

# **Compassion Resources Directory**

**For**

**Little Rock & Pulaski County, Arkansas**

**(Resource Provider Edition)**

**Current, as of**

**March 2016**

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Check out our on-line version at:

<https://helpyourselfpublishing.wordpress.com/>

Clothing Resources:.....	2
Education & Literacy Programs:.....	9
Elder-Care Resources:.....	12
Employment Assistance:.....	14
EX-Offender/Reentry Programs:.....	17
Financial & Utility Assistance:.....	21
Food Pantries:.....	22
Furniture:.....	27
Health Care Services:.....	28
Dental Clinics:.....	32
Eye Clinics:.....	33
Housing & Shelters:.....	34
Immigrants and Undocumented Persons Resources:.....	38
Legal Services:.....	41
LGBT Resources: (Lesbian, Gay, Bisexual, Transgender).....	42
Meals Available:.....	44
Mental Health Care/Treatment:.....	46
Substance Abuse Treatment & Recovery:.....	47
Transportation:.....	52
Veterans Programs:.....	53
Youth Services:.....	56
Miscellaneous:.....	60

## Clothing Resources:

**First Presbyterian Church** (501) 372-1804

800 Scott Street, Little Rock, AR, 72201

Open Thursday 12:00pm – 1:00pm. Adult clothing only.

**Goodwill Industries Main Office** (501) 372-5100

7400 Scott Hamilton Drive, Little Rock, AR, 72209, [www.goodwillar.org](http://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.***

- 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](http://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.
- ACCESS** (501) 217-8600  
 10618 Breckenridge Drive, Little Rock, AR 72211,  
[www.accessgroupinc.org](http://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.
- Arc of Arkansas** (501) 375-7770  
 2004 South Main Street, Little Rock, AR 72206, [www.arcark.org](http://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. These personalized supports are outcome oriented, dependable, effective and flexible. Providing quality, affordable, accessible, integrated housing and support is a primary mission of The Arc Arkansas.
- Arkansas Library for the Blind & Physically Handicapped** (501) 682-1155  
 900 West Capitol Avenue - Suite #100, Little Rock, AR 72201,  
[www.library.arkansas.gov/libraryForTheBlind.org](http://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 7<sup>th</sup> Street, Little Rock, AR 72201, [www.ar-ican.org](http://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 7<sup>th</sup> Street, Little Rock, AR 72201, [www.arsinfo.org](http://www.arsinfo.org)  
 Preparation for entering work force thru education, social, and accessibility support.
- Arkansas Relay** (501) 221-1285  
 900 South Shackleford Road, Suite #300, Little Rock, AR 72211,  
[www.arkansasrelay.com](http://www.arkansasrelay.com) (501) 246-8227  
 (Videophone)  
 Providing Free TEXT Telephone service for the deaf. (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](http://www.arkansaschoolfortheblind.org)

Serves ages Birth thru age 21: education, 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.arschoolforthe deaf.org](http://www.arschoolforthe deaf.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**

1501 North University Avenue - Suite #470, Little Rock, AR 72207,  
[www.ascc.arkansas.gov](http://www.ascc.arkansas.gov)

**(800) 459-1517**

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.

**Best Buddies Arkansas**

**(501) 975-1040**

10310 West Markham Street, Ste. 211, Little Rock, AR 72205,  
[www.bestbuddies.org/find-programs/arkansas](http://www.bestbuddies.org/find-programs/arkansas)

Best Buddies offers job training, one-to-one friendships and leadership opportunities for youth and adult participants. The organization helps to provide the necessary tools for people with intellectual and developmental disabilities to become more independent and more included in the community.

**Camp Aldersgate**

**(501) 225-1444**

2000 Aldersgate Road, Little Rock, AR 72205, [www.campaldersgate.net](http://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**

1100 North University Avenue, Suite #201, Little Rock, AR 72207,  
[www.disabilityrightsar.org](http://www.disabilityrightsar.org)

**(800) 482-1174**

Vigorously advocate for and enforce 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

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 Benton Thrift Store**  
 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-N, 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) 372-5151  
 7400 Scott Hamilton Drive, Little Rock, AR, 72209  
 Open Monday thru Saturday 10:00am – 6:00pm.
- Goodwill Industries Main Office** (501) 372-5100  
 7400 Scott Hamilton Drive, Little Rock, AR 72209, [www.goodwillar.org](http://www.goodwillar.org)  
 Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.
- Goodwill Industries Outlet Center** (501) 372-5151  
 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](http://www.greatersecond.org)  
Open appointment.
- Helping Hand of Greater Little Rock** (501) 372-4388  
1601 Marshal Street, Little Rock, AR 72202  
[www.helpinghand.com](http://www.helpinghand.com)  
Open Monday thru Thursday, 9:00am – 1:00pm. Inexpensive thrift store clothing available.
- 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](http://www.letourviolenceend.com)  
Clothing closet open 2nd, 3rd & 4th Sundays 12:00-2:00pm.
- Liberty Hill Baptist Church** (501) 374-8060  
1215 South Schiller, Little Rock, AR 72202, [www.libertyhbc.org](http://www.libertyhbc.org)  
Open 2<sup>nd</sup> Monday, 3:00pm – 6:00pm.
- Mainstream** (501) 280-0012  
300 South Rodney Parham - Suite #5, Little Rock, AR 72205  
Providing resources and information. Mainstream is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas.
- Metro Worship Center** (501) 951-1333  
2914 South Cumberland Street, Little Rock, AR 72206  
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.
- National Alliance on Mental Illness Arkansas (NAMI Arkansas)** (501) 661-1548  
1012 Autumn Road, Suite #1, Little Rock, AR 72211 (800) 844-0381  
Provides support, education and advocacy to persons with mentally illness and their families.
- Pinnacle Pointe Hospital** (501) 223-3322  
11501 Financial Centre Parkway, Little Rock, AR 72211,  
[www.pinnaclepointehospital.com](http://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  
Hires individuals with severe physical, mental, and developmental disabilities.
- River City Ministry** (501) 376-6694  
1021 East Washington Avenue, North Little Rock, AR 72214,  
[www.rivercityministry.org](http://www.rivercityministry.org)  
Clothing bus open 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month, 9:00am – ?.
- Rock Region Metro, LINKS Paratransit (C.A.T.)** (501) 375-9607  
901 Maple Street, North Little Rock, AR 72114, [www.rrmetro.org/?page\\_id=61](http://www.rrmetro.org/?page_id=61)  
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.
- Special Olympics Arkansas** (501) 771-0222  
2115 Main Street, North Little Rock, AR 72114,  
[www.specialolyppicsarkansas.org](http://www.specialolyppicsarkansas.org)  
Provides year around sports training and competitions for children and adults with intellectual disabilities.
- St. Francis House** (501) 664-5036  
2701 South Elm Street, Little Rock, AR 72214  
Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm.  
Must provide photo ID.
- St. John Missionary Baptist Church Clothes Closet** (501) 975-2014  
2501 South Main Street, Little Rock, AR 72206  
Open Tuesday and Thursday 11:00am – 4:00pm and the 1<sup>st</sup> Saturday of each month 9:00am – 12:00pm, Must complete application, ID Required.
- St. Luke's Respite Care Center** (501) 753-4281  
4106 JFK Blvd, North Little Rock, AR 72116  
Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving.
- Stew Pot First Presbyterian Church** (501) 372-1804  
800 Scott Street, Little Rock, AR 72201  
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  
Clothing Closet open by appointment.
- TAP (Telecommunications Access Program)** (501) 686-9693  
P.O. Box #3781, Little Rock, AR 72203, [www.ace.arkansas.gov](http://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

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 #268, Little Rock, AR 72207,  
www.adcpti.org

**(800) 223-1330**

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.

**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.

**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.

**Watershed**

**(501) 378-0176**

3701 Springer Blvd., Little Rock, AR 72206

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

**World Services for the Blind**

**(501) 664-7100**

2811 Fair Park Blvd., Little Rock, AR 72204, www.lwsb.org

Assists blind individuals with life skills, career training, community access, and other services.

**World Services for the Blind**

**(501) 664-7100**

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.

## **Education & Literacy Programs:**

- Arkansas Department of Career Education** (501) 296-1600  
Arkansas Rehabilitation Services, 525 West Capitol Avenue, Little Rock,  
AR 72201  
Providing educational support and rehabilitation services for individuals  
with disabilities.
- Arkansas Home Visiting Network** (501) 364-3727  
415 South McKinley - Suite #610, Little Rock, AR 72205  
[www.arhomevisiting.org](http://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. The focus is within the Central Little Rock  
Zip Codes 72202, 72204, 72206 & 72209
- Arkansas Rehabilitation Services** (501) 686-2800  
900 West 7<sup>th</sup> St., Little Rock, AR 72201  
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, and  
[Emmakrhodes@aol.com](mailto:Emmakrhodes@aol.com)  
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.archildrens.org/community\\_outreach/hippy.asp](http://www.archildrens.org/community_outreach/hippy.asp)  
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](http://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, 5<sup>th</sup> Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201, [www.literacyatlittlerock.org](http://www.literacyatlittlerock.org)

Teaching adults to read & English as a second language.

**Little Rock Adult Education Center** (501) 447-1850

4800 West 26<sup>th</sup> Street (26<sup>th</sup> & Madison Street), Little Rock, AR 72204

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 9<sup>th</sup> Street, Little Rock, AR 72201

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

**Our House Learning Center** (501) 374-7383

302 East Roosevelt, Little Rock, AR 72206, [www.ourhouseshelter.org](http://www.ourhouseshelter.org)

Ext. #210

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

**S.T.E.P. Ministries** (501) 758-4054

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

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

**Single Parent Scholarship Fund of Pulaski County** (501) 301-7773

200 River Market Avenue, Suite #100, Little Rock, AR 72201

Providing scholarships and support for single parents in Arkansas.

**University of Arkansas, Little Rock (U.A.L.R.)** (501) 569-3127

2801 South University Avenue, Little Rock, AR 72204, [www.apply.ualr.edu](http://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.

**University of Arkansas, Little Rock (U.A.L.R.)** (501) 907-2470

**ECO/TRIO Pre-College Outreach Center**, 5820 Asher Avenue, Suite 800, Little Rock, AR 72204, <http://ualr.edu/trioecets/eoc/>, EOC email: [eoc@ualr.edu](mailto:eoc@ualr.edu), ETS email: [ets@ualr.edu](mailto: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, Counseling and Computer Lab.

**Veteran's Drop-In Day Treatment Center**

1000 Main Street, Little Rock, AR 72201

**(501) 257-4499**

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

## **Elder-Care Resources:**

**Alzheimer's Arkansas**

201 Markham Center Drive, Little Rock, AR 72205, [www.alzark.org](http://www.alzark.org)

**(501) 224-0021**

Their mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementia are able to live with dignity and comfort until a cure is found.

**Arkansas Adult Protective Services**

[www.aradultprotection.com](http://www.aradultprotection.com)

**(800) 482-8049**

**24-hour abuse hot-line**

Aging is a natural process, abuse is not. Elder mistreatment may be an act of commission (abuse) or omission (neglect). It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of inadequate knowledge, infirmity, or laziness on the part of the person responsible. Now is the time to stop it...Stop ignoring the abuse and neglect....*You can make a difference!*

**Arkansas Aging and Adult Services**

P.O. Box #1437, Slot S-530, Little Rock, AR 72203, [www.daas.ar.gov](http://www.daas.ar.gov)

**(501) 682-2441**

The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans and adults with physical disabilities.

