-3490
 2900 South Cedar Street, Little Rock, AR 72204,
<http://qualitylivingcentertreatment.net>
 Transitional housing for women only.

Recovery Center of Arkansas, Riverbend (501) 372-4611
 1201 River Road, North Little Rock, AR 72114,
www.rcofa.org
 Transitional housing for men and women.

Recovery Center of Arkansas, Williamsburg (501) 372-4611
 6301 Father Tribou Road, Little Rock, A 72205,
www.rcofa.org
 Transitional housing for men and women with substance abuse issues.

Rock City Reentry (501) 682-0228
 5401 South University, Little Rock, A 72209
 (Inside Workforce Services)
 Comprehensive, d reentry program, Must be within 180 days of release.

Safe Harbor of Little Rock (501) 374-5399
 4800 Springer Blvd., Little Rock, AR 72206,
<http://safeharborlittlerock.org>
 Transitional housing for men with substance abuse issues.

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

St. Francis House (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72209,
www.stfrancisministries.com
 Transitional housing for Veterans ONLY, referred from the VA Day Treatment Center.

Transitional Faith-based Therapeutic Community (501) 475-5705
 7615 Dan Thomas Road, Little Rock, AR 72205,
www.transitionsfbtc.org
 Transitional housing for men only. Working with drug courts, reentry programs and work release.

Veteran's Day Treatment Center (501) 244-1900
 1000 Main Street, Little Rock, AR 72202,
 Incarcerated veterans' re-entry program.2 Provides case-management following release from prison. For veterans **ONLY**. Veteran's Day Treatment Center.

Financial & Utility Assistance:

- Central Arkansas Development Council (C.A.D.C.) Little Rock** (501) 603-0909
5401 South University Avenue, Little Rock, AR 72209,
www.cadc.com
Providing assistance with utility bills and emergency conservation when funds are available.
- Centerpoint Energy (Gas)** (800) 992-7552
www.centerpointenergy.com
Customer Service
- Entergy (Electricity)** (800) 368-3749
www.entergy-arkansas.com
Customer Service
- St. Francis House** (501) 664-5036
2701 South Elm Street, Little Rock, AR 72209,
www.stfrancisministries.com
Assistance with utility bills must have shut-off notice. NO rental assistance available.
Call between 8:30 – 10:00am. Must provide photo ID, Social Security card, and proof of income. Assistance as funds are available.

Food Pantries:

- 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 or Maumelle
residency, and photo ID required.
- Bullock Temple** (501) 375-1581
1513 South Park Street, Little Rock, AR 72202,
Open Monday 1:00 – 2:00pm Thursdays 4:30-6:00pm, appoints preferred, ID required.
- Central Baptist Church of North Little Rock** (501) 680-1427
9650 Highway 107, Sherwood, AR 7212,
Food pantry, open Wednesdays, 10:00 – 11:45am. Serving Sherwood residents only.
Photo ID Required.
- Christ Temple Outreach Center** (501) 376-1664
1919 South Arch Street, Little Rock, AR 72206,
Open Tuesday & Thursday 10:00am – 12:00noon.
- Church at Rock Creek** (501) 221-1051
11500 West 36th Street, Little Rock, AR 72211,
www.churchatrockcreek.com
Open Tuesday, thru Friday. Call in the mornings between 8:00 & 10:00am to schedule an
afternoon appointment. Services available for each person/family at intervals of 5-weeks,
1 service per household. Serving Little Rock and Saline County residents ONLY.
- El Zocalo Immigrant Food Pantry** (501) 301 –4652
5500 Geyer Springs Road, Little Rock, AR 72209,
Inside Geyer Springs United Methodist Church
www.zocalocenter.com
El Zocalo Immigrant Food Pantry organized by El Zocalo and Interfaith Arkansas. 1 box
of food per month for low income immigrant families or families affected by immigrant
detention. No ID necessary.
- 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 of Sherwood** (501) 835-5505
2803 East Kiehl Avenue, Sherwood, AR 72120,
www.sherwoodfcc.org/default.asp?sec_id=180002962
Open Friday 10:30am – 12:00noon. Photo ID Required, services for families in Sherwood
and Jacksonville.
- First Pentecostal Church Food Pantry** (501) 758-3090
424 East 17th Street, North Little Rock, AR 72114,
Open Fridays, 1:00pm – 5:00pm. Photo ID required.
- Gardner Memorial United Methodist Church Food Pantry** (501) 374-9520
1723 Schaer Street, North Little Rock, AR 72114,
www.gardnermemorialumc.org
Open Tuesday & Thursday 1:00pm – 3:00pm. Photo ID Required. Serves residents of
North Little Rock **ONLY**
- Geyer Springs United Methodist Church** (501) 565-3175
5500 Geyer Springs Road, Little Rock, AR 72209,
www.geyerspringsumc.org/default.asp?sec_id=180012503
Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72206, 72209 &
72103 Zip Code area **ONLY**. Photo ID required.
- Greater Second Care Center** (501) 569-9988
5615 Geyer Springs Road, Little Rock, AR 72209,
www.greatersecond.org
Open third Wednesday 10:00am – 12:00noon.

- Helping Hand of Greater Little Rock** (501) 372-4388
 1601 Marshall Street, Little Rock, AR 72202,
www.helpinghand.org
 Open Monday thru Thursday 9:00am – 12:30pm. May only access food once each month.
 Food and inexpensive thrift store clothing available. Photo ID required.
- Immanuel Baptist Church** (501) 376-3071
 10500 West Markham Street, Suite #107, Little Rock, AR 72211,
 Open Tuesday 10:00am – 2:00pm. ID and proof of residence required. For children, must
 provide proof of guardianship.
- In Your Hands Ministries, Inc.** (501) 945-1314
 3905 Highway #161 North, North Little Rock, AR 72117,
www.inyourhandsministries.com
 Open Tuesdays 7:00am – 11:00noon. Present photo ID, Once a month per household.
- 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, 72076 zip code area **ONLY**. To qualify bring proof of Jacksonville
 residency, Social Security number or Photo ID for each listed family member, pay stubs,
 and food stamp approval letter.
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 Family Food Pantry open 2nd, 3rd & 4th Sundays 12:00-2:00pm.
- Lakeshore Drive Baptist Church** (501) 565-5536
 21 Lakeshore Drive, Little Rock, AR 72204,
www.facebook.com/LakeshoreLittleRock/?rf=113369145364049
 Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the 72204 Zip Code
 area **ONLY**.
- Liberty Hill Baptist Church** (501) 374-8060
 1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
 Open 2nd Monday, 3:00pm – 6:00pm, Photo ID Required.
- Little Rock Church** (501) 455-0900
 10701 West Baseline Road, Little Rock, AR 72209,
<https://littlerockchurch.org>
 Open every other Monday 4:30 – 6:30pm.
- Little Rock Compassion Center** (501) 296-9114
 3618 West Roosevelt, Little Rock, AR 72204,
www.lrcompassioncenter.org
 Open Tuesday and Thursday 8:00 – 11:00am. Photo ID required. Serving the 72204 Zip
 code area only.
- Mosaic Church of Central Arkansas** (501) 562-3336
 6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204,
www.mosaicchurch.net **Bilingual**
 Open Tuesday 2:00 – 3:30pm, must be from 72204 area, 1st come 1st served.
- Mount Zion Baptist Church** (501) 374-5832
 924 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 3rd Thursday 11:00am – 1:00pm, serving 72204 Zip Code.
- Park Hill Christian Church** (501) 753-1109
 4400 John F. Kennedy Blvd., North Little Rock, AR 72116,
<http://parkhillchristian.org>
 Open Tuesday 9:30am – 12:00noon. Serving North Little Rock, Sherwood and Maumelle

residents.

