THE GOOD GRID
“My advisor told me that I should do a social impact project,” Nisha Garimalla told the story of how The Good Grid began.
In 2011, Nisha was focused on getting into grad school at Stanford University. To bolster her computer science qualifications, she took on a project in India to help children in under-served villages gain access to educational resources. What she found was a challenge more daunting than simply introducing technology to the classrooms.
“One child said she has to walk 3 miles to school and she doesn’t have shoes so her feet bleed. Another said her dad beats her mom so she can’t concentrate at school.”

Determined to vanquish these stumbling-blocks, Nisha plied her research skill to finding solutions and discovered that there were a plethora of government agencies and nonprofit good-works organizations whose mission it was to help these same kids.
“There was actually an NGO [Non-governmental Organization] in that same state of India that provided psychological counseling to these children in villages,” she said. “And there was a government program to provide bicycles to children in these under-served villages.”
Thus Nisha started with the mission of creating a networking portal to connect those in need with those that provide services.
Coming home to Arkansas, Nisha went to work for Protech Solutions, inspired with the idea of using technology to unify the organizations and activists who want to help the under-served, namely former offenders.
“There are so many,” she said, about both the number of men and women who are released daily from incarceration, and the long list of organizations with missions to assist in and support the reentry process.
“There’s the CARE Coalition and Freedom for Life, all these different coalitions and service providers, government agencies. Everyone wants to help,” she said.
Thus in mid-2013, Nisha and Protech started developing The Good Grid as a free and readily accessible networking website, bringing together those who are re-entering the community with services, support and guidance.
“Job-seekers can make profiles and upload resumes, non-profits and government agencies can list their services” she explained.
“Today in Arkansas many people find themselves in helpless situations and having to deal with a multitude of poverty related issues,” Nisha elaborated. “Although there are many good people and great organizations ready to help, people are still slipping through the cracks.”
The Good Grid streamlines access to a multitude of training and support programs via two main components. One part, called MyPortfolio, is a tool

ARKANSAS’ PRISONS ARE OVERCROWDED!
What can we do about it?
Crime rates are falling all across America. Even in Arkansas violent crime has dropped by 4% and property crime was down 17% between 2004 and 2014. However, since 2014 Arkansas prison population has increased by 22%, to more than 18,000 inmates and Arkansasans on probation or parole, the highest rate of rise in the nation. Around the country states are closing prisons due to the drop in crime while in Arkansas we continue to pack our prisons and county jails at a cost of 512 Million dollars last year, expected to rise to more than $1.2 billion within 10-years.
We are a small state with a population of around 3 million and a tight budget that we have continued to balance at a staggering cost. Imagine if we could use our state budget to treat mental illness and substance abuse rather than incarcerate ill and addicted inmates.

Rather than remaining the brunt of the stigma and shame that comes from pursuing policies that have obviously failed us, we could be an example of another state that has turned our problem around.

In 2011, lawmakers recognized a problem with simply building more jails and took action, passing Act-570. The law was designed to reduce prison populations by reducing sentences, expanding probation and parole and encouraging reentry programs. So, what happened?

In 2013, a parolee was arrested for murder just days after his release and the Board of Corrections implemented new, stricter guidelines to keep inmates incarcerated longer and Act 570 for

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for people who are seeking assistance and their case-workers to prepare resumes and browse training modules for structured learning programs which address individual needs to improve reading, math, technology and work skills, search the Good Grid database of more than 100,000 services, and apply for jobs gleaned from various sources including local newspapers and larger job databases.

One exceptional benefit of the Good Grid is that job searches can be filtered to find those specifically

posted for people who have been recently released from prison.

The other part, called Social Hub, is for networking among volunteers and service providers to raise awareness about assistance, support, and volunteer opportunities, outreach and fundraising events throughout the local community.

“The Good Grid is a free service,” Nisha concluded. “Please contact us for help getting started.”

For more information, contact Nisha at team@goodgrid.com or visit www.goodgrid.com

So...THIS IS HEAVEN???
A man was visited by the Archangel Gabriel and invited to tour both heaven and hell so he could report back to his brethren and give a firsthand account of what the afterlife was like.

In hell he found a beautiful earth-like land, replete with towering mountains, deep-green forests, babbling brooks and sunny blue skies.

Rows and rows of tables, stretching as far as the eye could see and piled high with the most delicious food imaginable, stretched across the gorgeous countryside, yet masses of emaciated people roamed among the tables, moaning and weeping.