**Arkansas Relay**

900 South Shackleford Road, Suite #300, Little Rock, AR 72211, [www.arkansasrelay.com](http://www.arkansasrelay.com)

**(501) 221-1285**

**(501) 246-8227  
(Videophone)**

Providing Free TEXT Telephone service for the deaf.

**(501) 221-3279  
(TTY)**

**Care Link**

P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72119, [www.carelink.org](http://www.carelink.org)

**(501) 372-5300**

**Information**

**(800) 482-6359**

Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

**Central Arkansas Development Council (C.A.D.C.)**

Weatherization Assistance Program, P.O. Box #580, Benton, AR 72018

**(501) 776-8446**

Complete application for review to be wait-listed for assistance with

weatherization projects.

**Choices in Living Resource Center**

**(866) 801-3435**

AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203, [www.choicesinliving.ar.gov](http://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](http://www.goodshepherdcommunity.com)

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

**LifeQuest of Arkansas**

**(501) 225-6073**

600 Pleasant Valley Drive, Little Rock, AR 72227, [www.lifequestofarkansas.org/welcome.html](http://www.lifequestofarkansas.org/welcome.html)

Open Monday - Thursday: 9:00 am to 4:30 pm;

We are located inside Second Presbyterian Church. Membership-based and volunteer-driven, LifeQuest of Arkansas provides a setting where adults can explore new options for their post-primary careers, where social interaction and intellectual stimulation thrive.

**Meals on Wheels**

**(501) 372-5300**

P. O. Box #5988, North Little Rock, AR 72119, [www.carelink.org](http://www.carelink.org)

Hot or frozen home-delivered meals for home-bound older Arkansans who are unable to shop for or prepare their own meals.

**Southern Baptist Disaster Relief Program**

**(501) 376-4791**

(In partnership with American Red Cross, Salvation Army), 10 Remington Drive, Little Rock AR. 72204, [www.absc.org/missions](http://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](http://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](http://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.ace.arkansas.gov](http://www.ace.arkansas.gov)  
Provides education and employment support for Arkansans in the fields of technical education and adult education.
- Arkansas Department of Workforce Services** (501) 682-0228  
5401 South University Avenue, Little Rock, AR 72209,  
[www.dws.arkansas.gov](http://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.
- Church at Rock Creek** (501) 221-1051  
11500 West 36<sup>th</sup> Street, Little Rock, AR 72211,  
[www.churchatrockcreek.com](http://www.churchatrockcreek.com)  
CareerLink Workshops: 4-week Life/Job Skills training for the unemployed,  
under-employer or career challenged individual. Men and Women are welcomed.
- Command Center** (501) 372-7000  
2125 Walnut Grove, Memphis TN 38111, [www.commandonline.com](http://www.commandonline.com)  
Day labor coordinators. First fill out their on-line forms then follow  
instructions to find daily work.
- Goodwill Adult Education Center, North Little Rock** (501) 835-5286  
6929 John F. Kennedy Blvd., Suite #112, North Little Rock, AR 72116
- 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 7<sup>th</sup> Street, Little Rock, AR 72201
- Goodwill Career Service Center, Little Rock** (501) 221-1018  
109 Markham Park Drive, Little Rock, 72211
- Goodwill Industries Main Office & Career Service Center** (501) 372-5151  
7400 Scott Hamilton Drive, Little Rock, AR 72209, [www.goodwillar.org](http://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.
- Hancock Staffing** (501) 246-4621  
601 West 4th Street, North Little Rock, AR 72214,  
[www.hancockstaffing.com](http://www.hancockstaffing.com)  
Hancock Staffing is a Veteran owned and operated temporary staffing  
company concentrating in the right associates for Commercial  
Construction, Manufacturing, Landscaping, and Hospitality Services.

- Hope Works of Greater Little Rock** (501) 650-2787  
 620 Curtis Sykes Drive, North Little Rock, AR 72114  
 Career and Personal Development Center. A Christ centered adult education and employment assistance program. 8-week program, 4-hours a day 8:30-12:30 Tuesday thru Friday. Must be at least 18 years of age.
- Integrity Staffing, Healing Waters** (501) 650-4753  
 14036 Sardis Road, Shannon Hills, AR 72103,  
[www.letourviolenceend.com](http://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  
 P.O. Box #191803, Little Rock, AR 72219  
 Located at 7223 Geyer Springs Road. Day labor coordinators. First fill out their forms then arrive at 6:00am wait to find daily work as available.
- Labor Ready** (501) 562-6111  
 1400 South University Avenue, Little Rock, AR 72204  
 Day labor coordinators. Make an appointment to fill out their forms then wait to be assigned daily work.
- Operation Restore** (501) 712-5423  
 10411 West Markham Street, Little Rock, AR 72205  
 A temporary employment agency for returning citizens.
- Premier Staffing - Dotación de Personal Premier** (501) 223-8367  
 10901 Financial Centre Parkway, Little Rock, AR 72211  
[www.premierstaffinginc.com](http://www.premierstaffinginc.com)  
 Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web [www.premierstaffinginc.com](http://www.premierstaffinginc.com) y una vez registrado comunicarse al telefono 501-223-8367. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online at [www.premierstaffinginc.com](http://www.premierstaffinginc.com) and once registered call 501-223-8367.
- Pride Industries** (501) 374-8087  
 700 West Capitol Avenue, Suite #B-125, Little Rock, AR 72201  
 Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.
- Watershed** (501) 378-0176  
 3701 Springer Blvd., Little Rock, AR 72206  
 “Working to find work” Job guidance counseling, employment assistance.

Job preparedness classes Tuesday thru Thursday 10:00am – 12:00pm.

## **EX-Offender/Reentry Programs:**

### **Arkansas C.U.R.E.**

**(501) 580-4857**

Citizens United for the Rehabilitation of Errants (CURE), P.O. Box #11554, Conway, AR 72034, [ww.arkansascure.org](http://ww.arkansascure.org)

The state chapter of an international grass roots organization dedicated to reducing crime through reform of the criminal justice system through education and advocacy.

### **Arkansas Department of Career Education**

**(501) 833-1490**

**Arkansas Rehabilitation Services**, 525 West capitol Avenue, Little Rock, AR 72201, [www.ace.arkansas.gov](http://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](http://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, [RSOL@arkansastimeaftertime.org](mailto:RSOL@arkansastimeaftertime.org)

The local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders.

### **Center for Women in Transition**

**(501) 372-5522**

P.O. Box #3461, Little Rock, AR 72203, [www.cwitlr.org](http://www.cwitlr.org)

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

### **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.

### **Compassion in Action**

**(501) 517-8079**

4314 Landers Road, Bldg. #2 North Little Rock, AR 72117, [www.compassioninactionofar.org](http://www.compassioninactionofar.org)

Compassion In Action 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.

- F.E.I.P.A., Watershed** (501) 378-0176  
Friends and Family of Ex-offenders and Incarcerated Persons Association,  
Watershed, 3701 Springer Boulevard, Little Rock, AR 72206  
Call for times and location.
- Goodwill Industries Reentry Services Program** (501) 372-5100  
7400 Scott Hamilton Drive, Little Rock, AR 72209, [www.goodwillar.org](http://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.
- Integrity Staffing** (Healing Waters Outreach Center) (501) 650-4753  
14036 Sardis Road, Shannon Hills, AR 72103,  
[www.letourviolenceend.com](http://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
- 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](http://www.letourviolenceend.com)  
Working with women returning from incarceration.
- Operation Restore** (501) 712-5423  
10411 West Markham Street, Little Rock, AR 72205  
A temporary employment agency for returning citizens.
- Our House Reentry Program** (501) 374-7383  
302 East Roosevelt, Little Rock, AR 72206, [www.ourhouseshelter.org](http://www.ourhouseshelter.org)  
Ext. #218  
The Reentry Program at Our House, serves Learning Center students and  
others via referral. In addition to the job skills, life skills and adult  
education programming offered at the Learning Center, reentry participants  
receive one-on-one guidance in building a career plan and navigating  
potential obstacles to employment.
- Veteran's Day Treatment Center** (501) 244-1900  
1000 Main Street, Little Rock, AR 72201  
Incarcerated veterans' re-entry program. Provides case-management  
following release from prison. For veterans **ONLY**. Veteran's Drop-In  
Day Treatment Center.
- Approved transitional housing facilities in the Little Rock, Pulaski County  
area for men and women leaving prison, as of 10/01/2015.*  
<http://www.dcc.arkansas.gov/reentry/Pages/default.aspx#services>  
**Arkansas Cares** (501) 906-4247

58212002 South Fillmore, Little Rock, AR 72204

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.

- City of Faith** (501) 615-1090  
1401 South Garfield, Little Rock, AR 72204  
Transitional housing facility for men and women released from **Federal** prison.
- Gyst House** (501) 568-1682  
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 12<sup>th</sup> Street, Little Rock, AR 72204  
Transitional housing for men and women with substance abuse issues.
- Hope House of Recovery** (501) 351-5164  
3517 West 25<sup>th</sup> Street, Little Rock, AR 72204  
Transitional housing for Women only.
- Phoenix Recovery Center** (501) 499-6696  
104 North battery, Little Rock, AR 72205  
Transitional housing for women only.
- Quality Living Center, Men's** (501) 663-3490  
3925 Asher Avenue, Little Rock, AR 72204  
Transitional housing for men only.
- Quality Living Center, Women's** (501) 663-3490  
2900 South Cedar Street, Little Rock, AR 72204  
Transitional housing for women only.
- Recovery Center of Arkansas, River bend** (501) 614-4607  
1201 River Road, North Little Rock, AR 72114  
Transitional housing for men and women.
- Recovery Center of Arkansas, Williamsburg** (501) 614-4900  
6301 Father Tribou, Little Rock, A 72205  
Transitional housing for men and women with substance abuse issues.
- Safe Harbor of Little Rock** (501) 374-5399  
4800 Springer Blvd., Little Rock, AR 72206  
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

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

**Transitional Faith-based Therapeutic Community** (501) 475-5705

7615 Dan Thomas Drive, Little Rock, AR 72205, [www.transitionsfbtc.org](http://www.transitionsfbtc.org)

Transitional housing for men only. Working with drug courts, reentry programs and work release.

## **Financial & Utility Assistance:**

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

**Central Arkansas Development Council (C.A.D.C.) Little Rock** (501) 603-0909  
5401 South University Avenue, Little Rock, AR 72209, [www.cadc.com](http://www.cadc.com)  
Providing assistance with utility bills and emergency conservation.

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

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

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

**St. Francis House** (501) 664-5036  
2701 South Elm Street, Little Rock, AR 72209  
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.

**Watershed** (501) 378-0176  
3701 Springer Blvd., Little Rock, AR 72206  
Assistance with utility bills (gas, electric, water), rent, funeral expenses, **No phone bill assistance available**. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred. Must have photo ID.