- Pulaski Heights United Methodist Church** (501) 664-3600
4823 Woodlawn Drive, Little Rock, AR 72205,
www.phumc.com
Open first Wednesday morning of each month at 8:30am...
- Quapaw Quarter United Methodist Church** (501) 375-1600
1601 South Louisiana Street, Little Rock, AR 72206,
www.umc.org/find-a-church/church/62626
Groceries are distributed between 1:00 – 3:00pm on the first and third Tuesdays of each month, except August.
- River City Ministry** (501) 376-6694
Day Services for the Homeless,
1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only,
Must provide photo ID.
- Salvation Army** (501) 313-2405
Salvation Army North Little Rock Food Pantry
5100 North Locust Street, North Little Rock, AR 72113,
www.SalvationArmyCentralArkansas.org
Food Pantry open Monday, Wednesday, and Friday, 9:30am – 12:00 and 1:00 – 3:00pm.
Bring photo ID, proof of income, proof of expenses and lease or rental agreement. Serving the North Little Rock area.
- Second Baptist Church** (501) 223-2323
1709 John Barrow Road, Little Rock, AR 72204,
Open Wednesdays & Thursdays 10:00am – 12:00noon. Photo ID and utility bill required to have matching name & address.
- St. Francis House** (501) 664-5036
2701 South Elm Street, Little Rock, AR 72204,
www.stfrancisministries.com
Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card for each recipient.
- St. John Missionary Baptist Church Unto Others Food Pantry** (501) 537-8658
2501 South Main Street, Little Rock, AR 72206,
www.sjmbchurch.org
Open the 2nd & 4th Thursday of each month, 9:00am – we run out. Must complete application, photo ID Required. During winter weather months open only once a month.
- St. Marks Episcopal Church Food Pantry** (501) 225-4203
1500 North Mississippi Street, Little Rock, AR 72207,
<http://st-marks.com/serving/st-marks-food-pantry>
Open Thursdays, 9:15 – 10:45am. Photo ID required.
- Sylvan Hills Community Church, Crisis Corner** (501) 835-1612
8019 Hwy #107, Sherwood, AR 72120,
www.sylvanhillscommunitychurch.com
Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood residents only. Photo ID required.
- Temple Baptist Church – Food Pantry** (501) 565-4966
10710 Interstate #30, Little Rock, AR 72209,
Open 1st & 3rd Monday of each month 6:00pm. Must register with the food pantry with each use.
- The Van (The One Inc.)** (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.

Union A.M.E. Church Food Pantry

1825 South Pulaski Street, Little Rock, AR 72206,

www.unionamec.com

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

(501) 374-3528

Watershed

3701 Springer Blvd., Little Rock, AR 72206,

Open Monday thru Friday 8:00am – 4:00pm. 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.

(501) 378-0176

Furniture:

Sylvan Hills Church of Christ Furniture Ministry

(501) 835-4141

9305 Hwy 107, Sherwood, AR 72120,

www.shcofc.org

Visit the church between 8:00am and 4:00pm, Monday thru Friday to fill out the needs form and meet with staff. Must have photo ID

Watershed

(501) 378-0176

3701 Springer Blvd., Little Rock, AR 72206,

Open Monday thru Friday 8:00am – 4:00pm. Call before coming to insure furniture is available. Must have photo ID.

Health Care Services:

- 12th Street Health and Wellness Center** (501) 614-2492
4010 West 12th Street, Little Rock, AR 72204,
www.healthon12th.uams.edu
Open Monday and Wednesday 4:00pm – 8:00pm, Thursday 4:00 – 7:00pm. Free medical support, Chronic disease management (Hypertension, Diabetes, and Cholesterol.) Medical counseling and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling.
- ARCare** (501) 455-2712
1111 West 7th Street, Little Rock, AR 72201,
General Medical clinic and referrals. Open Wednesday 10:00 – 3:00pm
- Arkansas Children’s Hospital, General Pediatric & After Hours Clinic** (501) 364-1202
1 Children’s Way, Little Rock, AR 72202,
www.archildrens.org
Children’s after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am – 7:45pm.
- Clínica el Samaritano** (501) 350-2518
El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209,
Appointment only, the sign up is usually put on front door night before. Limit 15 appointments per-day. \$10/visit. Spanish interpreters available. Small pharmacy. Open 1st & 3rd Tues 5:30pm-8:30pm (subject to change) Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) **Bilingual**
- College Station Clinic** (501) 490-2440
4206 Frazier Pike, College Station, AR 72053,
www.jccsi.org
Open Mondays thru Friday, 8:00am – 5:00pm. Saturday 8:00 – 12:00pm, appointments recommended, proof of income, Social Security card required. Minimum co-pay of \$20.00 depending on income.
- Esperanza “Hope” Neighborhood Clinic (Spanish)** (501) 562-1114
2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209,
http://esperanzahopeclinic.org **Bilingual**
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,
www.harmonyclinicar.org
Open Monday thru– Friday, 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see doctors. NO WALK-INS.
- Hospice Home Care** (501) 296-9043
12120 Colonel Glenn Road Suite #10000 Little Rock, AR 72210,
www.hospicehomecare.com
When someone you love has an advanced life-limiting illness, Hospice Home Care staff and volunteers are there to offer options that maximize comfort and maintain dignity. Hospice treats the person instead of the disease; focuses on the family instead of just the individual; and emphasized the quality of life instead of its duration. Hospice care allows terminally ill patients and their families to experience the end of life together in the comfort and security of a homelike setting.

- Hospice Home Care, Inpatient Center** (501) 221-3338
 2000 South Bowman, Little Rock, AR 72210,
www.hospicehomecare.com
- HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County** (501) 379-1549
 (501) 379-1556
 3805 West 12th Street, Suite #204, Little Rock, AR 72204,
<http://houseaboutit.org/home.htm>
 Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome, Friday by appointments ONLY
 The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:
- Medicare Part D Extra Help (or Low Income Subsidy, LIS),
 - Medicare Savings Programs (MSP),
 - Medicaid
 - Supplemental Nutrition Assistance Program (SNAP),
 - Low-Income Home Energy Assistance (LIHEAP) Referral
- Jacksonville Health Unit** (501) 982-7477
 3000 North 1st Street, Jacksonville, AR 72076,
www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville
 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.
- John L. McClellan Veterans Hospital** (501) 257-1000
 4300 West 7th Street, Little Rock, AR 72205,
www.littlerock.va.gov/locations/directions.asp
 Medical care and treatment for veterans **ONLY**.
- Liberty Hill Baptist Church** (501) 374-8060
 1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
 Health screening nurse available 2nd Monday, 3:00pm – 6:00pm.
- Maumelle Medical Center** (501) 803-9990
 501 Millwood Circle, Suite E, Maumelle, AR 72113,
<http://maumellemedicalcenter.com>
 Open Monday thru Thursday, 8:00am – 5:00pm, Friday 8:00am – 12:00noon.
- North Little Rock City Health Department** (501) 791-8551
 2800 North Willow Street, North Little Rock, AR 72114,
 Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings. Birth control, STD, HIV/AIDS testing immunizations, and referrals. No physicals.
- Open Hands Clinic** (501) 244-2121
 1225 Martin Luther King Jr. Drive, Little Rock, AR 72202,
<http://health-centers.healthgrove.com/l/2954/Homeless-Open-Hands>
 Open Monday 8:00am – 7:00pm, Tuesday and Wednesday 8:00am – 5:00pm, Thursday 8:00 – 12:00noon, Friday 8:00am – 5:00pm. Appointments preferred, Social Security card & ID required must be homeless, in shelter, or in transitional housing.
- Pulaski County Central Health Unit** (501) 280-3100
 3915 West 8th Street, Little Rock, AR 72204,
www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock
 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.

- Pulaski County S.T.D. Clinic** (501) 280-3100
 3915 West 8th Street, Little Rock, AR 72204,
<http://std-clinics.healthgrove.com/1/289/Pulaski-County-Health-Unit-North-Little-Rock>
 Open Monday thru Friday, 8:00am – 4:30pm, appointments required, photo ID required.
 Free or low cost STD, HIV/AIDS testing and referrals. \$5.00 records maintenance fee
 without Medicaid.
- River City Ministry** (501) 376-6694
 Day Services for the Homeless
 1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
 By appointment only, Call for appointments, serving adults. Insurance or \$5.00 cash
 required at each visit.
- Shepherds Hope** (501) 614-9523
 Neighborhood Health Center, 2404 S. Tyler Street, Little Rock, AR 72204,
<http://www.oakforestumc.com/ministries>
 By appointment only, open Tuesday and Thursday 5:30am – 9:00pm. Primary care and
 diabetes clinic. Serving the 72204 zip code. Proof of residency required.
- St. Francis House** (501) 664-5036
 2701 South Elm Street, Little Rock, AR 72204,
www.stfrancisministries.com
 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.
- St. Vincent - Gardner Memorial Community Clinic** (501) 552-3241
 1723 Schaer Street, North Little Rock, AR 72114,
www.gardnermemorialumc.org/health_clinic.html
 Walk-ins accepted must be present on Mondays between 7:00 and 7:30am. Doors open at
 8:30am. Serves uninsured **ONLY**.
- St. Vincent - Glenview Community Clinic** (501) 552-3241
 4800 East 19th Street, North Little Rock, AR 72117,
 Appointments required, call 552-3241. Appointments available Thursdays, begin at
 8:00am. Proof of income required.
- St. 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, Office visit \$20.00 with proof of income. Labs \$5.00 each. Call for
 appointment. No walk-ins.
- St. Vincent Health System - St. Francis House Clinic** (501) 552-3241
 2701 South Elm Street, 3rd floor, Little Rock, AR 72204,
 Appointments required, call 552-3241. Appointments available Tuesdays beginning at
 8:00am. Proof of income required.
- Stew Pot First Presbyterian Church** (501) 372-1804
 First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201,
www.stewpot-littlerock.org
 Medical screenings with a nurse Friday, 12:00pm – 1:00pm. With a Dr. and/or nurse the
 third Friday 12:00pm – 1:00pm.
- Towbin Healthcare & VA Medical Center** (501) 257-1000
 2200 Fort Roots Drive, North Little Rock, AR 72114,
www.littlerock.va.gov/locations/northlittlerock.asp
 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