Every person had a huge fork strapped to each arm, above and below the elbow, which made it impossible to bend their arms to get any of the food into their mouths.

Try as they might to feed themselves, everyone was starving.

“What a horrible fate to endure,” said the man.

“Yes,” said the Archangel Gabriel. “Perpetual starvation in the midst of abundance. That is why we call it hell.”

Then POOF!!! The man was whisked-away to heaven where the view was nearly identical: rows and rows of delicious food spread upon tables across the bucolic land.

There, too, huge forks were double-strapped to the people’s arms which stopped them from feeding themselves, yet all were healthy and happy. “Because in heaven,” said Gabriel, “we all feed each other.”

(author unknown)

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Web Directory Online...!!!
20 YEARS OF FAILED
SEX OFFENDER MANAGEMENT
POLICY

Megan's Law, which requires local
crime data to collect and disclose
details relating to the location of
registered sex offenders, came to be 20
years ago in response to the terrible rape
and murder of seven-year-old Megan
Kanka, by a neighbor who was on the sex
offender registry. The Adam Walsh Act
(AWA), which took effect 10 years ago,
was named after a six-year-old boy who
was abducted from a
developer store and was
later found murdered. In
response, the AWA took
Megan's Law a step further,
establishing the first
national sex offender
registry and setting standard
criteria for posting offender
data on the Internet.

The intent of these
laws is that every parent
should have the right to
know if a dangerous sexual
predator moves into their
neighborhood. But if we are
to end child sexual abuse,
we must see through the
false hopes of these
regulations and ask some serious
questions.

Opponents of Megan's Law and the
AWA, like Women Against Registry,
Reform Sex Offender Laws, Inc., Human
Rights Watch, and Arkansas Time After
Time, assert that laws which mandate
public registration and residency
restrictions go overboard and invite
vigilante violence. That the accumulated
results of 20+ years of research find no
statistically significant reduction in sex-
crimes due to the implementation of Sex
Offender Registration and Notification
(SORN) regulations.

According to the Office of Justice
Programs' Sentencing, Monitoring,
Apprehending, Registering and Tracking
(SMART) Office, "...the evidence is fairly
clear that residence restrictions are not
effective. In fact, the research suggests
that residence restrictions may actually
increase offender risk by undermining
offender stability and the ability of
the offender to obtain housing, work, and
family support." Also, that contrary to
"broad public and policymaker support
for SORN, and a perceived public safety
benefit...there is nothing to suggest this
policy should be used at this time."

Treatment professionals, such as the
Association for the Treatment of Sexual
Abusers (ATSA), criticize these laws and
decry the scientifically unsupported yet
popular belief in high recidivism, and the
unintended consequences of which they
undermine, rather than improve, public
safety by exacerbating homelessness,
unemployment and social instability.

In addition, civil rights and reform
organizations highlight the adverse
collateral effects on the family members
of registrants. They question that most
registries are indefinite unwarranted
punishment because sexual offense laws
are applied not just to those who commit
the unthinkable, but to a wide variety of
their 'alert and notification services'.
Hyping the debunked idea that a public
registry or residency restrictions will
somehow keep children safe.

If we consider the statistics that
95% of those now registered will never
re-offend, that means that 95% of all
future offenses will be committed by
people who are NOT on any registry.

Knowing where registrants live lets
us feel 95% safe, but it is an illusion built
on fear and suspicion. I am advocating
for caution and education.

Open up easy lines of
communication with your
kids. Teach them to be
aware of situations that may
prove dangerous. Tell them
what to do when things
don't seem right. Insist that
they 'buddy up' and go two-by-two. Make it
clear to
them that their bodies are
private, and that they
should always tell you if
anyone - a mommy or
daddy or teacher or doctor
or family friend - wants to
touch them in a 'secret' way.
And remember, the vast
majority of sexual offenses
against children are
committed by other children
who, realistically, deserve
guidance and therapeutic intervention but
in our current system too often get prison
time. (cont. on page 2)

GOVERNOR PROCLAIMS
REENTRY DAY

"Right now ... if you leave prison, you
get $100 and a bus ticket," Gov. Asa
Hutchinson laid out his plan for the
state prison system Feb. 18, 2015.

"That is really not going to help
reduce repeat offenders from going
back in," he said. "They need an
opportunity. The reentry centers will
help them find their way back into
society."