## **Food Pantries:**

**Amboy Community Food Pantry** (501) 753-2777  
100 Auburn Drive, North Little Rock, AR 72118

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

**Bullock Temple** (501) 375-1581

1513 South Park Street, Little Rock, AR 72202

Open Monday 1:00 – 2:00pm Thursdays 5:00-7:00pm, appoints preferred, ID required.

**Central Baptist Church of North Little Rock** (501) 680-1427

4500 North Hills, North Little Rock, AR 72116

Food pantry, open Wednesdays, 3:30 – 5:00pm. Located off North Hills, **NOT** at the church. Serving North Little Rock & 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 36<sup>th</sup> Street, Little Rock, AR 72211,  
[www.churchatrockcreek.com](http://www.churchatrockcreek.com)

Open Tuesday, thru Friday. Call in the mornings between 8:00 & 11:30am to schedule an afternoon appointment. Services available for each person/family at intervals of 5-weeks, 1 service per household. Serving Little Rock 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](http://www.zocalocenter.com)

**Bilingual**

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 Food Pantry** (501) 225-5656

1500 North Mississippi Street, Little Rock, AR 72207

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

**First Christian Church of Sherwood** (501) 835-5505

2803 East Kiehl Avenue, Sherwood, AR 72120

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

**First Pentecostal Church Food Pantry** (501) 758-3090

1401 Calvary Road, North Little Rock, AR 72116

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

**First United Methodist Church** (501) 835-2201

6701 John F. Kennedy Blvd., North Little Rock, AR 72116

Open Tuesday 9:30 – 11:00am. Serves North Little Rock and Sherwood residents **ONLY!** Photo ID and one other form of ID required. Vouchers only, for Walmart.

**Gardner Memorial Methodist Food Pantry** (501) 374-9520

1723 Schaer Street, North Little Rock, AR 72114

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

Open 1<sup>st</sup> & 3<sup>rd</sup> Thursday 9:00am – 12:00noon. Serves residents of the 72209, 72206 & 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](http://www.greatersecond.org)

Third Thursdays 10:00am – 12:00noon, Picture I.D. required

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

1601 Marshall Street, Little Rock, AR 72202

[www.helpinghand.org](http://www.helpinghand.org)

Open Monday thru Thursday 9:00am – 12:30pm. Must bring Social Security Card. May only access food once each month. Food and inexpensive thrift store clothing available.

**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. Serving the following Zip Code areas only: 72201, 72202, 72203, 72205, 72207, 72210, 72211, 72212, 72223 and 72227.

**In Your Hands Ministries, Inc.** (501) 945-1314

3905 Highway #161 North, North Little Rock, AR 72117,  
[www.inyourhandsministries.com](http://www.inyourhandsministries.com)

Open Tuesdays 8:00am – 12:00noon. 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 one must be on food stamps. Must bring proof of Jacksonville residency, Social Security card or birth certificates of each listed family member, pay stubs, and food stamp approval letter.

**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

Connecting Streams 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  
Open 2<sup>nd</sup> and 4<sup>th</sup> 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](http://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  
Open every other Monday 5:00pm – 6:30pm.
- Little Rock Compassion Center** (501) 296-9114  
3618 West Roosevelt, Little Rock, AR 72204  
Open Tuesday and Thursday 9:00am – 11:00am.
- Mosaic Church of Central Arkansas** (501) 562-3336  
6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204  
Open Tuesday 2:00pm – 3:30pm, must reside in the 72204 area, First  
come first 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](http://www.oakforrestumc.com)  
Open 1<sup>st</sup> and 3 Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area  
only.
- Park Hill Christian Church** (501) 753-1109  
4400 John F. Kennedy Blvd., North Little Rock, AR 72116  
Open Tuesday 9:30am – 12:30pm. Serving North Little Rock residents.
- Promiseland Church Ministries** (501) 570-0048  
4520 South University, Little Rock, AR 72204, [www.attheland.org](http://www.attheland.org)  
Open Wednesdays 5:30pm – 7:00pm. Must complete application. ID Required.
- Pulaski Heights United Methodist Church** (501) 664-3600  
4823 Woodlawn Drive, Little Rock, AR 72205  
Saturday food delivers to those within the Little Rock City limits who  
have been referred from DHS and school counselors.
- Quapaw Quarter United Methodist Church** (501) 375-1600  
1601 South Louisiana Street, Little Rock, AR 72206  
Groceries are distributed between 1:00pm – 3:00pm on the first and third

Tuesdays of each month, except August.

- River City Ministry** (501) 376-6694  
Day Services for the Homeless, 1021 East Washington, North Little Rock, AR 72114, [www.rivercityministry.org](http://www.rivercityministry.org)  
Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only, Must provide photo ID.
- Salvation Army** (501) 753-4318  
1505 West 18<sup>th</sup> Street, North Little Rock, AR 72115, [www.SalvationArmyCentralArkansas.org](http://www.SalvationArmyCentralArkansas.org)  
Food Pantry open Monday, Wednesday, and Friday, 9:30am – 12:00 and 1:00 – 3:00pm. Bring 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 Tuesdays, Wednesdays & Thursdays 10:00am – 12:00noon. Photo ID and utility bill, or current vehicle registration required.
- St. Francis House** (501) 664-5036  
2701 South Elm Street, Little Rock, AR 72209  
Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card.
- St. John Missionary Baptist Church Unto Others Food Pantry** (501) 537-8658  
2501 South Main Street, Little Rock, AR 72206  
Open the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month, 9:00am – 3:00pm. Must complete application, photo ID Required. During winter weather months open only once a month.
- Sylvan Hills Community Church, Crisis Corner** (501) 835-1612  
8019 Hwy #107, Sherwood, AR 72120  
Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood residents only.
- Temple Baptist Church – Food Pantry** (501) 565-4966  
10710 Interstate #30, Little Rock, AR 72209  
Open every other Monday 6:00pm. Must register with the food pantry with each use.
- The Van (The One Inc.)** (501) 955-3444  
P.O. Box #250061, Little Rock, AR 72225, [www.theoneinc.org](http://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 Cooperative** (501) 374-3528  
1825 South Pulaski Street, Little Rock, AR 72206  
Open 2<sup>nd</sup> Wednesday of each month, 1:00 - 3:30pm. Call to confirm date

and time.

**Watershed**

**(501) 378-0176**

3701 Springer Blvd., Little Rock, AR 72206

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

**Commodities Distribution Sites for Government quarterly food distribution**

<http://www.cadc.com/sites/default/files/content/services/CADC>

[%20Commodities.pdf](#)

**Building a Better Life Mentor**, 1924-A West Main Street, Jacksonville, AR

**First Baptist Church**, 15320 Alexander Road, Alexander, AR

**First Baptist Church**, 508 Hwy 365, Woodson, AR

**Nathaniel Hill Complex**, 2500 E. 6th Street, Little Rock, AR

**Promiseland Church Ministries**, 4520 South University Avenue, Little Rock, AR

**Saint Mark Baptist Church**, 5722 W. 12<sup>th</sup> Street, Little Rock, AR

**St. Francis House**, 2701 S. Elm Street, Little Rock, AR

**St. John Baptist Church**, 2501 S. Main Street, Little Rock, AR

**Wrightsville City Hall**, 13022 Highway 365 south, Wrightsville, AR

**Furniture:**

**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](http://www.letourviolenceend.com)

Used furniture please call for availability.

**St. Francis House**

**(501) 664-5036**

2701 South Elm Street, Little Rock, AR 72209

Open Monday thru Friday 8:30 – 11:30am & 1:00 – 3:00pm. Must provide photo ID, Social Security card.

**Sylvan Hills Church of Christ Furniture Ministry**

**(501) 835-4141**

9305 Hwy 107, Sherwood, AR 72120

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 – 5:00pm. Call before coming to insure furniture is available. Must have photo ID.

## Health Care Services:

### 12th Street Health and Wellness Center

4010 West 12<sup>th</sup> Street, Little Rock, AR 72204,  
[www.healthon12th.uams.edu](http://www.healthon12th.uams.edu)

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

**(501) 614-2492**

### Arkansas Children's Hospital

General Pediatric & After Hours Clinic, 1 Children's Way, Little Rock, AR 72202

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

**(501) 364-1202**

### Clinica El Samaritano

7002 Baseline Road, Little Rock, AR 72209

Open the 1st and 3rd Tuesdays 5:30pm.

**(501) 350-2518**

**Bilingual**

### Clínica el Samaritano

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 perday. \$10/visit. Spanish interpreters available. Small pharmacy. 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)

**(501) 350-2518**

### College Station Clinic

4206 Frazier Pike, College Station, AR 72053

Open Mondays thru Friday, 8:00am – 5:00pm. Saturday 8:00 - 12:30pm, appointments recommended, proof of income, Social Security card required. Minimum co-pay of \$15.00 depending on income.

**(501) 490-2440**

### Community of Grace Health Clinic

En edificio de Tyler Street Annex. In Tyler Street Annex Building, 2106 South Tyler Street, Little Rock 72204

Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. \$5/visit. Sólo atienden a personas sin seguro médico que viven en 72204. Requieren prueba de dirección. Hay interpretes. Clínica médica y de ginecología. \$5/visita.

**(501) 916-2340**

### Esperanza "Hope" Neighborhood Clinic (Spanish)

2nd Baptist Church, 6111 West 83<sup>rd</sup> Street, Little Rock 72209

Primary care clinic, open Thursday, 5:15am – 8:00pm, closed the 5<sup>th</sup> Thursday of each month, primarily serving clients in the 72209 Zip code area. Entrance around the back. By appointment **ONLY**. \$5.00 co-pay.

**(501) 562-1114**

**Bilingual**

Have Spanish interpreters available.

- Harmony Health Clinic** (501) 375-4400  
201 East Roosevelt Road, Little Rock, AR 72206  
Open Monday thru– Friday, 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see doctors. NO WALK-INS.
- Hospice Home Care** (501) 296-9043  
12120 Colonel Glenn Road Suite 6400 LR AR 72210,  
ww.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** (501) 221-3338  
2200 South Bowman, Little Rock, AR 72211,  
www.hospicehomecare.com
- Jacksonville Health Unit** (501) 982-7477  
3000 North 1<sup>st</sup> Street, Jacksonville, AR 72076  
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.
- John L. McClellan Veterans Hospital** (501) 257-1000  
4300 West 7<sup>th</sup> Street, Little Rock, AR 72205  
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  
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, minimum \$5.00 fee. 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  
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 8<sup>th</sup> Street, Little Rock, AR 72204

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 8<sup>th</sup> Street, Little Rock, AR 72204

Open Monday thru Friday, 8:00am – 4:30pm, appointments required, photo ID required. Free or low cost STD, HIV / AIDS testing and referrals. \$5.00 records maintenance fee without Medicaid.

**River City Ministry** (501) 376-6694  
Day Services for the Homeless, 1021 East Washington, North Little Rock, AR 72114, [www.rivercityministry.org](http://www.rivercityministry.org)

By appointment only, Call Monday, Wednesday or Friday at exactly 10:00am for appointments, serving adults. \$5.00 cash required at each visit. Cash Only.