3701 Springer Blvd., Little Rock, AR 72206,

Assistance with medications. Open Monday thru Friday 8:00am – 4:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred.

(501) 378-0176

Westside Free Medical Clinic

2000 Camp Aldersgate Road, Little Rock, AR 72205,

www.dolr.org/catholic-charities/westside-medical-clinic

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

Bus service not readily available.

(501) 664-0340

Ext. #356 English

Ext. 335 Spanish

Dental Clinics:

- 12th Street Health and Wellness Center** (501) 614-2492
4010 West 12th Street, Little Rock, AR 72204,
www.healthon12th.uams.edu
Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support. Dental hygiene,
extractions, screenings and referrals.
- Harmony Health Clinic** (501) 375-4400
201 East Roosevelt Road, Little Rock, AR 72206,
www.harmonyclinicar.org
Call for information.
- River City Ministry** (501) 376-6694
Day Services for the Homeless
1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
By appointment only. For Pulaski County residents only. \$5.00 cash payment required
per visit. Call Thursday at 10:00am for appointment.
- Shepherds Hope** (501) 614-9523
Neighborhood Health Center, 2404 S. 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 3 Tuesday of each month 5:30 – 8:30pm. Call
Tuesdays at 1:00pm for a same day appointment.
- St. Vincent Health Clinic East** (501) 552-4710
2500 East 6th Street, Little Rock, AR 72202,
Open Monday thru Thursday 8:00 – 10:30am, 1:00 – 2:30pm, Friday 8:00 – 12:00noon.
Appointments preferred, walk-ins accepted. Simple extractions \$55, surgical extractions \$100. Fillings
\$50 - \$80. Cleaning \$90.
- U.A.M.S. Dental Hygiene Student Clinic** (501) 686-5733
4301 West Markham, Little Rock, AR 72205,
<https://uamshealth.com/medicalservices/dentalhygiene>
Allows students to perform x-rays and teeth cleaning for \$40.00 per visit. Provides many
basic services: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary. Call for
appointment.

Eye Clinics:

Harmony Health Clinic

(501) 375-4400

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

River City Ministry

(501) 376-6694

Day Services for the Homeless
1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
By appointment only. Call for appointments, serving adults. \$5.00 cash payment
required at each visit.

Shepherds Hope

(501) 614-9523

Neighborhood Health Center
2404 South Tyler Street, Little Rock, AR 72204,
www.oakforrestumc.com
By appointment only, usually on the third Tuesday of each month. Serving the 72204 &
72209 zip code. Proof of residency required. Located in the basement of the fellowship
hall of the church. Enter through the back door by the playground.

Housing & Shelters:

- A.B.B.A. House** (501) 666-9718
1002 South Oak Street, Little Rock, AR 72204,
Provides shelter for homeless and/or pregnant women, Non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.
- Centers for Youth and Families, Youth Emergency Shelter** (501) 666-7233
6425 West 12th Street, Little Rock, AR 72204,
<http://centersforyouthandfamilies.net>
Shelter for homeless and runaway youth, ages 8 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients.
- Cumberland Towers** (501) 340-4726
311 East 8th Street, Little Rock, AR 72202,
Must be over 50 years of age with no dependents.
- 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 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 Promise 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.
- Fred W. Paris Towers** (501) 340-4752
1800 South Broadway, Little Rock, AR 72206,
Must be over 50 years of age with no dependents.
- Freewill Baptist Family Ministries** (501) 663-3129
3600 West 11th Street, Little Rock, AR 72204,
www.fwbfm.com/services/residential-care/florence-crittenton-home
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,
www.gaineshouse.org
Transitional home for women with disabilities. Call for cost and other information.
- Hand Up Housing of Arkansas** (501) 658-1449
620 Curtis Sykes Drive, North Little Rock, AR 72114,
<http://handuphousing.org>
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.

- Hoover 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. Call for fees.
- 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 \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved.
- Jesse Powell Towers** (501) 340-4766
 1010 Wolfe Street, Little Rock, AR 72202,
 Must be over 18 years of age with no dependents.
- Little Rock Compassion Center (Men's)** (501) 296-9114
 3618 West Roosevelt Road, Little Rock, AR 72204,
www.lrcompassioncenter.org
 Men's homeless shelter must have ID and be over 18. Must be sober, no medical services available.
- Little Rock Compassion Center (Women's)** (501) 663-2972
 4210 Asher Avenue, Little Rock, AR 72204,
www.lrcompassioncenter.org
 Women's homeless shelter must have ID and be over 18. Check-in 3:00pm.
- Nehemiah House, A Division of Union Rescue Mission** (501) 374-1108
 2921 Springer 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. Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Wheelchair accessible.
- Our House** (501) 375-2416 (501) 374-7383
 302 East Roosevelt Road, Little Rock, AR 72206,
www.ourhouseshelter.org
 Working shelter for men, women, and families, wheelchair accessible, long term shelter available (up to 2-years). Many educational programs, meals, clothing and classes available, domestic violence recovery. Must be working a minimum of 32 hours a week soon after moving in.
- P.A.T.H. Human Trafficking Statewide Crisis Helpline** (501) 301-4357
 Número para víctimas de trata de blancas (501) 993-1641
 P.O. Box #21066, Little Rock, AR 72221,
www.pathsaves.org
 Providing shelter for women who are victims of human trafficking.
- Phoenix Recovery Center** (501) 725-4907
 104 North Battery, Little Rock, AR 72205,
<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
 Transitional housing for women only.
- 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 9101 Auxor Road, Little Rock, AR 72209	(501) 562-8593
Brook Valley Apartments 1100 Brookside Drive, Little Rock, AR 72227	(501) 227-5894
Buffington Towers 224 East 7 th 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 36 th Street, Little Rock, AR 72204	(501) 227-5466
Terrace Green Apartments 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
Salvation Army 1111 West Markham, Little Rock, AR 72201, www.SalvationArmyCentralArkansas.org Emergency shelter for women, and families, opens at 6:15pm.	(501) 374-9296 (501) 374-8636 After 3:30pm
Sober Living 4201 John Borrow Road, Little Rock, AR 72204, http://soberliving.interventionamerica.org/citydirectory.cfm?State=AR&city=Little%20Rock 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.	(501) 562-0507
St. Francis House 2701 South Elm Street, Little Rock, AR 72204, www.stfrancisministries.com Residential placement for veterans thru the Veterans Day Treatment Center.	(501) 664-5036
Veteran's Day Treatment Center 1000 Main Street, Little Rock, AR 72202, Provides access for veterans to VA programs including the St. Francis House listed above.	(501) 244-1900
Women and Children First Address Withheld, Little Rock, AR www.wcfarkansas.org Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education.	(501) 376-3219 Toll Free Hot-Line 800-332-4443

Immigrants/Undocumented Persons Resources:

Arkansas Coalition Against Domestic Violence (501) 907-5612 (800) 269-4668

1401 West Capitol - Suite #170, Little Rock, AR 72201,

www.domesticpeace.com

www.domesticpeace.com/shelters.html (local info)

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

Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos (591) 492-9437

P.O. Box #9296, Fayetteville, AR 72703,

www.arkansasassociations.org

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

(479) 763-2822

ARKids – seguro médico para niños / medical insurance for children (888) 474-8275

www.arkidsfirst.com/home

Lunes a Viernes :Monday through Friday 8:00am – 4:30pm

Catholic Immigration Services — Little Rock

2500 North Tyler Street, Little Rock, AR 72207,

www.dolr.org/catholic-charities/immigration-little-rock

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

Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services:

Counseling for immigration-related needs. Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants.