On Wednesday, April 13, several
dozen civic and social advocacy groups
and many members of the general
public who are affected by these issues
rallied on the front steps of the Capitol
in a show of support for proposed
reforms, such as the hiring of additional
parole and probation officers, the
creation of a transitional reentry center
program and alternative (non-prison)
sentences for nonviolent offenders.

Coordinated by the Central
Arkansas ReEntry (CARE) Coalition,
the rally featured several distinguished
speakers representing various agencies
and organizations which actively
provide reentry support service.

"Because the impact of
incarceration is so great on the
individual, their families, and society as
a whole, it takes an array of service
providers, public policy experts, faith-
based groups, community organizations
and support services to assist with
transition to return to society and avoid
the situations that lead to recidivism."
Robert Kim Combs, Chair of CARE's
Policy & Law Committee, explained the
complexity of the problem.

"No one entity can do it all and do
it effectively," he said. "This rally
brought together a number of the
people and organizations that are
helping and to tell the story of the 56% of
people who successfully return to
free society without re-offending. And
it is important to acknowledge that
many of these groups are working
without government support."

In appreciation of these
collaborative efforts, an official
Proclamation of the Governor,
declaring April 13, 2016, as
ARKANSAS COMMUNITY
REENTRY DAY, was read and,
concluding the presentation, attendees
toured the Capitol to meet legislators
and learn about the General Assembly.

For more information, visit
www.ArkansasReentry.com or call
(501) 444-CARE.
Community Resources Directory

Little Rock & Pulaski County

Metro Worship Center, 2914 South Cumberland Street, Little Rock, AR 72206. Clothes closet 3rd Saturday each month, 8:00 a.m. to 12:00 noon. On 2nd Sunday of each month, 1:00 p.m. to 4:00 p.m. (501) 372-1804

Goodwill Industries Main Office, 72000 Scott Hamilton Drive, Little Rock, AR, 72209. 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. (501) 572-5100

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

Goodwill Industries Outlet Center, 72000 Scott Hamilton Drive, Little Rock, AR, 72209. Open Monday through Saturday 9:00am – 6:00pm. (501) 372-5100

Goodwill Industries Computer Store, 72000 Scott Hamilton Drive, Little Rock, AR, 72209. Open Monday through Saturday 10:00am – 6:00pm. (501) 372-5100

Goodwill Benton Thrift Store, 1706 Military Road, Benton, AR, 72015. Open Monday through Saturday 9:00am – 4:00pm Sunday 10:00am – 3:00pm. (501) 776-1289

Goodwill Bryant Thrift Store, 5914 Highway 6 N, Bryant, AR, 72022. Open Monday through Saturday 9:00am – 4:00pm Sunday 10:00am – 3:00pm. (501) 663-2209

Goodwill Rodney Parham Thrift Store, 9700 North Rodney Parham Road – Suite F, Little Rock, AR 72227. Open Monday through Saturday 9:00am – 6:00pm Sunday 10:00am – 3:00pm. (501) 224-6221

Goodwill University Thrift Store, 72000 South University Avenue, Little Rock, AR 72224. Open Monday through Saturday 9:00am – 6:00pm Sunday 10:00am – 5:00pm. (501) 588-3033

Goodwill Markham Thrift Store, 109 Markham Park Drive, Little Rock, AR 72211. Open Monday through Saturday 9:00am – 6:00pm Sunday 10:00am – 5:00pm. (501) 221-1018

Goodwill Cantrell (The Ranch) Thrift Store, 16924 Cantrell Road, Little Rock, AR 72223. Open Monday through Saturday 9:00am – 6:00pm Sunday 10:00am – 5:00pm. (501) 673-1500

Goodwill JFK Blvd. Thrift Store, 6929 John F. Kennedy Blvd. – Suite 112, North Little Rock, AR 72116. Open Monday through Saturday 9:00am – 6:00pm Sunday 10:00am – 5:00pm. (501) 853-5288

Greater Second Care Center, 5615 Geyer Springs Road, Little Rock, AR 72209. Open by appointment. (501) 365-9988

Helping Hand of Greater Little Rock, 1601 Marshall Street, Little Rock, AR 72202. Open Monday through Thursday 9:00am – 1:00pm. Inexpensive thrift store clothing available. (501) 372-4388