**Shepherds Hope** (501) 614-9523  
Neighborhood Health Center, 2404 Tyler Street, Little Rock, AR 72204, [www.oakforrestumc.com](http://www.oakforrestumc.com)

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

**St. Francis House** (501) 664-5036  
2701 South Elm Street, Little Rock, AR 72204

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

**St. Vincent - Gardner Memorial Community Clinic** (501) 552-3241  
1723 Schaer Street, North Little Rock, AR 72114

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

**St. Vincent - Glenview Community Clinic** (501) 552-3241  
4800 East 19<sup>th</sup> 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 6<sup>th</sup> 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 \$230.00 with proof of income. Labs \$5.00 ach. Call for appointment. No walk-ins.

**St. Vincent Health System - St. Francis House Clinic** (501) 552-3241

2701 South Elm Street, 3<sup>rd</sup> floor, Little Rock, AR 72204

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

**Stew Pot**

**(501) 372-1804**

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

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

**Towbin Healthcare & VA Medical Center**

**(501) 257-1000**

2200 Fort Roots Drive, North Little Rock, AR 72114

**Ext. #3**

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

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

**(501) 686-8000**

4301 West Markham, Little Rock, AR 72205, [www.uams.edu](http://www.uams.edu)

**Ext. #2**

Open Monday thru Friday, 7:30am – 5:00pm, appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of \$50.00 required.

**Watershed**

**(501) 378-0176**

3701 Springer Blvd., Little Rock, AR 72206, [www.nebowatershed.com](http://www.nebowatershed.com)

Assistance with medications. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred.

**Westside Free Medical Clinic**

**(501) 664-0340**

2000 Camp Aldersgate Road, Little Rock, AR 72205

**Ext. 356 English**

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

**Ext. 335  
Spanish**

## **Dental Clinics:**

**12th Street Health and Wellness Center**

**(501) 614-2492**

4010 West 12<sup>th</sup> Street, Little Rock, AR 72204,  
[www.healthon12th.uams.edu](http://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

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](http://www.rivercityministry.org)

**By appointment only.** For Pulaski County residents only. \$5.00 cash payment required per visit.

**Shepherds Hope**

**(501) 614-9523**

Neighborhood Health Center, 2404 Tyler Street, Little Rock, AR 72204,

[www.oakforrestumc.com](http://www.oakforrestumc.com)

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

**St. Vincent Health Clinic East**

**(501) 552-4710**

2500 East 6<sup>th</sup> 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 \$60.

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

**(501) 686-5733**

4301 West Markham, Little Rock, AR 72205

The U.A.M.S. Dental Hygiene Student Clinic allows students to perform  
x-rays and teeth cleaning for \$25.00 per visit. The U.A.M.S. Dental  
Hygiene Student Clinic provides many of the basic services that any other  
dental clinic would offer. Those services include: Examination, Cleaning,  
X-rays, Pit & Fissure Sealant. Hours vary depending on the season but  
never on Monday, Call for appointment.

## Eye Clinics:

**River City Ministry**

**(501) 376-6694**

Day Services for the Homeless, 1021 East Washington, North Little Rock,  
AR 72114, [www.rivercityministry.org](http://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](http://www.oakforrestumc.com)

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

## Housing & Shelters:

**A.B.B.A. House**

**(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.

**Center for Women in Transition**

**(501) 372-5522**

P.O. Box #3461, Little Rock, Arkansas 72203, [www.cwitlr.org](http://www.cwitlr.org)

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

- Centers for Youth and Families, Youth Emergency Shelter** (501) 666-7233  
6425 West 12<sup>th</sup> Street, Little Rock, AR 72204  
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) 340-4724  
311 East 8<sup>th</sup> 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](http://www.urmission.org)  
Women's domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed up through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are **NOT** permitted to remain with women in Recovery Program. Wheelchair accessible.
- Empowerment Village** (501) 663-7223  
3604 West 12<sup>th</sup> Street, Little Rock, AR 72204  
Ext. #210  
For Arkansans with special needs, ie.: limited income, homeless or has disability affecting their income and need for supportive services.
- Family Promises of Pulaski County** (501) 372-0733  
222 East 8<sup>th</sup> Street, Little Rock, AR 72202, [www.familypromisepc.org](http://www.familypromisepc.org)  
Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under18.
- Firm Foundation Ministries** (501) 945-7412  
2200 East Broadway, North Little Rock, AR 72114  
Shelter for men, age 45 and above.
- 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 11<sup>th</sup> Street, Little Rock, AR 72204  
Emergency shelter for DHS involved children ages 6 to 17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school.
- Gaines House** (501) 376-4015  
1702 Gaines Street, Little Rock, AR 72206  
Transitional home for women with disabilities. Call for cost and other information.
- Hand Up Housing of Arkansas** (501) 658-1449  
620 Curtis Sykes Drive, North Little Rock, AR 72114  
Homeless and transitional housing. The first step in graduated, Christ centered, case managed program to help men and women in need move

from homelessness to self-sufficiency.

- Hoover Treatment Center** (501) 663-4774  
3604 West 12<sup>th</sup> Street, Little Rock, AR 72204  
Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees.
- 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  
Men's homeless shelter must have ID and be over 18. No weapons, must be sober, no medical services available.
- Little Rock Compassion Center (Women's)** (501) 663-2972  
4210 Asher Avenue, Little Rock, AR 72204  
Women's homeless shelter must have an ID and be over 18. Check-in after 3:00pm.
- Metropolitan Housing Alliance, formerly Little Rock Housing Authority** (501) 340-4821  
100 Arch Street, Little Rock, AR 72201  
Must meet HUD and Public Housing Authority requirements as to income, and citizenship status. Those with a violent /drug related misdemeanor conviction are not eligible to apply for 3 years and those with a violent /drug related felony conviction are not eligible to apply for 7 years. No sex offenders.
- Nehemiah House** (501) 374-1108  
A Division of Union Rescue Mission, 2921 Springer Blvd, Little Rock, AR 72216, [www.urmission.org](http://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. Facility and campus are tobacco free. \$6-day cost after 4 free days per month. Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Wheelchair accessible.
- Our House** (501) 375-2416  
302 East Roosevelt, Little Rock, AR 72206, [www.ourhouseshelter.org](http://www.ourhouseshelter.org) (501) 374-7383  
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 #20166, Little Rock, AR 72221  
Providing shelter for women who are victims of human trafficking.  
**Project Based Section-8 Apartments:** (Based on Income - No Voucher Needed)  
Section-8 Accepted

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

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

**Brook Valley Apartments** (501) 227-5894  
1100 Brookside Drive, Little Rock, AR 72227

**Buffington Towers** (501) 372-6434  
224 East 7<sup>th</sup> Street, Little Rock, AR 72202

**Eastview Terrace** (501) 372-6606  
1200 Geyer Street, Little Rock, AR 72202

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

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

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

**Quapaw House** (501) 686-9393  
7600 Enmar, Little Rock, AR 72209  
Detox center, must be over 18, proof of Pulaski County residency and ID required, telephone screening conducted 24 hours a day.

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

**Sober Living** (501) 562-0507  
4201 John Borrow Road, Little Rock, AR 72204  
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.

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

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

**The Hope House of Recovery** (501) 565-4673  
P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://www.hopehousearkansas.com)

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

**Veteran's Day Treatment Center**

**(501) 257-4499**

1000 Main Street, Little Rock, AR 72201

Provides access for veterans to VA programs including the St. Francis House listed above.

**Women and Children First**

**(501) 376-3219**

Address Withheld, Little Rock, AR

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

## **Immigrants and Undocumented Persons Resources:**

**Arkansas Coalition Against Domestic Violence**

**(501) 907-5612**

1401 West Capitol - Suite #170, Little Rock, AR 72201,  
[www.domesticpeace.com](http://www.domesticpeace.com)

**(800) 269-4668**

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

**Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos**

**(501) 326-1779**

P.O. Box #9296, Fayetteville, AR 72703, [www.arkansasassociations.org](http://www.arkansasassociations.org)

**(479) 763-2822**

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.

**ARKids – seguro médico para niños / medical insurance for children**

**(888) 474-8275**

[www.arkidsfirst.com/home](http://www.arkidsfirst.com/home)

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

**Catholic Immigration Services — Little Rock**

**(501) 664-0340**

2500 North Tyler Street, Little Rock, AR 72207

**Ext. #314**

By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and

emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immigration-related needs. Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants. Counseling for immigrant victims of domestic violence and trafficking.

**Clínica el Samaritano**

**(501) 350-2518**

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 (subject to change)

**Community of Grace Health Clinic**

**(501) 916-2340**

En edificio de Tyler Street Annex. In Tyler Street Annex Building, 2106 South Tyler Street, Little Rock 72204

Sólo atienden a personas sin seguro médico que viven en 72204. Requieren prueba de dirección. Hay interpretes. Clinica médica y de ginecología. \$5/visita. Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. \$5/visit

**El Consulado de México en Little Rock**

**(501) 372-6933**

3500 South University Avenue, Little Rock, AR 72204, [consulmexlir@comcast.net](mailto:consulmexlir@comcast.net)

Lunes a Viernes, 8:00am - 5:00pm. A través del Programa de Protección y Asistencia a las Víctimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido víctimas de:

- Violencia doméstica
- Discriminación laboral
- Violación de derechos laborales
- Abuso a menores
- Secuestro de menores
- Abuso sexual

**El Zocalo Immigration Resource Center**

**(501) 301-4652**

5500 Geyer Springs Road, Little Rock, AR 72209, Inside Geyer Springs United Methodist Church, [www.zocalocenter.com](http://www.zocalocenter.com)

El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. May call for additional assistance with accessing resources. [lrimmigrantcenter@gmail.com](mailto:lrimmigrantcenter@gmail.com). 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: LRimmigrantcenter@gmail.com, (501) 301-4652

**Esperanza “Hope” Neighborhood Clinic** (501) 562-1114  
2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209

Solo por cita. Principalmente para 72209. \$5/visita. Hay interpretes.  
Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209.  
\$5/visit. Spanish interpreters available. Thurs 5:15pm-8:00pm, closed the  
5<sup>th</sup> Thursday of each month. By appointment **ONLY**. \$5.00 co-pay.  
Spanish interpreters available.

**Human Trafficking Statewide Crisis Hotline (P.A.T.H.)** (501) 301-4357  
Número para víctimas de trata de blancas (501) 993-1641  
P.O. Box #20166, Little Rock, AR 72221 (888) 373-7888

PATH is part of a growing network of non-profit organizations  
confronting human trafficking head on.

**Latino Clinic (in Arkansas Children’s Hospital)** (501) 364-4000  
1 Children’s Way, Little Rock 72202 Ext. #9

Tratamiento para niños con condiciones médicas complejas que  
pertanecen 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.