Counseling for immigrant victims of domestic violence and trafficking.

(501) 664-0340 Ext. #314

Clínica el Samaritano

El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209,

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

Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) Appointment only, the sign up is usually put on front door night before. Limit 15 appointments/day. \$10/visit.

Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm.

(Maychange)

(501) 350-2518

El Consulado de México en Little RockEl Consulado de México en Little Rock está ubicado en 3500 S University Ave, y atiende a ciudadanos mexicanos en los estados de: Arkansas, Oklahoma y Tennessee. (501) 372-6933

Las funciones principales son proteger y defender los derechos e intereses de los ciudadanos mexicanos, así como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo o por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos.

Entre las diversas funcionalidades del Consulado, algunos de los servicios son:

- Documentación de viaje (pasaporte)
- ID matrícula consular, cartilla militar)
- Servicio menaje de casa
- Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos)

- • Poderes Notariales
- • Visas para extranjeros (turistas, permanentes, diplomáticos, estudiantes, etc.)

El Consulado promueve la unidad entre los mexicanos participando en programas de desarrollo comunitario, fomentando el arte y la cultura mexicana en el exterior, y promoviendo la información que contribuye a un conocimiento positivo y mejor de México.

Para más preguntas o sugerencias, contáctenos al (501) 372-6933 ext. 261 o envíe un correo electrónico a conlrock@sre.gob.mx

The Consulate of Mexico in Little Rock is located at 3500 S University Ave, and currently serves Mexican nationals in the states of: Arkansas, Oklahoma and Tennessee.

The main functions are to protect and defend the rights and interests of the Mexicans nationals, as well as assist and advice those who have suffered abuses, work related mistreatment or from authorities, putting first their human rights' respect.

Among the diverse functions of the Consulate, some of the services are:

- Travel documentation (Passport)
- IDs (consular ID, military service ID)
- Household Inventory Service
- Vital Records (birth certificates, dual nationality, marriage certificates, wills)
- Powers of Attorney
- Visas for foreign nationals: tourist, permanent, diplomatic, students...

The Consulate promotes unity among Mexicans by participating in community development programs, encouraging Mexican art and culture abroad, as well as promoting the information that contributes a positive and better knowledge of Mexico.

For further questions or suggestions please contact us to (501) 372-6933 Ext. #261 or send an e-mail to conlrock@sre.gob.mx.

El Zocalo Immigration Resource Center

(501) 301-4652

5500 Geyer Springs Road, Little Rock, AR 72209,
(inside Geyer Springs United Methodist Church)
www.zocalocenter.com ~ lrimigrantcenter@gmail.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 ESL classes available. Providing mental and emotional support. El Zócalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. También ofrecen educación para los inmigrantes y lo demás. Se puede contactar para más información.

Esperanza “Hope” Neighborhood Clinic

(501) 562-1114

2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209,
www.esperanzahopeclinic.org

Solo por cita. Principalmente para 72209. \$5/visita. Hay interpretes. Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209. \$5/visit. Spanish interpreters available.

Thurs 5:15pm-8:00pm, closed the 5th Thursday of each month. By appointment **ONLY**. \$5.00 co-pay. Spanish interpreters available.

Latino Clinic (in Arkansas Children’s Hospital)

(501) 364-4000 Ext. #9

1 Children’s Way, Little Rock 72202,
www.archildrens.org/locations/location-details

Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas debajos 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.

Center for Arkansas Legal Services – Ayuda Legal de Arkansas

(501) 376-3423 (800)

1300 West 6th Street, Little Rock, AR 72201

www.arlegalservices.org

950-5817

www.laalitc.org – tax help 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.

Mosaic Church of Central Arkansas

(501) 562-3336

6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204,
www.mosaicchurch.net
Comprehensive Immigrant services.

Bilingual

Número Nacional de Crisis/Para Prevención del Suicidio

(888) 628-9454

National Suicide/Crisis Hotline

en Español

(800) 273-8255

in English

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

(501) 301-4357

Número para víctimas de trata de blancas
P.O. Box #21066, Little Rock, AR 72221,
www.pathsaves.org

(501) 993-1641

Providing shelter for women who are victims of human trafficking.

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 y una vez registrado comunicarse al telefono.

Westside Free Medical Clinic (Spanish)

(501) 664-0340

2000 Camp Aldersgate Road, Little Rock, AR 72205,
www.archildrens.org/hospital-units-and-clinics/clinics/west-little-rock-clinic/west-little-rock-primary-care-clinic

Ext. 356 English

Ext. 335 Spanish

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

Legal Services:

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

904 West 2nd Street, Suite #1, Little Rock, AR 72201,
www.acluarkansas.org

The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, Inter-sexual) rights, and reproductive freedom. Please visit the website or write to the above address, Calling is not an option.

Center for Arkansas Legal Services

1300 West 6th Street, 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.

**(501) 376-3423 (800)
950-5817**

Disability Rights Arkansas Inc.

400 West Capitol Avenue, Suite 1200, Little Rock, AR 72201,
www.disabilityrightsar.org

Advocacy group supporting the rights of the disabled. Monday thru Friday 9:00am – 5:00pm.

**(501) 296-1775 (800)
482-1174**

On-Line Information on Free Legal Services in Arkansas

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

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

1201 McMath Avenue, Room #105, Little Rock, AR 72202,
www.ualr.edu/law/clinical-programs/legal-clinic-services

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

(501) 324-9441

LGBTQ Resources:

- Arkansans for Equality** (501)-444-2575
P.O. Box #13066, Maumelle, AR 72113,
Arkansansforequality@gmail.com
AFE is an organization supporting equality for all Arkansans.
- Arkansas Coalition Against Domestic Violence** (501) 907-5612
(800) 269-4668
700 South Rock Street, Little Rock, AR 72202,
www.domesticpeace.com
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger** call 911, Your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: 866-331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233.
- Arkansas Transgender Equality Coalition** (316) 768-7267
P.O. Box #653, North Little Rock, AR 72115,
www.artranscoalition.org
A statewide transgender organization led by transgender people collaborating with supporters in advancing needed education, resources and inclusion in Arkansas.
- Center for Artistic Revolution (C.A.R.)** (501) 244-9690
800 Scott St Little Rock AR 72201,
car4ar.org
Providing programs and advocacy for the Arkansas LGBTQI community.
- Central Arkansas Pride (C.A.P.)** (501) 404-8498
P.O. Box #250096, Little Rock, AR 72225,
www.centralarkansaspride.com
C.A.P. organizes the annual Little Rock Pride Parade and Festival in October as well as helps organize local programming and the PFLAG Pride scholarship fund. The mission of Central Arkansas Pride is to raise awareness of diversity in the community and recognize the contributions of the LGBTQ community in AR through celebration & education.
- HRC Arkansas** (501) 650-5644
P.O. Box #251703, Little Rock, AR 72225,
www.facebook.com/HRCArkansas
The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual, transgender and Queer equality. HRC envisions a world where LGBTQ people are embraced as full members of society at home, at work and in every community
- Lucie's Place** (501) 508-5005
300 South Spring Street, #715, Little Rock, AR 72201,
www.luciesplace.org
Lucie's Place assists Lesbian, Gay, Bisexual & Transgender (LGBT) young adults (18-25) experiencing homelessness with housing, services and support. Please call or come by the drop-in center to get connected.
- Parents and Friends of Lesbian, Gay (and Transgender) People (PFLAG) Little Rock** (501) 244-9690
www.pflaglr.org
www.facebook.com/groups/PFLAGLR
800 Scott Street, Little Rock, AR 72201,
Meets third Friday of each month. Call for location. Also Diverse Youth for Social Change (D.Y.S.C.), for LGBTQ youth ages 13-22. **www.car4ar.org**

Pridecorps: LGBT Youth Center

(501) 404-8919

P.O. Box #7378, little Rock, AR 72217

www.pridecorps.org, Facebook: Pridecorps LGBT Youth Center

Our mission is to Celebrate, Support & Empower LGBT Youth ages 13-20. We provide an opportunity for LGBT teens throughout Central Arkansas to network with one another and meet allied community leaders, educators, health care providers, & religious leaders. Meetings are 2:00 -5:00pm, the second & fourth Saturday of each month. Check Facebook for details.