**Disabled & Disability Resources**

ACCESS, 10618 Breckenridge Drive, Little Rock, AR 72211. 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. (501) 227-8600

A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc., 105 East Roosevelt Road, Little Rock, AR 72206. AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration and adult skills training center are located in Little Rock, the children's learning center preschool is located in North Little Rock. (501) 666-0246

Arkansas Rehabilitation Services ICAN program, 900 West Seventh Street, Little Rock, AR 72201. Preparation for entering workforce through education and support. (501) 688-2800

Arkansas School for the Blind and Visually Impaired, 2600 West Markham, Little Rock, AR 72202. Serves ages birth through age 11: education, extensive medical services and therapy on site, licensed in-facility, free vision clinic for visually impaired by age 11. Family support and community education programs are also provided. (501) 296-1810

Arkansas School for the Deaf, 2400 West Markham, Little Rock, AR 72205. Sign language classes and community and family education and support. (501) 294-2956

Arkansas Spinal Cord Commission, 1503 North University Avenue, Suite #470, Little Rock, AR 72207. Open Monday through Friday 8:00am – 4:30pm. (501) 572-1577

Best Buddies Arkansas, 10310 West Markham Street, Suite 211, Little Rock, AR 72205. Best Buddies offers job training, one-to-one friendships and leadership opportunities for youth and adult participants. (501) 296-1810

Camp Aldersgate, 2000 Aldersgate Road, Little Rock, AR 72205. 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. (501) 225-1444

Disability Rights Arkansas Inc., 1100 North University Avenue, Suite #201, Little Rock, AR 72207. Vigorously advocate for and enforce the legal rights of people with disabilities in Arkansas. (501) 296-1755 (800) 482-1174

Division of Services for the Blind (DHS), 700 Main Street, Little Rock, AR 72203. Provides support and services to blind and visually impaired Arkansans. (501) 682-5493

Easter Seals of Arkansas, 3920 Woodland Heights Road, Little Rock, AR 72212. 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. (501) 227-3560

Web Directory Online....!!!
Help YourSelf...!!!

Goodwill Industries Main Office, 7400 Scott Hamilton Drive, Little Rock, AR 72209. Goodwill provides job readiness and training, education assistance, and support for those with physical and developmental disabilities. (501) 372-5100

Rock Region Metro, LINKS Paratransit (C.A.T.), 501 Maple Street, North Little Rock, AR 71214. Handicapped accessible LINKS buses cost $2.70 one way, 8:40 round trip. Must apply to access the INKS system and the application process takes up to 21 days. (501) 375-9607

Mainstreet, 300 South Rodney Parham - Suite #15, Little Rock, AR 72205. Providing resources and information. Mainstreet is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas. (501) 280-0012

National Alliance on Mental Illness Arkansas (NAMI Arkansas), 1012 Arkansas Road, Suite #211, Little Rock, AR 72211. Provides support, education and advocacy to persons with mental illness and their families. (501) 661-1548 (800) 844-0381

Pinnacle Pointe Hospital, 11501 Financial Centre Parkway, Little Rock, AR 72211. Pinnacle Pointe Hospital is Arkansas' largest behavioral health 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. (501) 223-3322

Pride Industries, 700 West Capitol Avenue #B-125, Little Rock, AR 72201. Hires individuals with severe physical, mental, and developmental disabilities. (501) 374-8807

St. Luke's Respite Care Center, 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. (501) 753-4281

Special Olympics Arkansas, 2115 Main Street, North Little Rock, AR 72114. Provides year around sports training and competitions for children and adults with intellectual disabilities. (501) 771-0222

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

The Allen School, 824 North Tyler Street, Little Rock, AR 72205. Providing education and day services for special needs children from birth to age 5. (501) 664-2961

United Way (Heart of Arkansas), 536 Pershing Blvd., North Little Rock, AR 72114. Heart of Arkansas United Way's mission is to advance the common good by focusing on health and human services throughout Arkansas. We do this by providing support to organizations that specialize in the specific needs of their community. (501) 376-4567

World Services for the Blind, 2811 Fair Park Blvd., Little Rock, AR 72204. 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. WSF offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors. (501) 664-7100

Education & Literacy Programs

Arkansas Department of Career Education Arkansas Rehabilitation Services, 536 West Capitol Avenue, Little Rock, AR 72201. Providing educational support and rehabilitation services for individuals with disabilities. (501) 296-1600