**Legal Aid of Arkansas – Ayuda Legal de Arkansas** (501) 376-3423  
[www.arlegalservices.org](http://www.arlegalservices.org) (800) 952-9243

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

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

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

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

**Westside Free Medical Clinic (Spanish)**

2000 Camp Aldersgate Road, Little Rock, AR 72205

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**

**Legal Services:****American Civil Liberties Union (A.C.L.U.)**

904 West 2<sup>nd</sup> Street, Suite #1, Little Rock, AR 72201,  
[www.acluarkansas.org](http://www.acluarkansas.org)

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

**(501) 374-2660**

**Center for Arkansas Legal Services**

1300 West 6<sup>th</sup> Street, Little Rock, AR 72201, [www.arlegalservices.org](http://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 Center**

1100 North University Avenue, Suite #201, Little Rock, AR 72207

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](http://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

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**

**LGBT Resources: (Lesbian, Gay, Bisexual, Transgender)****Arkansans for Equality**

P.O. Box 13066, Maumelle, AR 72113

[Arkansansforequality@gmail.com](mailto:Arkansansforequality@gmail.com)

AFE is an organization supporting equality for all Arkansans.

**(501)-444-2575**

**Arkansas Coalition Against Domestic Violence**

1401 West Capitol, Suite #170, Little Rock, AR 72201,  
[www.domesticpeace.com](http://www.domesticpeace.com)

**(501) 907-5612**  
**(800) 269-4668**

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

### **Arkansas Transgender Equality Coalition**

805 N. Buchanan, Little Rock, AR 72205, [www.artranscoalition.org](http://www.artranscoalition.org)

A statewide transgender organization led by transgender people collaborating with supporters in advancing needed education, resources and inclusion in AR.

### **Center for Artistic Revolution (CAR)**

**(501) 244-9690**

P.O. Box #2300, North Little Rock, AR 72114 [www.car4ar.org](http://www.car4ar.org)

Providing programs and advocacy for the Arkansas LGBTQI community.

### **Central Arkansas Integrity**

Christ Episcopal Church, 509 Scott Street, Little Rock, AR 72201

Integrity's mission is to inspire and equip the LGBT community and their allies to proclaim and embody God's all-inclusive love for LGBTQ persons and those who love them. Integrity's vision of its success is that all thrive as a beacon of love, justice, and compassion, where everyone is equally embraced and empowered.

### **Central Arkansas Pride (CAP)**

**(501) 213-6543**

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

[www.centralarkansaspride.com](http://www.centralarkansaspride.com)

CAP 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 positive contributions of the LGBT community in Arkansas through celebration and education.

### **Diverse Youth for Social Change (D.Y.S.C.)**

**(501)-244-9690**

800 Scott Street, Little Rock, AR 72201 Located inside the First Presbyterian Church, [www.car4ar.org](http://www.car4ar.org)

Meets every Friday night at 6:30pm, for youth ages 13-22.

### **HRC Arkansas**

**(501) 650-5644**

PO Box 251703, Little Rock, AR 72225, [hrcarkansas@hrc.org](mailto:hrcarkansas@hrc.org)

The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual and transgender equality. HRC envisions a world where LGBT people are embraced as full members of society at home, at work and in every community

### **Lucie's Place**

**(855) 582-4377**

300 South Spring Street, #803, Little Rock, AR 72201

[www.luciesplace.org](http://www.luciesplace.org)

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

**Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock** (501)-291-2507

800 Scott Street, Little Rock, AR 72201

Meets first Friday of each month.

**The Trevor Project** (866) 488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

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

## Meals Available:

### Broadway Bridge Project

Serving dinner at 708 West 2<sup>nd</sup> Street; 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** (501) 492-6815

1111 W 7th Street, Little Rock, Arkansas 72201,  
[www.welovelittlerock.org](http://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.

**Community Chapel PCG** (501) 758-8787

5205 Standridge Road, North Little Rock, AR 72118

Lunch served Wednesday's 11:00am – 1:00pm.

**Covenant of Zion Cathedral Church** (501) 773-0623

3023 West 12th Street, Little Rock, AR 72204

The Lords Plate. Every Tuesday and Thursday from 11:30am to 1:00pm lunch is served to the homeless and less fortunate. This ministry focuses on the whole person.

### Feed the Hungry

1111 West Markham, Little Rock, AR 72201, [robertj1940@hotmail.com](mailto:robertj1940@hotmail.com)

Serving breakfast Mon-Fri at 7:00 am, 52 weeks a year, holidays included, at the Salvation Army. Feeding about 110 meals daily for more

than ten years.

- From His Throne Ministries** (501) 944-1209  
1101 West Markham. Little Rock, AR 72201  
Serving lunch Sundays, 11:00am. Following a church service.
- In Your Hands Ministries, Inc.** (501) 945-1314  
3905 Highway #161 North, North Little Rock, AR 72117,  
[www.inyourhandsministries.com](http://www.inyourhandsministries.com)  
Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch  
12:00pm - 1:00pm. Food distribution every Tuesday, 7:00am - 12:00pm.
- Jericho Way, Homeless Day Resource Center** (501) 297-0991  
3000 Springer Blvd., Little Rock, AR 72206, [www.depaulusa.org](http://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, [ww.letourviolenceend.com](http://ww.letourviolenceend.com)  
Meals served to children in the afterschool 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  
Lunch and clothes closet 3<sup>rd</sup> 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](http://www.newlifelnr.com)  
Serving dinner in the parking lot behind the Little Rock city hall,  
Sundays, 5:30pm.
- Pleasant Valley Church of Christ** (501) 319-4754  
10900 Rodney Parham, Little Rock, AR 72212  
Meals served the first Sunday at 12:00noon at From His Throne  
Ministries, 1101 West Markham, Little Rock, AR 72201.
- 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](http://www.rivercityministry.org)  
Monday thru Friday, following the 11:30 Devotional. Sunday's food and  
fellowship 2:00pm.
- Saint Mark Baptist Church** (501) 663-3955  
5722 West 12<sup>th</sup> Street, Little Rock, AR 72204

Serving 4<sup>th</sup> Saturday of each month 10:00am – 1:00pm.

**Salvation Army** (501) 374-9296  
1111 West Markham Street, Little Rock, AR 72201,  
[www.SalvationArmyCentralArkansas.org](http://www.SalvationArmyCentralArkansas.org)

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

**Stew Pot** (501) 372-1804  
First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201

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

**The Van (The One Inc.)** (501) 955-3444

P.O. Box #250061, Little Rock, AR 72225, [www.theoneinc.org](http://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

Private inpatient hospital, most insurance accepted. Payment required.

**Centers for Youth and Families** (501) 666-8686  
6601 West 12<sup>th</sup> Street, Little Rock, AR 72204

Outpatient clinic for youth 20 and under.

**Family Service Agency** (501) 372-4242  
628 West Broadway, Suite #300, North Little Rock, AR 72114,  
[www.helpingfamiliesfirst.org](http://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
- Sherwood (501) 835-4174
- North Little Rock (501) 955-7600

**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](http://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

Mental health counseling, there is a sliding scale fee, financial interview and triage will be done in person same day or next day. Medicare,

Medicaid and insurance accepted. Call Monday thru Friday, 8:00am – 5:00pm.

**Network of Wellness** (501) 221-7238

700 South Schiller Street, Little Rock, AR 72201

Open Monday thru Friday 1:00 – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.

**Professional Counseling Associates** (501) 221-1843

3601 Richards Road, North Little Rock, AR 72117

Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics at:

**U.A.M.S. Walker Family Clinic (Appointments)** (501) 526-8200

4301 West Markham, Little Rock, AR 72205, [www.uamshealth.com](http://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

Contact information, place, date and times for AA meetings worldwide.

**Al-Anon and Alateen** (501) 372-5234

[www.ar.al-anon.alateen.org](http://www.ar.al-anon.alateen.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. They believe that alcoholism is a family illness and that changed attitudes can aid in recovery.

**Arkansas AA Central Service Office** (501) 664-7303

7509 Cantrell Road, #106, Little Rock, AR 72207,  
[www.arkansascentraloffice.org](http://www.arkansascentraloffice.org)

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

**Arkansas Cares** (501) 661-0720

2002 South Fillmore, Little Rock, AR 72204

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 Interstate #630, Little Rock, AR 72205

Inpatient detox and dual diagnosis treatment. All drugs and alcohol. NO METHADONE. Fees: Medicaid, Medicare, or private insurance needed. Cannot go in asking for detox—present to ER w/ symptoms and allow psych screener or ER staff to make that referral for indigent clients. Private insurance for substance abuse or \$5,500 cash payment required.

**Bridgway Hospital** (501) 771-1500

21 Bridgway Road, North Little Rock, AR 72113

Inpatient detox and dual diagnosis treatment. All drugs and alcohol including methadone. Fees: Medicare and private insurance ONLY. Must ensure that client's private insurance covers substance abuse otherwise they are indigent for this type of treatment.

**Chance Sobriety**

**(501) 851-8484**

12127 Gabriel Lane, North Little Rock, AR 72118

Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed.

Fee: Call for fees.

**Cocaine Anonymous (C.A.)**

**(501) 301-4827**

[www.caarkansas.org](http://www.caarkansas.org)

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

**Compassion Center**

**(501) 296-9114**

3618 West Roosevelt Road, Little Rock, AR 72204

Long term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability 75% of income will be saved for client. Chores done in shelter in exchange for fee if unemployed.

**Dorcas House: A Division of Union Rescue Mission**

**(501) 374-4022**

823 South Park Street, Little Rock, AR 72202, [www.urmission.org](http://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.

**Family Service Agency**

**(501) 372-4242**

628 West Broadway, Suite #300, North Little Rock, AR 72114, [www.helpingfamiliesfirst.org](http://www.helpingfamiliesfirst.org)

Substance abuse counseling programs There is a sliding scale fee structure, call for fees

**Gyst House**

**(501) 568-1682**

8101 Frenchman's Lane, Little Rock, AR 72209, [www.gysthouseinc.com](http://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. Fee: \$250 entry fee.

**Hoover Treatment Center**

**(501) 663-4774**

3604 West 12<sup>th</sup> Street, Little Rock, AR 72204

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

call for fees.

**Inpatient Treatment Facilities:**

**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,  
7:00pm

**Narcotics Anonymous (N.A.)** (501) 373-8683  
c/o Central Arkansas ASC, P.O. Box #165205, Little Rock, AR 72216, (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. Our program principles are written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

**Nehemiah House:** A Division of Union Rescue Mission (501) 376-8470  
3000 Springer Blvd, Little Rock, AR 72216, [www.urmission.org](http://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

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.  
Assessment ranges from \$25.00 to \$150.00. Call for screening.

**Quapaw House** (501) 686-9393  
7600 Enmar Drive, Little Rock, AR 72209

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. Fees: \$25 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. If client has mental illness or other physical illness, must have medications.

**Recovery Centers of Arkansas, Riverbend** (501) 372-4611  
1201 River Road, North Little Rock, AR 72114, [www.rcofa.org](http://www.rcofa.org)

Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or

Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

**Sober Living**

**(501) 562-0507**

4201 John Borrow Road, Little Rock, AR 72204

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

**The Hope House of Recovery**

**(501) 565- 4673**

P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://www.hopehousearkansas.com)

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

**Outpatient Treatment Facilities:**

**Catar Clinic**

**(501) 664-7833**

4260 Stockton Drive, North Little Rock, AR 72117

Outpatient opiate addiction treatment.

**Recovery Centers of Arkansas, Steeplechase**

**(501) 614-4907**

6225 Father Tribou, Little Rock, AR 72205, [www.rcofa.org](http://www.rcofa.org)

Steeplechase Apartments provide private chemical-free apartments to those individuals who have successfully completed treatment programming.