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 queer (LGBTQ) young people ages 13-24.

Libraries:

Central Arkansas Library System (C.A.L.S.)

<https://www.cals.lib.ar.us>

Main Library

(501) 918-3000

100 Rock Street, Little Rock, AR 72201

Open Monday – Thursday 9:00am - 8:00pm, Friday and Saturday 9:00am - 6:00pm,
Sunday 1:00 - 5:00 pm

Millie Brooks Library

(501) 537-3186

13024 Hwy 365, Wrightsville, AR 72206

Open Monday – Tuesday 10:00am - 7:00pm, Thursday - Friday 10:00am – 6:00pm,
Saturday 10:00am - 2:00pm, Closed Wednesday and Sunday

Hillary Rodham Clinton Children's Library & Learning Center

(501) 978-3870

4800 W. 10th Street. Little Rock, AR 72204

Open Monday – Saturday 9:00am – 6:00pm, Sunday 1:00 - 5:00pm

Dee Brown Library

(501) 568-7494

6325 Baseline Road, Little Rock, AR 72209

Open Monday, Tuesday and Thursday 10:00am – 8:00pm, Wednesday, Friday and
Saturday 10:00am – 6:00pm, Closed Sunday.

John Gould Fletcher Library

(501) 663-5457

823 North Buchanan Street, Little Rock, AR 72205

Open Monday - Wednesday 9:00am – 8:00pm, Thursday – Saturday
9:00am – 6:00pm, Closed Sunday.

Maumelle Library

(501) 851-2551

10 Lake Pointe Drive, Maumelle, AR 72113

Open Monday, Tuesday and Thursday 10:00am – 8:00pm, Wednesday,
Friday and Saturday 10:00am – 6:00pm, Closed Sunday.

Sidney S. McMath Library

(501) 225-0066

2100 John Barrow Road, Little Rock, AR 72204

Open Monday - Wednesday 10:00am – 8:00pm, Thursday – Saturday
10:00am – 6:00pm, Closed Sunday.

Max Milam Library

(501) 889-2554

609 Aplin Avenue, Perryville, AR 72126

Open Tuesday 10:00am – 8:00pm, Monday and Wednesday – Saturday 10:00am
– 6:00pm, Closed Sunday.

Esther Dewitt Nixon Library

(501) 457-5038

703 W. Main Street, Jacksonville, AR 72076

Open Tuesday and Thursday 9:30am – 8:00pm, Monday, Wednesday,
Friday and Saturday 9:30am – 6:00pm, Closed Sunday.

Oley E. Rooker Library

(501) 907-5991

11 Otter Creek Court, Little Rock, AR 72210

Open Monday, Wednesday and Thursday 10:00am – 8:00pm, Tuesday,
Friday and Saturday 10:00am – 6:00pm, Closed Sunday.

Amy Sanders Library (501) 835-7756
 31 Shelby Drive, Sherwood, AR 72120
 Open Monday, Wednesday, Friday and Saturday 9:30 – 6:00pm, Tuesday and Thursday
 9:30 – 8:00pm, Closed Sunday.

Adolphine Fletcher Terry Library (501) 228-0129
 2015 Napa Valley Drive, Little Rock, AR 72212
 Open Monday, Wednesday and Thursday 9:00am – 8:00pm, Tuesday,
 Friday and Saturday 9:00am – 6:00pm, Closed Sunday.

Roosevelt Thompson Library (501) 821-3060
 38 Rahling Circle, Little Rock, AR 72223
 Open Monday, Tuesday and Thursday 9:00am – 8:00pm, Wednesday,
 Friday and Saturday, 9:00am – 6:00pm, Closed Sunday.

Sue Cowan Williams Library (501) 376-4282
 1800 Chester Street, Little Rock, AR 72206
 Open Tuesday and Thursday 10:00am – 8:00pm, Monday, Wednesday,
 Friday and Saturday 10:00am – 6:00pm, Closed Sunday.

Butler Center for Arkansas Studies (501) 320-5700
 401 President Clinton Avenue, Little Rock, Arkansas 72201
Research Room, Open Monday – Saturday 9:00am – 6:00pm
Art Galleries, Open Monday – Saturday 9:00am – 6:00pm

Ron Robinson Theater (501)320-5715
 100 River Market Avenue, Little Rock, AR 7220

Cox Creative Center (501) 918-3093
 120 River Market Avenue, Little Rock, AR 72201
 Open Monday – Friday 8:00am – 5:00pm, Saturday 9:00am – 5:00pm and Sunday 1:00 –
 5:00pm.

William F. Laman Public Library System, North Little Rock

Main Library

(501) 758-1720

2801 Orange Street, North Little Rock, AR 72114

www.lamanlibrary.org

Open Monday – Thursday 9:00am – 8:00pm, Friday - Saturday 9:00am – 5:00pm, Closed
Sunday

Argenta Branch

(501) 687-1061

420 Main Street, North Little Rock, AR 72114

www.lamanlibrary.org

Open Monday – Friday 9:00am – 6:00pm, Saturday 9:00am – 1:00pm, Closed Sunday

Meals:

- Broadway Bridge Project** (501) 944-1209
1101 West Markham, Little Rock, AR 72201
At From His Throne Ministries. Serving dinner Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm.
- Canaan Missionary Baptist Church** (501) 374-0485
1700 South State Street, Little Rock, AR 72206
Serving the homeless and hungry each 4th Saturday of the month from 12:30 - 1:00pm, under the parking deck on 8th & Main.
- Canvas Community Church** (501) 492-6815
1111 W 7th Street, Little Rock, AR 72201
www.welovelittlerock.org
Dinner and a Movie Wednesdays 3:30 – 7:30pm. Lunch served Saturdays 11:30 – 12:30. Art program Fridays 2:00 – 4:00pm.
- From His Throne Ministries** (501) 944-1209
1101 West Markham, Little Rock, AR 72201,
Serving lunch Sundays, 11:00am. Following church service.
- In Your Hands Ministries, Inc.** (501) 945-1314
3905 Highway #161 North, North Little Rock, AR 72117,
www.inyourhandsministries.com
Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch 12:00pm - 1:00pm. Food distribution every Tuesday, 7:00am – 11:00pm.
- Jericho Way, Homeless Day Resource Center** (501) 916-9858
3000 Springer Blvd., Little Rock, AR 72206
www.depaulusa.org
Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Breakfast served at 7:30am Lunch served at 11:00am, Monday thru Friday.
- L.O.V.E. "Let Our Violence End" Inc.** (Healing Waters Outreach Center) (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Meals served to children in the after-school program. Meals served to the hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm
- Metro Worship Center** (501) 951-1333
2914 South Cumberland Street, Little Rock, AR 72206,
www.firstnlr.com/about-metro-little-rock
Lunch and clothes closet 3rd Saturday each month, Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.
- New Life Ministries** (501) 730-1904
12506 Highway #165, North Little Rock, AR 72117
www.newlifelnr.com
Serving dinner in the parking lot behind the Little Rock city hall, Sundays, 5:30pm.
- Quapaw Quarter United Methodist Church** (501) 375-1600
1601 South Louisiana Street, Little Rock, AR 72206
Meal service Sundays only, Community Breakfast at 9:00am – 10:00am and Stone Soup 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, breakfast at 7:30am, lunch following the 11:30 Devotional. Sunday's

food and fellowship 2:00pm.

Saint Mark Baptist Church

(501) 663-3955

5722 West 12th Street, Little Rock, AR 72204,

<http://smark.org>

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

Salvation Army

(501) 374-9296

1111 West Markham Street, Little Rock, AR 72201,

www.SalvationArmyCentralArkansas.org

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

Stew Pot First Presbyterian Church

(501) 372-1804

First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201,

www.stewpot-littlerock.org

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

The Van (The One Inc.)