Arkansas Home Visiting Network, 415 South McKinley - Suite #620, Little Rock, AR 72202. 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. (501) 364-3727

Arkansas Rehabilitation Services, 900 West 7th St., Little Rock, AR 72201. Prepares people with disabilities to enter the workforce thru education, social and accessibility support. Tuition, hearing aids and prostheses provided. (501) 686-2800

Dr. Emma K. Rhodes Education Center, 1835 Wright Avenue, Little Rock, AR 72202. 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. (501) 372-0277

HIPPY Home Instruction for Parents of Preschool Youngsters, 1 Child’s Way, Slot 65, Little Rock, AR 72202. 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. (501) 364-3671

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

Literacy Action of Central Arkansas, 100 Rock Street, 5th Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201. Teaching adults to read & English as a second language. (501) 372-7223

Little Rock Adult Education Center, 4800 West 26th Street (26th & Madison Street), Little Rock, AR 72204. Offering community and adult education courses. Refresher classes, GED classes and English as a second language. (501) 447-3890

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center), 14006 Sardis Road, Shannon Hills, AR 72103. GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals. (501) 526-1602

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

Our House Learning Center, 302 East Roosevelt, Little Rock, AR 72206. Open to community members for ged prep, basic literacy classes, tasc /WAGE testing, career readiness certificate preparation and testing. Initial enrollment by appointment. (501) 374-7383 Ext. #210

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

S.T.E.P. Ministries, P.O. Box #122, North Little Rock, AR 72114. Tutoring in the public schools for at risk children and Christian mentoring program. (501) 759-4054

University of Arkansas, Little Rock (U.A.L.R.), 2801 South University Avenue, Little Rock, AR 72204. 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 classes.

The TRIO Educational Opportunity Center (EOC) is your “one stop” source for college admission, financial aid assistance, ACT Compass testing, and student loan default counseling.

EOC assists adults ages 19 and older to enroll in and complete a post-secondary education program.

All services are provided FREE of charge.
Community Resources Directory

Little Rock & Pulaski County

Arkansas Department of Career Education, 3 Capitol Mall, Little Rock, AR 72201. Provides education and employment support for Arkansans in the fields of technical education and adult education. (501) 682-1500

Arkansas Department of Workforce Services, 5401 South University Avenue, Little Rock, AR 72209. Opens Monday through Friday, 8:00 a.m. - 4:30 p.m. Unemployment office, fax, phone, copy machine, computer lab job search related use only. (501) 682-0228

Church at Rock Creek, 11000 West 36th Street, Little Rock, AR 72211. CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employed or career challenged individual. Men and Women are welcomed. (501) 221-1053

Command Center, 3125 Walnut Grove, Memphis TN 38111. Day labor coordinators. First fill out their on-line forms then follow instructions to find daily work. (501) 372-7000

Goodwill Industries Main Office & Career Service Center, 7400 Scott Hamilton Drive, Little Rock, AR 72209. 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 disability or past incarceration. (501) 372-5151

Goodwill Career Service Center, Bryant, 5914 Highway 5, Bryant, AR 72022. (501) 652-2209

Goodwill Career Service Center, Little Rock, 1110 West 7th Street, Little Rock, AR 72201. (501) 492-5559

Goodwill Career Service Center, Little Rock, 109 Markham Park Drive, Little Rock, 72211. (501) 221-1018

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

Hancock Staffing, 601 West 4th Street, North Little Rock, AR 72114. Hancock Staffing is a Veteran owned and operated temporary staffing company that specializes in the right associates for your organization. We offer temp, temp to hire, direct placement, staffing, manufacturing, landscaping, and hospitality services. (501) 246-6641

Hope Works of Greater Little Rock, 620 Curtis Sykes Drive, North Little Rock, AR 72118. Care 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. (501) 698-2787

Integrity Staffing, Healing Waters, 14036 Sardis Road, Shannon Hills, AR 72103. If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs 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 8:00 a.m. – 4:00 p.m. (501) 650-4753

Labor Finders, P.O. Box #191803, Little Rock, AR 72219. Located at 7221 Geyer Springs Road. Day labor coordinators. First fill out their forms then arrive at 6:00 a.m. to wait for daily work as available. (501) 565-9632

Labor Ready, 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. (501) 562-6111

Operation Restore, 10411 West Markham Street, Little Rock, AR 72205. A temporary employment agency for returning citizens. (501) 712-5433

Premier Staffing - Dotación de Personal Premier, 10901 Financial Centre Parkway, Little Rock, AR 72211. Premier Staffing is an employer contracto 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 fabrica. El primer paso es registrarse en el sitio Web (Directory) y una vez registrado comunicarse al teléfono 501-223-8367. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online (see Web Directory) and once registered call (501) 223-8367.