**Recovery Centers of Arkansas, Williamsburg**

**(501) 372-4611**

6301 Father Tribou, Little Rock, AR 72205, [www.rcofa.org](http://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](http://www.uamshealth.com)

Outpatient opiate treatment.

**Veteran's Substance Abuse Treatment Services**

**(501) 257-2846**

2200 Fort Root Drive, North Little Rock, AR 72114

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 N University Ave # 143, Little Rock, AR 72207,  
[www.arindianctr.org](http://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 Studies Institute****(501) 320-5700**

401 President Clinton Avenue, Little Rock, AR 72201,  
[www.butlercenter.org/contact.html](http://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](http://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.historicarkansas.org](http://www.historicarkansas.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, will be on exhibit. The exhibit has six thematic areas that are arranged chronologically. Along with objects and a historical timeline are passages of relevant research from archeologists, historians and ethnographers.

**Sequoyah national Research Center****(501) 569-3000**

2801 South University Ave, Little Rock, AR 72204,  
[www.ualr.edu/sequoyah](http://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 — Friday

## Transportation:

- Care Link** (501) 372-5300  
(800) 482-6359  
P.O. Box #5988, North Little Rock, AR 72119, [www.carelink.org](http://www.carelink.org)  
Care Link can provide limited transportation for the elderly.
- Jericho Way, Homeless Day Resource Center** (501) 297-0991  
3000 Springer Blvd., Little Rock, AR 72206, [www.depaulusa.org](http://www.depaulusa.org)  
Homeless day center, transportation services Monday thru Friday 7:30am – 3:00pm. Transportation to and from shelters and to Medical and employment appointments.
- Rock Region Metro Little Rock City Bus System** (501) 375-1163  
310 East Capitol Street, Little Rock, AR 72202, [www.rrmetro.org](http://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 (C.A.T.)** (501) 375-9607  
901 Maple Street, North Little Rock, AR 72114, [www.rrmetro.org/](http://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.
- S.O.A.R. Network** (501) 255-0529  
Call to make an appointment for free shuttle service for job interviews, doctor's appointments, DHS or SSI interviews. Must be approved or referred by an agency in the SOAR Network. Call for more information.
- Veteran's Day Treatment Center** (501) 257-6604  
1000 Main Street, Little Rock, AR 72202  
Shuttle service available by appointment for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities **ONLY**.
- Watershed** (501) 378-0176  
3701 Springer Blvd., Little Rock, AR 72206  
Bus passes available on an as available basis through interview. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make an appointment for screening.

## Veterans Programs:

- ARVets** (501) 246-5341  
4704 West Commercial Drive, Suite B, North Little Rock, AR 72116,  
[www.arvets.org](http://www.arvets.org)  
The mission of ARVets is to enhance the overall quality of life for military personnel, veterans and their families by improving access to resources and strengthening support systems through all phases of the military life cycle. ARVets will proactively offer more innovative ideas and methods to deliver services and focus on a grassroots case-management approach.

- A Vet's Best Friend** (501) 422-8310  
P.O. Box #329, Cabot, AR 72023, [www.servicedogforptsd.org](http://www.servicedogforptsd.org),  
gregsporer@yahoo.com  
A Veteran's Best friend is a grass roots Christian ministry serving Arkansas Veterans utilizing a service dog, a chaplain, a PTSD support group, and a dog trainer to heal Veterans with PTSD at no cost to the Veteran. Apply on-line and you will be contacted for an orientation meeting. Canines are trained to interrupt nightmares and provide a calming effect. Canines are public access trained so Vets can heal from isolation, fear, and avoidance. Canines are trained to alert the presence of other people to minimize hyper-vigilance.
- John L. McClellan Veterans Hospital** (501) 257-1000  
4300 West 7<sup>th</sup> Street, Little Rock, AR 72205  
Medical care and treatment for veterans **ONLY**.
- National Association of Black Veterans, (NABVETS)** (501) 295-5031  
Little Rock Chapter #0108, P.O. Box #4662, Little Rock, AR 72214
- St. Francis House** (501) 664-5036  
2701 South Elm Street, Little Rock, AR 72214  
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](http://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

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**

1401 West Capitol - Suite #170, Little Rock, AR 72201,  
[www.domesticpeace.com](http://www.domesticpeace.com)

**(800) 269-4668**

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

### **Arkansas Women's Outreach**

[www.arcansaswomensoutreach.org](http://www.arcansaswomensoutreach.org)

### **Center for Women in Transition**

**(501) 372-5522**

P.O. Box #3461, Little Rock, Arkansas 72203, [www.cwitlr.org](http://www.cwitlr.org)

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

### **Dorcas House; A Division of Union Rescue Mission**

**(501) 374-4022**

823 South Park Street, Little Rock, AR 72202, [www.urmission.org](http://www.urmission.org)

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

### **Gaines House**

**(501) 376-4015**

1702 Gaines Street, Little Rock, AR 72206

Transitional home for women with disabilities. Call for cost and other information.

### **Little Rock Compassion Center (Women's)**

**(501) 663-2972**

4210 Asher Avenue, Little Rock, AR 72204

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) 993-1641

Número para víctimas de trata de blancas (501) 301-4357

P.O. Box #20166, Little Rock, AR 72221

Providing shelter for women who are victims of human trafficking.

**Phoenix Recovery Center** (501) 499-6696

104 North battery, Little Rock, AR 72205

Transitional housing for women only.

**The Hope House of Recovery** (501) 565-4673

P.O. Box #190431, Little Rock, AR 72219, [www.hopehousearkansas.com](http://www.hopehousearkansas.com)

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

**Women and Children First** (501) 376-3219

Address Withheld, Little Rock, AR

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

## Youth Services:

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

1400 West Markham, Suite #306, Little Rock, AR 72201,  
[www.aradvocates.org](http://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

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

1401 West Capitol, Suite #170, Little Rock, AR 72201,  
[www.domesticpeace.com](http://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 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](http://www.stoparchildabuse.com) [www.humanservices.arkansas.gov](http://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) 682-9528**

415 South McKinley - Suite #610, Little Rock, AR 72205,  
[www.arhomevisiting.org](http://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. The focus is within the Central Little Rock Zip Codes 72202, 72204, 72206 & 72209

**Arkansas National Guard Youth Challenge Program**

**(501) 212-5565**

16414 North Dakota Avenue, NLR 72199, [www.aryouthchallenge.org](http://www.aryouthchallenge.org)  
Mailing address: Camp Robinson #16414, North Little Rock, AR 72199

The Arkansas National Guard Youth Challenge Program is a preventive rather than remedial at-risk youth program. The program targets participants who 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](http://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.

Beth Chisum Stephens Community Center  
1200 South Cleveland Street, Little Rock, AR 72204

**(501) 664- 4268**

and

- Big Brothers Big Sisters of Central Arkansas** (501) 374-6661  
312 West Pershing Blvd. North Little Rock, AR 72114, [www.bbbsca.org](http://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  
Dedicated to preventing child sexual abuse.
- Catholic Adoption Services** (501) 664-0340  
2500 North Tyler Street, Little Rock, Arkansas 72207 **Ext. #347 or #334**  
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** (501) 660-6880  
[www.centersforyouthandfamilies.org](http://www.centersforyouthandfamilies.org)  
Residential Services  
6501 West 12<sup>th</sup> Street (EMAC)  
6601 West 12<sup>th</sup> Street (EMCC)  
Little Rock, AR 72204
- and
- Child Support Enforcement Office** (501) 371-5400  
322 South Main Street, Suite #100, Little Rock, AR 72203  
Enforces court orders involving non-custodial parental child support.
- Cru Inner City** (501) 219-0219  
1320 South Schiller Street, Little Rock, AR 72202  
Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (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](http://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](http://www.missingkids.com)  
Outpatient Services (501) 666-4949  
6601 West 12<sup>th</sup> 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 20. Parent Center offers parenting classes, support groups and a Parent Resource Center. Community Center not only offers a fitness center and swimming pool but an excellent locale for community meetings, classes and activities.

**Pinnacle Pointe Hospital**

**(501) 223-3322**

11501 Financial Centre Parkway, Little Rock, AR 72211,  
[www.pinnaclepointehospital.com](http://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

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) 207-1696**

1212 East 6<sup>th</sup> Street, Little Rock, AR 72202,  
[www.facebook.c/recyclebikesforkids](http://www.facebook.c/recyclebikesforkids)

Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call for appointments, times, and requirements.

**The First Tee**

**(501) 562-4653**

1 First Tee Way, Little Rock, AR 72204

Youth development program teaching life skills through the game of golf.

**Miscellaneous:**

**Arkansas Community Dispute Resolution Centers, Inc.**

**(501) 379-1501**

3805 West 12<sup>th</sup> Street - Suite #201, Little Rock, Arkansas 72204,  
[www.acdre.net](http://www.acdre.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, 1<sup>st</sup> floor, Little Rock, AR 72206

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

**Cell-phone charging locations:**

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

**City of Little Rock Neighborhood Resource Centers (NRC):**

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

[http://www.littlerock.org/citydepartments/housing\\_programs/alertcenters/locations\\_staff.aspx](http://www.littlerock.org/citydepartments/housing_programs/alertcenters/locations_staff.aspx)

**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 7<sup>th</sup> Street, Little Rock, AR 72205

**Central High NRC** (501) 376-7610  
Valerie Conway, 1108 South Park, Little Rock, AR 72202

**West Baseline NRC** (501) 565-1499  
Linda Williams, 9209 Mann Road, Little Rock, AR 72209

**East Broadway NRC** (501) 376-3406  
Bert Butler, 500 East 21<sup>st</sup> 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 33<sup>rd</sup> 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 Central NRC** (501) 565-4807  
Chris Porter, 4200 John Barrow - Suite B & C, Little Rock, AR. 72204

**Willie Hinton Alert Center** (501) 379-1515  
3805 West 12<sup>th</sup> Street, Little Rock AR. 72204

**Wright Avenue NRC** (501) 244-0900

Willie Carpenter, 1813 Wright Avenue, Little Rock, AR72202

**American Red Cross of Greater Arkansas**

401 South Monroe Street, Little Rock, AR 72205  
www.redcross.org/arkansas

**(501) 748-1000**  
**(800) 733-2767**

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

**Computer and Internet Access:**

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

**Family Service Agency**

628 W Broadway Street - Suite 610, North Little Rock, AR 72114,  
[www.helpingfamiliesfirst.org/index.html](http://www.helpingfamiliesfirst.org/index.html)

**(501) 372-4242**

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. Focus within Central little Rock Promise Neighborhood, serving Zip codes 72202, 72204 and 72206. For families with children prenatal to 5 years,  
[www.littlerockpromise.org](http://www.littlerockpromise.org)

**Food Stamps (S.N.A.P. Program):**

**Arkansas Department of Human Services (D.H.S.)**, P.O. Box 1437,  
Slot S-569, 700 Main Street, Little Rock, AR 72203,

**(501) 682-6728**

There are several different locations in Pulaski County; you should apply according to your zip code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded.