(501) 955-3444

P.O. Box #250061, Little Rock, AR 72225

www.theoneinc.org

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

Mental Health Care/Treatment:

- Bridgway Hospital** (501) 771-1500
21 Bridgway Road, North Little Rock, AR 72113,
www.thebridgeway.com
Private inpatient hospital, most insurance accepted. Payment required.
- Centers for Youth and Families** (501) 666-4949
6601 West 12th Street, Little Rock, AR 72204,
<http://centersforyouthandfamilies.net>
Outpatient clinic for youth 26 and under.
- Family Service Agency** (501) 372-4242
628 West Broadway, Suite #300, North Little Rock, AR 72114,
www.helpingfamiliesfirst.org
Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees.
- Jacksonville (501) 982-7515 (501)
 - Sherwood 835-4174 (501) 955-
 - North Little Rock 7600
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Licensed mental health professionals on staff, call for fees and appointments.
- Little Rock Community Mental Health Center** (501) 686-9300
1100 North University Avenue, Suite #200, Little Rock, AR 72207,
www.lrcmhc.com
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 Weekdays 8:00am – 5:00pm.
- Professional Counseling Associates** (501) 221-1843
3601 Richards Road, North Little Rock, AR 72117,
www.pca-ar.org/home.html
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics available,
- U.A.M.S. Walker Family Clinic (Appointments)** (501) 526-8200
4301 West Markham, Little Rock, AR 72205,
www.uamshealth.com
Open Monday thru Friday, 7:30 – 5:00pm, appointments required, proof of income and ID required, co-pay required.

Substance Abuse Treatment & Recovery:

- AA World Service Office** (212) 870-3400
www.aa.org/pages/en_US/find-local-aa
Contact information, place, date and times for AA meetings worldwide.
- Al-Anon and Alateen** (501) 372-5234
www.arkansasalanon.org
Al-Anon groups offer fellowship for relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.
- Arkansas AA Central Service Office** (501) 664-7303
7509 Cantrell Road, #106, Little Rock, AR 72207,
www.arkansascentraloffice.org
Providing contact information, place date and times for Alcoholics Anonymous meetings throughout Arkansas.
- Cocaine Anonymous (C.A.)** (501) 301-4827
www.caarkansas.org
C.A. is concerned solely with the personal recovery and continued sobriety of individual drug addicts who turn to our Fellowship for help. We do not engage in the fields of drug addiction research, medical or psychiatric treatment, drug education, or propaganda in any form — although members may participate in such activities as individuals.
- Family Service Agency - Central Little Rock Promise** (501) 372-4242
628 West Broadway - Suite 300, North Little Rock, AR 72114,
www.helpingfamiliesfirst.org/index.html
www.littlerockpromise.org
Hours: Monday thru Friday 8:00am – 5:00pm. Substance abuse counseling programs
There is a sliding scale fee structure, call for fees.
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
“Victory over addiction” 12-step meetings every Thursday evening, starting at 7:00pm.
- Narcotics Anonymous (N.A.)** (501) 373-8683 (800) 338-8750
www.caasc.org
NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean and maintain complete abstinence from all drugs. The only requirement for membership is the desire to stop using. We suggest that you keep an open mind and give yourself a break.

Inpatient Treatment Facilities:

- Arkansas Cares** (501) 661-0720
2002 South Fillmore, Little Rock, AR 72204,
www.methodistfamily.org/services/in-patient-treatment-programs/arkansas-cares
Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program.
- Baptist Medical Center** (501) 202-2893
9601 Baptist Health Drive, Little Rock, AR 72205,
www.baptist-health.com/location/baptist-health-medical-center-little-rock-little-rock
Inpatient detox and dual diagnosis treatment. All drugs and alcohol. NO METHADONE.
Fees: Medicaid, Medicare, or private insurance needed. Cannot go in asking for detox—present to ER w/ symptoms and allow psych screener or ER staff to make that referral for indigent clients. Private insurance for substance abuse or \$5,500 cash payment required.
- Bridgway Hospital** (501) 771-1500
21 Bridgway Road, North Little Rock, AR 72113,
www.thebridgeway.com
Inpatient detox and dual diagnosis treatment. All drugs and alcohol including methadone.
Fees: Medicare and private insurance ONLY. Must ensure that client's private insurance covers substance abuse otherwise they are indigent for this type of treatment.
- Chance Sobriety** (501) 851-8484
12127 Gabriel Lane, North Little Rock, AR 72118,
Long term treatment with work program. Client must be able to work or have a job.
Program will transport client to and from work as needed. Fee: Call for fees.
- Compassion Center** (501) 296-9114
3618 West Roosevelt Road, Little Rock, AR 72204,
www.lrcompassioncenter.org
Long term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability 75% of income will be saved for client. Chores done in shelter in exchange for fee if unemployed.
- Dorcas House: A Division of Union Rescue Mission** (501) 374-4022
823 South Park Street, Little Rock, AR 72202,
www.urmission.org
Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: \$75 deposit which is returned if client completes program.
- Gyst House** (501) 568-1682
8101 Frenchman's Lane, Little Rock, AR 72209,
www.gysthouseinc.com
Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. \$250 entry fee.
- Hoover Center** (501) 663-4774
3604 West 12th Street, Little Rock, AR 72204,
www.bcdinc.org/index-9.html
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.
- Nehemiah House: A Division of Union Rescue Mission** (501) 376-8470
3000 Springer Blvd, Little Rock, AR 72216,
www.urmission.org
Long term treatment for men. Must complete interview with facility before entering. 12-month program. Fee: \$80 non-refundable application fee. Must have valid state ID, Social

Security card and proof of insurance. No sex offenders.

Quality Living Center

(501) 663-3490

3925 Asher Avenue, Little Rock, AR 72204,

<http://qualitylivingcentertreatment.net>

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

Quapaw House

(501) 686-9393

7600 Enmar Drive, Little Rock, AR 72209,

Inpatient initial detox center for the State of Arkansas. 3-5 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. Assessment ranges from \$25.00 to \$150.00. Call for screening. Fees: assessment fee plus \$125 for suboxone OPIATE detox. 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. Client must have own medications.

Recovery Center of Arkansas, Riverbend

(501) 372-4611

1201 River Road, North Little Rock, AR 72114,

www.rcofa.org

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

Sober Living

(501) 562-0507

4201 John Borrow Road, Little Rock, AR 72204,

<http://soberliving.interventionamerica.org/citydirectory.cfm?State=AR&city=Little%20Rock>

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

The Hope House of Recovery

(501) 565- 4673

P.O. Box #190431, Little Rock, AR 72219,

www.hopehousearkansas.com

Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call (501) 565-4673 for admission requirements.

Outpatient Treatment Facilities:

- Catar Clinic** (501) 664-7833
4260 Stockton Drive, Suite B, North Little Rock, AR 72117,
www.catarclinic.org
Outpatient opiate addiction treatment.
- Recovery Center of Arkansas** (501) 372-4611
1201 River Road, North Little Rock, AR 72114
www.rcofa.org
Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.
- U.A.M.S. Psychiatric Research Institute Methadone Clinic** (501) 526-8410
4301 West Markham, Little Rock, AR 72205,
www.uamshealth.com
Outpatient opiate treatment.
- Veteran's Substance Abuse Treatment Services** (501) 257-2846
2200 Fort Root Drive, North Little Rock, AR 72114,
www.va.gov/health/NewsFeatures/2013/September/VA-Support-for-Alcohol-or-Drug-Misuse.asp
Walk-in clinic open from 9:00am -1:00pm, Monday – Friday. Accessible to Veterans eligible for services.

Native American Resources:

American Indian Center of Arkansas

(501) 666-9032

1100 North University Ave #143, Little Rock, AR 72207,
www.arindianctr.org

The purpose of the American Indian Center of Arkansas is to make a positive difference in the Native American population of Arkansas primarily by providing services and partnerships that offer education, welfare and employment services while striving to promote a fuller awareness of the benefits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Americans in the state of Arkansas.

Arkansas State Archives

(501) 682-6900

1 Capitol Mall, Little Rock, Arkansas 72201,
www.archives.arkansas.gov

The State Archives maintain original Quapaw treaty records, Dawes Commission Rolls.

Arkansas Studies Institute

(501) 320-5700

401 President Clinton Avenue, Little Rock, AR 72201,
www.butlercenter.org/contact.html

Open Monday thru Saturday 9:00am – 6:00pm on the 2nd floor in the Research Room & Genealogy Collections Dawes Commission records and Native American rolls may be researched. Monthly Genealogy Course: Finding Family Facts Every second Monday 3:30pm – 5:00 p.m., Room #204.

Federally Recognized Indian Tribes and Resources for Native Americans

www.usa.gov/tribes

Find information about and resources for Native Americans regarding:

- Federally Recognized Indian Tribes
- Cultural Resources for Native Americans
- Housing Help: Resources for Native Americans
- Legal Resources for Native Americans

Historic Arkansas Museum

(501) 324-9351

200 East 3rd Street, Little Rock, AR 72201,
www.historickansas.org

We Walk In Two Worlds: The Caddo, Osage & Quapaw in Arkansas. Free, on the second floor. Open Monday thru Saturday, 9:00am – 5:00pm, Sundays 1:00pm – 5:00pm. We Walk in Two Worlds tells the story of Arkansas's first people, the Caddo, Osage and Quapaw Indian tribes from early times to today. The exhibit is told through objects and research. Approximately 158 objects, such as pottery, clothing and weapons, are on exhibit. The exhibit has six thematic areas arranged chronologically. Along with objects and a historical time-line are passages of relevant research from archaeologists, historians and ethnographers.

Sequoyah National Research Center

(501) 569-8336

5820 Asher Ave. Suite #500, Little Rock, AR 72204,
www.ualr.edu/sequoyah

The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the peoples themselves. Open 8:00am — 5:00pm, Monday thru Friday

Transportation:

- Care Link** (501) 372-5300
P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72114, www.carelink.org
Care Link provides resources to the elderly in 6 Central Arkansas Counties.
Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance. **Information**
(800) 482-6359
- Jericho Way, Homeless Day Resource Center** (501) 916-9859
3000 Springer Blvd., Little Rock, AR 72206,
www.depaulusa.org
Homeless day center, transportation services Monday thru Friday 7:30am – 2:30pm.
Transportation to and from shelters and to Medical and employment appointments in Pulaski County.
- Rock Region Metro, (C.A.T.) Little Rock City Bus System** (501) 375-1163
310 East Capitol Street, Little Rock, AR 72202,
www.rrmetro.org
Open 7:00am – 6:00pm daily. One ride \$1.35, \$1.40 with transfer, all day pass \$3.75, all month pass (31 - day) \$36.00.
- Rock Region Metro, LINKS, Paratransit (C.A.T.)** (501) 375-9607
901 Maple Street, North Little Rock, AR 72114,
www.rrmetro.org
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.
- Veteran's Day Treatment Center** (501) 244-1900
1000 Main Street, Little Rock, AR 72202,
Shuttle service available, weekdays on the half-hour 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 an as available basis through interview. Open Monday thru Friday 8:00am – 4:00pm. Call before coming to make an appointment for screening.

Veterans Programs:

- John L. McClellan Veterans Hospital** (501) 257-1000
4300 West 7th Street, Little Rock, AR 72205,
www.littlerock.va.gov/locations/directions.asp
Medical care and treatment for veterans **ONLY**.
- St. Francis House** (501) 664-5036
2701 South Elm Street, Little Rock, AR 72214,
www.stfrancisministries.com
Veteran's residential treatment accessed only thru Veteran's Day Treatment Center.
- Towbin Healthcare & VA Medical Center** (501) 257-1000
2200 Fort Roots Drive, North Little Rock, AR 72114,
Medical care, treatment and domicile available to veterans **ONLY**.
- VA National Call Center for Homeless Veterans** (877) 424-3838
www.va.gov/homeless
- Veteran's Day Treatment Center** (501) 244-1900
1000 Main Street, Little Rock, AR 72202,
Comprehensive homeless center for veterans only. Providing laundry & shower facilities, shuttle service, breakfast & lunch, case management and a broad range of special programs including therapeutic groups and other clinical services. Available to veterans **ONLY**. NOT A SHELTER!

Women's Resources:

- A.B.B.A. House** (501) 666-9718
1002 South Oak Street, Little Rock, AR 72204,
Provides shelter for homeless and/or pregnant women, Non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.
- Arkansas Cares** (501) 661-0720
2002 South Fillmore, Little Rock, AR 72204,
www.methodistfamily.org/services/in-patient-treatment-programs/arkansas-cares
Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program.
- Arkansas Coalition Against Domestic Violence** (501) 907-5612 (800) 269-4668
1401 West Capitol - Suite #170, Little Rock, AR 72201,
www.domesticpeace.com
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233.
- Arkansas Women's Outreach (AWO)**
<http://arkansaswomensoutreach.org>
- Dorcas House : A Division of Union Rescue Mission** (501) 374-4022
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.
- Gaines House** (501) 376-4015
1702 Gaines Street, Little Rock, AR 72206,
www.gaineshouse.org
Transitional home for women with disabilities. Call for cost and other information.
- 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 \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved.
- Little Rock Compassion Center (Women's)** (501) 663-2972
4210 Asher Avenue, Little Rock, AR 72204,
www.lrcompassioncenter.org
Women's homeless shelter must have an ID and be over 18. Check-in after 3:00pm.
- P.A.T.H. Human Trafficking Statewide Crisis Helpline** (501) 301-4357
Número para víctimas de trata de blancas (501) 993-1641
P.O. Box #21066, Little Rock, AR 72221,
www.pathsaves.org
Providing shelter for women who are victims of human trafficking.
- Phoenix Recovery Center** (501) 725-4907
104 North Battery, Little Rock, AR 72205,
<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
Transitional housing for women only.

Women and Children First

Address Withheld, Little Rock, AR,

www.wcfarkansas.org

Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education

(501) 376-3219

Toll Free

Hot-line:

(800) 332-4443

Youth Services:

Arkansas Advocates for Children and Families (501) 371-9678

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

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

Arkansas Child Abuse Prevention Hotline (800) 482-5964

Arkansas Children's Hospital, General Pediatric & After Hours Clinic (501) 364-1202

1 Children's Way, Little Rock, AR 72202,
www.archildrens.org/programs-services/a-to-z-services-list/general-pediatrics/general-pediatric-clinic

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

Arkansas Coalition Against Domestic Violence (501) 907-5612 (800) 269-4668

1401 West Capitol - Suite #170, Little Rock, AR 72201,
www.domesticpeace.com
www.domesticpeace.com/shelters.html (local info)

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

Arkansas DHS/Division of Children and Family Services (501) 682-8772

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

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

Arkansas Home Visiting Network (501) 364-5461

415 South McKinley - Suite #610, Little Rock, AR 72205,
www.arhomevisiting.org

The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness.

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

16414 North Dakota Avenue, North Little Rock, AR 72199,
Mailing address: Camp Robinson #16414, North Little Rock, AR 72199,
www.aryouthchalange.com

The Arkansas National Guard Youth ChalleNGe Program is a preventive rather than remedial at-risk youth program. The program targets participants who are drug-free with 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.
- ARKids First** (888) 474-8275
 700 Main Street, Little Rock, AR 72201,
www.arkidsfirst.com/home.htm
 ARKids First health insurance provides two coverage options for Arkansas children who otherwise might have gone without. Open Monday – Friday 8:00am – 4:30pm.
- Big Brothers Big Sisters of Central Arkansas** (501) 374-6661
 312 West Pershing Blvd. North Little Rock, AR 72114,
www.bbbsca.org
 Their mission is to provide children facing adversity with strong and enduring, professional supported one-to-one relationships that change their lives for the better, forever.
- Break the Silence – Speak Out America** (501) 804-0747
 P.O. Box #21978, Little Rock, AR 72223,
www.facebook.com/pages/Break-the-Silence-Speak-Out-America/861481493940366
 Dedicated to preventing child sexual abuse.
- Catholic Adoption Services** (501) 664-0340
 Ext. #347 or #334
 2500 North Tyler Street, Little Rock, Arkansas 72207,
 Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child thru 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, Family Counseling Center,** (501) 666-4949
 6601 West 12th Street: Attn. OS, Little Rock, AR 72204,
 Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 26. Parent Center offers parenting classes, support groups and a Parent Resource Center.
- Centers for Youth and Families Residential Services** (501) 660-6880
 6501 West 12th Street (EMAC) & 6601 West 12th Street (EMCC)
 Little Rock, AR 72204,
www.centersforyouthandfamilies.org
- Child Support Enforcement Office** (501) 371-5400
 322 South Main Street, Suite #100, Little Rock, AR 72203,
www.dfa.arkansas.gov/offices/childSupport/Pages/default.aspx
 Enforces court orders involving non-custodial parental child support.
- Cru Inner City** (501) 690-5433
 1215 South Schiller Street, Little Rock, AR 72202,
www.cru.org/communities/innercity/centralarkansas/contact.html
 Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (school backpacks with school supplies).
- L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)** (501) 516-1602
 14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
 After school program, 3:00 – 6:00pm weekdays, with meals.
- National Center for Missing / Exploited Children** (800) 843-5678
www.missingkids.com