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

700 West Capitol - Room 1412, Little Rock, AR 72201, [www.irs.gov](http://www.irs.gov)

**(501) 324-5111**

**(800) 829-1040**

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

**Laundry Love**

[laundrylove@arcentralchurch.org](mailto:laundrylove@arcentralchurch.org)  
[www.facebook.com/LaundryLoveGreaterLittleRock](http://www.facebook.com/LaundryLoveGreaterLittleRock)

**(501) 374-2039**

Wash laundry free each month, January – October 6:00 – 8:00pm, 3<sup>rd</sup> Friday of the month at the Funwash Laundry Center, 3702 South University, Little Rock (across from UALR.) Last Friday of the month at Funwash Laundry Center, 116 East 15<sup>th</sup> Street & Curtis Sykes Drive, North Little Rock. Three (3) loads per individual. Free laundry provided by the Central Church of Christ

**Little Rock Social Security Office**

700 West Capitol - Room #1201, Little Rock, AR 72201

**(866) 593-0933**

Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm.

Open Wednesdays 9:00 – 12:00noon, Closed federal holidays

- 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  
Cat and dog food is distributed between 1:00 – 3:00pm on the third Tuesday of each month, except in August.
- Plasma Donation, D.C.I. Biologicals** (501) 374-6371  
824 South Spring Street, Little Rock, AR 72201  
Earn up-to \$280.00 per month, proof of residency, ID and Social Security card required also must pass social and health screening. Monday, thru Friday 7:00am – 7:00pm. Saturday and Sunday 8:00am – 3:00pm.
- Plasma Donation, Octapharma Plasma Center** (501) 812-0440  
5121 Warden Road, North Little Rock, AR 72116  
Earn up-to \$55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday 7:00am – 7:00pm. Saturday and Sunday 7:00am – 7:00pm.
- Plasma Donation: Talecris Plasma Resource Center** (501) 565-6275  
6227 Colonel Glenn Road, Little Rock, AR 72204,  
[www.talecrisplasma.com](http://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.
- 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 Security Administration** (800) 772-1213  
[www.socialsecurity.gov](http://www.socialsecurity.gov)  
For general information and services, call 7:00am – 7:00pm. Provides information on Social Security cards and social security benefits.
- Social Services, Department of Human Services (D.H.S.)**  
[www.humanservices.arkansas.gov/Pages/DHSOffices.aspx](http://www.humanservices.arkansas.gov/Pages/DHSOffices.aspx)  
Provides access to food stamps, Medicaid, & support for women and families.
- East Little Rock D.H.S.** (501) 371-1300  
1424 East 2<sup>nd</sup> 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](http://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 Office: Arkansas Department of Workforce Services** (501) 682-0228  
5401 South University Avenue, Little Rock, AR 72209  
Open Monday thru Friday, 8:00 – 4:30pm, unemployment office, FAX, phone, copy machine, job search related computer lab.

## Alphabetical Index

<b>12th Street Health and Wellness Center.....</b>	<b>26, 28</b>
<b>A Vet's Best Friend.....</b>	<b>46</b>
<b>A.B.B.A. House.....</b>	<b>28, 47</b>
<b>A.E.D.D.....</b>	<b>4</b>
<b>AA World Service Office.....</b>	<b>40</b>
<b>ACCESS.....</b>	<b>8</b>
<b>Al-Anon and Alateen.....</b>	<b>40</b>
<b>Alzheimer's Arkansas.....</b>	<b>11</b>
<b>Amboy Community Food Pantry.....</b>	<b>18</b>
<b>American Civil Liberties Union (A.C.L.U.).....</b>	<b>35</b>
<b>American Indian Center of Arkansas.....</b>	<b>44</b>
<b>American Red Cross of Greater Arkansas.....</b>	<b>54</b>
<b>Arc of Arkansas.....</b>	<b>5</b>
<b>Arkansans for Equality.....</b>	<b>36</b>
<b>Arkansas AA Central Service Office.....</b>	<b>40</b>
<b>Arkansas Adult Protective Services.....</b>	<b>11</b>
<b>Arkansas Advocates for Children and Families.....</b>	<b>48</b>
<b>Arkansas Aging and Adult Services.....</b>	<b>11</b>
<b>Arkansas C.U.R.E.....</b>	<b>14</b>
<b>Arkansas Cares.....</b>	<b>17, 41, 47</b>
<b>Arkansas Child Abuse Prevention Hotline.....</b>	<b>48</b>
<b>Arkansas Children and Family Services.....</b>	<b>48</b>
<b>Arkansas Children's Hospital.....</b>	<b>23</b>
<b>Arkansas Children's Hospital, General Pediatric &amp; After Hours Clinic.....</b>	<b>48</b>
<b>Arkansas Coalition Against Domestic Violence.....</b>	<b>32, 35, 48, 49</b>
<b>Arkansas Community Dispute Resolution Centers, Inc.....</b>	<b>51</b>
<b>Arkansas Community Organization (A.C.O.).....</b>	<b>52</b>
<b>Arkansas Department of Career Education.....</b>	<b>8, 12, 15</b>
<b>Arkansas Department of Workforce Services.....</b>	<b>13, 15</b>

<b>Arkansas Disability Coalition.....</b>	<b>5</b>
<b>Arkansas Home Visiting Network.....</b>	<b>9, 49</b>
<b>Arkansas Library for the Blind &amp; Physically Handicapped.....</b>	<b>5</b>
<b>Arkansas National Guard Youth Challenge Program.....</b>	<b>49</b>
<b>Arkansas Rehabilitation Service ICAN program.....</b>	<b>5</b>
<b>Arkansas Rehabilitation Services.....</b>	<b>5, 9</b>
<b>Arkansas Relay.....</b>	<b>5, 11</b>
<b>Arkansas School for the Blind and Visually Impaired.....</b>	<b>5</b>
<b>Arkansas School for the Deaf.....</b>	<b>6</b>
<b>Arkansas Spinal Cord Commission.....</b>	<b>6</b>
<b>Arkansas Studies Institute.....</b>	<b>44</b>
<b>Arkansas Time After Time.....</b>	<b>15</b>
<b>Arkansas Transgender Equality Coalition.....</b>	<b>36</b>
<b>Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos.....</b>	<b>32</b>
<b>Arkansas Women’s Outreach.....</b>	<b>48</b>
<b>ARKids – seguro médico para niños / medical insurance for children.....</b>	<b>32</b>
<b>ARKids First .....</b>	<b>51</b>
<b>ARVets.....</b>	<b>45</b>
<b>Asbury Park.....</b>	<b>31</b>
<b>Auxora Arms Apartments.....</b>	<b>31</b>
<b>Baptist Medical Center.....</b>	<b>41</b>
<b>Baseline Alert NRC.....</b>	<b>52</b>
<b>Best Buddies Arkansas.....</b>	<b>8</b>
<b>Big Brothers Big Sisters of Central Arkansas.....</b>	<b>49</b>
<b>Break the Silence – Speak Out America.....</b>	<b>49</b>
<b>Bridgway Hospital.....</b>	<b>39, 41</b>
<b>Broadway Bridge Project.....</b>	<b>37</b>
<b>Brook Valley Apartments.....</b>	<b>31</b>
<b>Buffington Towers.....</b>	<b>31</b>
<b>Bullock Temple.....</b>	<b>18</b>
<b>Camp Aldersgate.....</b>	<b>6</b>
<b>Canaan Missionary Baptist Church.....</b>	<b>37</b>
<b>Canvas Community.....</b>	<b>37</b>
<b>Capitol View - Stiff Station NRC.....</b>	<b>52</b>
<b>Care Link.....</b>	<b>11, 45</b>
<b>Catar Clinic.....</b>	<b>43</b>
<b>Catholic Adoption Services.....</b>	<b>50</b>
<b>Catholic Immigration Services — Little Rock.....</b>	<b>32</b>
<b>Cell-phone charging locations.....</b>	<b>52</b>
<b>Center for Arkansas Legal Services.....</b>	<b>35</b>
<b>Center for Artistic Revolution (CAR).....</b>	<b>35</b>
<b>Center for Women in Transition.....</b>	<b>15, 28, 47</b>
<b>Centerpoint Energy (Gas).....</b>	<b>18</b>
<b>Centers for Youth and Families.....</b>	<b>39, 50</b>
<b>Centers for Youth and Families, Youth Emergency Shelter.....</b>	<b>28</b>
<b>Central Arkansas Development Council (C.A.D.C.).....</b>	<b>11</b>
<b>Central Arkansas Development Council (C.A.D.C.) Little Rock .....</b>	<b>18</b>
<b>Central Arkansas Integrity.....</b>	<b>36</b>
<b>Central Arkansas Pride (CAP).....</b>	<b>36</b>
<b>Central Arkansas Transit (C.A.T.).....</b>	<b>45</b>

Central Baptist Church of North Little Rock.....	19
Central High NRC.....	52
Chance Sobriety.....	16, 41
Child Support Enforcement Office.....	50
Choices in Living Resource Center.....	11
Christ Temple Outreach Center.....	19
Church at Rock Creek.....	13, 19
City of Faith.....	16
City of Little Rock Neighborhood Alert & Resource Centers (NRC).....	52
Clinica El Samaritano.....	24
Clínica el Samaritano.....	26, 33
Cocaine Anonymous (C.A.).....	40
College Station Clinic.....	24
Command Center.....	13
Commodities Distribution Sites for Government quarterly food distribution.....	23
Community of Grace Health Clinic.....	27, 33
Compassion Center.....	41
Compassion in Action.....	16
Computer and Internet Access.....	53
Covenant of Zion Cathedral Church.....	37
Cru Inner City.....	50
Cumberland Towers.....	30
Disability Rights Center.....	6, 35
Diverse Youth for Social Change (D.Y.S.C.).....	36
Division of Services for the Blind (DHS).....	6
Dorcas House.....	29, 42
Dorcas House ;.....	47
Dr. Emma K. Rhodes Education Center.....	9
East Broadway NRC.....	52
East Little Rock D.H.S.....	54
Easter Seals of Arkansas.....	6
Eastview Terrace.....	31
El Consulado de México en Little Rock.....	33
El Zocalo Immigrant Food Pantry.....	22
El Zocalo Immigration Resource Center.....	33
Empowerment Village.....	29
Entergy (Electricity).....	18
Esperanza .....	24, 34
F.E.I.P.A., Watershed.....	15
Fair Oaks Apartments.....	31
Family Promises of Pulaski County.....	29
Family Service Agency.....	39, 40, 53
Federally Recognized Indian Tribes and Resources for Native Americans.....	44
Feed the Hungry.....	37
Firm Foundation Ministries.....	29
First Baptist Church.....	19
First Christian Church Food Pantry.....	19
First Christian Church of Sherwood.....	19
First Pentecostal Church Food Pantry.....	19
First Presbyterian Church.....	2