- Pinnacle Pointe Hospital** (501) 223-3322
 11501 Financial Centre Parkway, Little Rock, AR 72211,
www.pinnaclepointehospital.com
 Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to our patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.
- Pulaski County Cooperative Extension, 4-H** (501) 340 -6650
 Pulaski County 4-H, 2901 West Roosevelt Road, Little Rock, AR 72204,
www.uaex.edu/counties/pulaski
 4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, and Cooperative Extension Service.
- Pulaski County Youth Services** (501) 340-8250
 201 South Broadway, Suite #220, Little Rock, AR 72201,
<http://pulaskicounty.net/pulaski-county-youth-services>
 County Youth Services is an organization dedicated to providing quality enrichment and educational programs for the youth of Pulaski County.
 Our mission is to establish and strengthen the county-wide effort of mobilizing resources for quality enrichment and educational programs for Pulaski County youth.
- Recycle Bikes for Kids** (501) 563-8264
 717 East 10th Street, North Little Rock, AR 72114,
www.facebook.c/recyclebikesforkids
 Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteer to repair bikes for children. Call for appointments, times, and requirements. Mondays 1:00 - 7:00pm, Saturdays 9:00 – 12:00.
- The First Tee** (501) 562-4653
 1 First Tee Way, Little Rock, AR 72204,
www.thefirstteecentralarkansas.org
 Youth development program teaching life skills through the game of golf.

Miscellaneous:

American Red Cross of Greater Arkansas (501) 748-1000 (800) 733-2767

401 South Monroe Street, Little Rock, AR 72205,
www.redcross.org/arkansas
Emergency Assistance Information, health and safety training (CPR & first aid)
emergency military notification.

Arkansas Community Dispute Resolution Centers, Inc. (501) 379-1501

3805 West 12th Street - Suite #201, Little Rock, Arkansas 72204,
www.acdrc.net
Providing family/child support/visitation mediation services, neighborhood dispute
resolution services, landlord/tenant disputes, consumer disputes, business disputes,
facilitation services, conflict resolution training for individuals, neighbors, families, consumers,
churches, schools, businesses, groups/organizations, police and government entities.

Arkansas Community Organization (A.C.O.) (501) 376-7151

2101 South Main Street, 1st floor, Little Rock, AR 72206,
http://arkansascomm.org
Empowering low income families thru credit counseling, home ownership counseling,
income tax preparation, financial literacy and counseling.

Cell-phone charging locations:

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

City of Little Rock Neighborhood Resource Centers (NRC):

phone numbers

12 Neighborhood Resource Centers located throughout Little Rock.
www.littlerock.org/citydepartments/housing_programs/alertcenters/locations_staff.aspx
Neighborhood Resource Centers have become hubs of decentralized city services. Code
enforcement officers, community oriented police officers and neighborhood facilitators
staff each Resource Center.

below

(501) 371-4849

Baseline Alert NRC (501) 565-4669

Shaun Smith, 4600 Baseline Road, Little Rock, AR 72209

Capitol View - Stiff Station NRC (501) 372-3856

Kathleen Countryman, 2715 West 7th Street, Little Rock, AR 72205

Central High NRC (501) 376-7610

Valerie Conway, 1108 South Park, Little Rock, AR 72202

East Broadway NRC (501) 376-3406

Bert Butler, 500 East 21st Street, Little Rock, AR 72206

Oak Forest NRC (501) 666-0916

Larry Johnson, 2823 Tyler Street, Little Rock, AR. 72204

South End NRC (501) 370-9537

Arnuard Crump, 1100 West 33rd Street, Little Rock, AR. 72206

Southwest Little Rock NRC (501) 562-0042

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

Wakefield NRC (501) 565-7119

Iglorida Conley, 7414 Doyle Springs Road, Little Rock, AR 72209

West Baseline NRC (501) 565-1499

Linda Williams, 9209 Mann Road, Little Rock, AR 72209

West Central NRC (501) 565-4807
Ruby Dean, 4200 John Barrow - Suite B & C, Little Rock, AR. 72204

Willie Hinton NRC (501) 379-1515
3805 West 12th Street, Little Rock AR. 72204

Wright Avenue NRC (501) 244-0900
Willie Carpenter, 1813 Wright Avenue, Little Rock, AR72202

Computer and Internet Access:

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

Family Service Agency - Central Little Rock Promise (501) 372-4242
628 West Broadway - Suite 300, North Little Rock, AR 72114,
www.helpingfamiliesfirst.org/index.html
www.littlerockpromise.org

Hours: Monday thru Friday 8:00am – 5:00pm. Affordable Housing, Drug & Alcohol Safety Education Program, Consumer Credit Counseling Service, Counseling, Employee Assistance, Prevention Services, Substance Abuse, Trans-Parenting Violence Intervention.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County (501) 379-1549
(501) 379-1556

3805 West 12th Street, Suite #204, Little Rock, AR 72204,
<http://houseaboutit.org/home.html>

Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome, Friday by appointments ONLY

The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs:

- Medicare Part D Extra Help (or Low Income Subsidy, LIS),
- Medicare Savings Programs (MSP),
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP),
- Low-Income Home Energy Assistance (LIHEAP) Referral

Internal Revenue Service (I.R.S.) (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.

Jericho Way, Homeless Day Resource Center (501) 916-9858
3000 Springer Blvd., Little Rock, AR 72206
www.depaulusa.org

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

Laundry Love (501) 374-2039
laundrylove@arcentralchurch.org

www.facebook.com/LaundryLoveGreaterLittleRock

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

- Mail Service: Little Rock Downtown Post Office** (501) 375-5155
 600 East Capitol Avenue, Little Rock, AR 72202,
 Have your incoming mail addressed to: your name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock, AR 72202. Ask for your mail at the counter. Your mail will be held for 30 days.
- Pet Needs: Quapaw Quarter United Methodist Church Pet Food Ministry** (501) 375-1600
 1601 South Louisiana Street, Little Rock, AR 72206,
www.umc.org/find-a-church/church/62626
 Cat and dog food is distributed between 1:00 – 3:00pm on the third Tuesday of each month, except in August.
- Plasma Donation: D.P.L. Biologicals** (501) 374-6371
 824 Spring Street, Little Rock, AR 72201,
 Earn up-to \$280.00 per month, proof of residency, ID and Social Security card required also must pass social and health screening. Monday, thru Friday 7:00am – 7:00pm. Saturday and Sunday 7:00am – 5:00pm.
- Plasma Donation: Octapharma Plasma Center** (501) 812-0440
 5121 Warden Road, North Little Rock, AR 72116,
<http://octapharmaplasma.com/donor/center/18543>
 Earn up-to \$55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Open daily 7:00am – 7:00pm.
- Plasma Donation: Talecris Plasma Resource Center** (501) 565-6275
 6227 Colonel Glenn Road, Little Rock, AR 72204,
www.talecrisplasma.com
 Earn up-to \$65.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday, 8:00am – 6:00pm. Saturday, 8:00am – 4:00pm. Closed Sunday.
- Recycle Bikes for Kids** (501) 563-8264
 717 East 10th Street, North Little Rock, AR 72114,
www.facebook.c/recyclebikesforkids
 Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteer to repair bikes for children. Call for information. Mondays 1:00 - 7:00pm, Saturdays 9:00 – 12:00.
- Social Security Administration** (800) 772-1213
www.socialsecurity.gov
 For general information and services, call 7:00am – 7:00pm. Provides information on 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 – 4:00pm. 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 – 4:00pm. 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 (SNAP), Medicaid, & support for women and families.
- East Little Rock D.H.S.** (501) 371-1300
 1424 East 2nd Street, Little Rock, AR 72203

Jacksonville D.H.S.	(501) 371-1200
2636 West Maine, Jacksonville, AR 72078	
North Little Rock D.H.S.	(501) 682-0100
1900 East Washington, North Little Rock, AR 72119	
South Little Rock D.H.S.	(501) 682-9200
1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72203	
Southwest Little Rock D.H.S.	(501) 371-1100
6801 Baseline Road, Little Rock, AR 72219	
The Van (The One Inc.)	(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.	
Unemployment: Arkansas Department of Workforce Services	(501) 682-0228
5401 South University Avenue, Little Rock, AR 72209, www.dws.arkansas.gov	
Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX, phone, copy machine, computer lab job search related use only.	

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