First United Methodist Church.....	19
Food Stamps (S.N.A.P. Program).....	53
Francis Allen School for Exceptional Children.....	6
Fred W. Paris Towers.....	30
Freewill Baptist Family Ministries.....	29
From His Throne Ministries.....	37
Gaines House.....	29
Gaines House .....	47
Gardner Memorial Methodist Food Pantry.....	19
Geyer Springs United Methodist Church.....	20
Good Shepherd Community .....	12
Good Shepherd Economical Retirement Center.....	12
Goodwill Adult Education Center, North Little Rock.....	13
Goodwill Benton Thrift Store.....	3
Goodwill Bryant Thrift Store.....	3
Goodwill Cantrell Thrift Store.....	3
Goodwill Career Service Center, Bryant.....	13
Goodwill Career Service Center, Little Rock.....	13
Goodwill Industries Computer Store.....	3
Goodwill Industries Main Office.....	2, 7, 13
Goodwill Industries Outlet Center.....	2
Goodwill Industries Reentry Services Program.....	15
Goodwill JFK Blvd. Thrift Store.....	3
Goodwill Markham Thrift Store.....	3
Goodwill Rodney Parham Thrift Store.....	3
Goodwill University Thrift Store.....	3
Greater Second Care Center.....	3, 20
Gyst House.....	16, 42
Hancock Staffing.....	13
Hand Up Housing of Arkansas.....	29
Harmony Health Clinic.....	24, 27
Helping Hand of Greater Little Rock.....	3, 20
HIPPY.....	9
Historic Arkansas Museum .....	44
Hoover Treatment Center.....	17, 30, 42
Hope House of Recovery.....	17
Hope Works of Greater Little Rock.....	13
Hospice Home Care.....	27
Hospice Home Care, Inpatient Center.....	27
HRC Arkansas.....	37
Human Trafficking Statewide Crisis Hotline (P.A.T.H.).....	34
Immanuel Baptist Church.....	20
In Your Hands Ministries, Inc.....	20, 37
Integrity Staffing .....	16
Integrity Staffing, Healing Waters .....	14
Internal Revenue Service (I.R.S.).....	53
Jacksonville Care Channel.....	20
Jacksonville D.H.S.....	54
Jacksonville Health Unit.....	24
Jericho Way, Homeless Day Resource Center.....	38, 45

Jesse Powell Towers.....	30
Job Corps.....	9
John L. McClellan Veterans Hospital.....	24, 46
L.O.V.E. "Let Our Violence End" Inc.....	23
L.O.V.E. "Let Our Violence End" Inc.....	11, 39, 40, 41, 51
L.O.V.E. "Let Our Violence End" Inc. ....	4, 16, 22
Labor Finders.....	14
Labor Ready.....	14
Lakeshore Drive Baptist Church.....	20
Latino Clinic (in Arkansas Children’s Hospital).....	34
Laundry Love.....	53
Legal Aid of Arkansas – Ayuda Legal de Arkansas.....	34
Liberty Hill Baptist Church.....	4, 22, 26
LifeQuest of Arkansas.....	12
LINKS Paratransit (C.A.T.).....	45
Literacy Action of Central Arkansas.....	9
Little Rock Adult Education Center.....	9
Little Rock C.A.D.C.....	18
Little Rock Church.....	20
Little Rock Community Mental Health Center.....	39
Little Rock Compassion Center.....	20
Little Rock Compassion Center (Men’s).....	30
Little Rock Compassion Center (Women’s).....	30, 47
Little Rock Housing Authority.....	30
Little Rock Social Security Office.....	54
Lucie's Place.....	36
Mail Service.....	
Little Rock Downtown Post Office.....	53
Mainstream.....	7
Maumelle Medical Center.....	24
Meals on Wheels.....	12
Metro Worship Center.....	4, 38
Metropolitan Housing Alliance, formerly Little Rock Housing Authority.....	30
Mosaic Church of Central Arkansas.....	21
Mosaic Templars Cultural Center.....	10
Mount Zion Baptist Church.....	21
Narcotics Anonymous (N.A.).....	41
National Alliance on Mental Illness Arkansas.....	7
National Association of Black Veterans, (NABVETS).....	46
National Center for Missing / Exploited Children.....	50
Nehemiah House.....	30, 42
Network of Wellness.....	39
New Life Ministries.....	38
North Little Rock City Health Department.....	25
North Little Rock D.H.S.....	54
Número Nacional de Crisis/Para Prevención del Suicidio.....	34
Oak Forest NRC.....	52
Oak Forest United Methodist Church.....	21
On-Line Information on Free Legal Services in Arkansas.....	35
Open Hands Clinic.....	24

<b>Operation Restore</b> .....	<b>14, 15</b>
<b>Our House</b> .....	<b>31</b>
<b>Our House Learning Center</b> .....	<b>10</b>
<b>Our House Reentry Program</b> .....	<b>15</b>
<b>P.A.T.H. Human Trafficking Statewide Crisis Helpline</b> .....	<b>32, 47</b>
<b>Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock</b> .....	<b>36</b>
<b>Park Hill Christian Church</b> .....	<b>21</b>
<b>Pet Needs</b> .....	
<b>Quapaw Quarter United Methodist Church</b> .....	<b>53</b>
<b>Phoenix Recovery Center</b> .....	<b>17, 48</b>
<b>Pinnacle Pointe Hospital</b> .....	<b>51</b>
<b>Pinnacle Pointe Hospital</b> .....	<b>8</b>
<b>Plasma Donation</b> .....	
<b>D.C.I. Biologicals</b> .....	<b>54</b>
<b>Octapharma Plasma Center</b> .....	<b>54</b>
<b>Talecris Plasma Resource Center</b> .....	<b>54</b>
<b>Pleasant Valley Church of Christ</b> .....	<b>38</b>
<b>Premier Staffing - Dotación de Personal Premier</b> .....	<b>14, 34</b>
<b>Pride Industries</b> .....	<b>7, 14</b>
<b>Professional Counseling Associates</b> .....	<b>40</b>
<b>Project Based Section-8 Apartments</b> .....	<b>31</b>
<b>Promiseland Church Ministries</b> .....	<b>21</b>
<b>Pulaski County Central Health Unit</b> .....	<b>24</b>
<b>Pulaski County Cooperative Extension, 4-H</b> .....	<b>50</b>
<b>Pulaski County S.T.D. Clinic</b> .....	<b>25</b>
<b>Pulaski County Tenant-Based Rental Assistance Program</b> .....	<b>18</b>
<b>Pulaski County Youth Services</b> .....	<b>50</b>
<b>Pulaski Heights United Methodist Church</b> .....	<b>21</b>
<b>Quality Living Center</b> .....	<b>17, 42</b>
<b>Quality Living Center, Women's</b> .....	<b>17</b>
<b>Quapaw House</b> .....	<b>30, 42, 43</b>
<b>Quapaw Quarter United Methodist Church</b> .....	<b>21, 38</b>
<b>Recovery Center of Arkansas, River bend</b> .....	<b>17</b>
<b>Recovery Center of Arkansas, Williamsburg</b> .....	<b>17</b>
<b>Recovery Centers of Arkansas, Riverbend</b> .....	<b>42</b>
<b>Recovery Centers of Arkansas, Steeplechase</b> .....	<b>43</b>
<b>Recovery Centers of Arkansas, Williamsburg</b> .....	<b>43</b>
<b>Recycle Bikes for Kids</b> .....	<b>51</b>
<b>River City Ministry</b> .....	<b>18, 21, 25, 27, 28</b>
<b>River City Ministry Free Homeless Day Resource Center</b> .....	<b>4, 38</b>
<b>Rock Region Metro, LINKS (C.A.T.)</b> .....	<b>45</b>
<b>Rock Region Metro, LINKS Paratransit (C.A.T.)</b> .....	<b>7</b>
<b>S.O.A.R. Network</b> .....	<b>45</b>
<b>S.T.E.P. Ministries</b> .....	<b>10</b>
<b>Safe Harbor of Little Rock</b> .....	<b>17</b>
<b>Saint Mark Baptist Church</b> .....	<b>23, 38</b>
<b>Salvation Army</b> .....	<b>21, 31, 38</b>
<b>Second Baptist Church</b> .....	<b>22</b>
<b>Sequoyah national Research Center</b> .....	<b>44</b>
<b>Shepherds Hope</b> .....	<b>25, 27, 28</b>

Sherwood Social Security Office.....	54
Single Parent Scholarship Fund of Pulaski County.....	10
Sober Living.....	18, 31, 43
Social Security Administration.....	54
Social Services, Department of Human Services (D.H.S.).....	54
South End NRC.....	52
South Little Rock D.H.S.....	55
Southern Baptist Disaster Relief Program.....	12
Southwest Little Rock D.H.S.....	55
Southwest Little Rock NRC.....	52
Special Olympics Arkansas.....	7
St. Francis House.....	4, 17, 18, 21, 23, 25, 31, 46
St. John Missionary Baptist Church Clothes Closet.....	4
St. John Missionary Baptist Church Unto Others Food Pantry.....	22
St. Luke's Respite Care Center.....	7
St. Vincent - Gardner Memorial Community Clinic.....	25
St. Vincent - Glenview Community Clinic.....	25
St. Vincent Health Clinic East.....	25, 27
St. Vincent Health System - St. Francis House Clinic.....	25
Stew Pot.....	26, 39
Stew Pot First Presbyterian Church.....	4
Sunset Terrace.....	30
Sylvan Hills Church of Christ.....	4
Sylvan Hills Church of Christ Furniture Ministry.....	23
Sylvan Hills Community Church.....	22
TAP (Telecommunications Access Program).....	7, 12
Temple Baptist Church – Manna from Heaven Food Pantry.....	22
Terrace Green Housing.....	31
The Arkansas Disability Coalition .....	5
The First Tee.....	51
The Hope House of Recovery.....	29, 42, 48
The Trevor Project.....	37
The Van.....	55
The Van (The One Inc.).....	4, 22, 39
Towbin Healthcare & VA Medical Center.....	26, 46
Transitional Faith-based Therapeutic Community.....	17
U.A.L.R. William H. Bowen, School of Law Legal Clinic.....	35
U.A.M.S. Clinic (Appointments).....	26
U.A.M.S. Dental Hygiene Student Clinic.....	28
U.A.M.S. Psychiatric Research Institute Methadone Clinic.....	43
U.A.M.S. Walker Family Clinic.....	40
Unemployment Office.....	
Arkansas Department of Workforce Services.....	55
Union A.M.E. Church Food Cooperative.....	22
United Way (Heart of Arkansas).....	7
University of Arkansas, Little Rock (U.A.L.R.).....	10, 12
VA National Call Center for Homeless Veterans.....	46
Veteran's Day Treatment Center.....	10, 16, 32, 45, 46
Veteran's Substance Abuse Treatment Services.....	43
Wakefield Alert Center.....	52

<b>Watershed.....</b>	<b>4, 14, 18, 22, 23, 26, 45</b>
<b>West Central Alert Center.....</b>	<b>52</b>
<b>Westbridge I &amp; II.....</b>	<b>31</b>
<b>Westside Free Medical Clinic.....</b>	<b>26</b>
<b>Westside Free Medical Clinic (Spanish).....</b>	<b>34</b>
<b>Willie Hinton Alert Center.....</b>	<b>52</b>
<b>Women and Children First.....</b>	<b>32, 47</b>
<b>World Services for the Blind.....</b>	<b>8</b>
<b>Wright Avenue NRC.....</b>	<b>52</b>
<b>Wrightsville City Hall.....</b>	<b>23</b>
<b>Rock Region Metro Little Rock City Bus System.....</b>	<b>45</b>