Pride Industries, 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. (501) 374-8087

Watershed, 3701 Spring Hill Blvd., Little Rock, AR 72206. “Working to find work” Job guidance counseling, employment assistance. Job readiness classes Tuesday thru Thursday 10:00am – 12:00pm. (501) 378-0376

Elder-Care Resources

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

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

Arkansas Relay, 900 South Shackleford Road, Suite #300, Little Rock, AR 72205. Providing Free TEXT Telephone service for the deaf. (501) 221-1285 (501) 246-8227 (Videophone), (501) 221-3729 (TTY)

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

Care Link, P.O. Box #988, 700 Riverfront Drive, North Little Rock, AR 72119. 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. (501) 372-5309, (800) 482-6359

Central Arkansas Development Council (C.A.D.C.), Weatherization Assistance Program, P.O. Box #580, Benton, AR 72018. Complete application for review to be wait-listed for assistance with weatherization projects. (501) 776-8446

Choices in Living Resource Center: AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203. Prescreening for long term care Medicaid and VA benefits, providing options to help people remain in the community, in their own homes. (866) 801-3435

Good Shepherd Community, 2701 Eldersgate Road, Little Rock, AR 72205. Offering options in living from HUD subsidized housing to upscale suites to long term residential care. (501) 224-7200

LifeQuest of Arkansas, 600 Pleasant Valley Drive, Little Rock, AR 72227. 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. (501) 225-6673

Meal on Wheels, P.O. Box #988, North Little Rock, AR 72119. Hot or frozen home-delivered meals for homebound older Arkansans who are unable to shop for or prepare their own meals. (501) 372-5300

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

TAP (Telecommunications Access Program), P.O. Box #3793, Little Rock, AR 72203. Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education. (501) 686-9693

University of Arkansas, Little Rock (U.A.R.), 2801 South University Avenue, Little Rock, AR 72204. 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. (501) 569-3127

The brave man is he who does not feel afraid, but he who conquers that fear. - Nelson Mandela

Web Directory Online....!!!
**EX-Offender Reentry Programs**

Arkansas C.U.R.E., Citizens United for the Rehabilitation of Errants (CURE), P.O. Box #11554, Conway, AR 72034. The state chapter of an international grass roots organization dedicated to reducing crime through reform of the criminal justice system through education and advocacy. (501) 580-4857

Arkansas Department of Career Education, Arkansas Rehabilitation Services, 254 West Capitol Avenue, Little Rock, AR 72201. Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities. (501) 833-1490

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

Arkansas Time After Time, P.O. Box 11495, Conway, AR. 72034. The local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders. (501) 444-2828

Center for Women in Transition, P.O. Box #3465, Little Rock, AR 72203. Helping incarcerated and formerly incarcerated women transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline. (501) 372-5522

Chance Sobriety, 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 clients to and from work as needed. Sex offenders welcome. Call for fees. (501) 881-8844

Compassion in Action, 4326 Landers Road, Bldg. #2 North Little Rock, AR 72117. 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. (501) 517-8079


Goodwill Industries Reentry Services Program, 7400 Scott Hamilton Drive, Little Rock, AR 72209. 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. (501) 372-5100

Integrity Staffing (Healing Waters Outreach Center), 14036 Sardis Road, Shannon Hills, AR 72103. 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. (501) 650-4753

L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center), 14036 Sardis Road, Shannon Hills, AR 72103. Working with women returning from incarceration. (501) 516-1602

Our House Reentry Program, 301 East Roosevelt, Little Rock, AR 72206. 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. (501) 374-7383 Ext. #218

Operation Restore, 10411 West Markham Street, Little Rock, AR 72205. A temporary employment agency for returning citizens. (501) 712-5423

Veteran's Day Treatment Center, 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. (501) 344-1900

Arkansas Cares, 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 an approved OADAP residential treatment program. (501) 906-4247

City of Faith, 1401 South Garfield, Little Rock, AR 72204. Transitional housing facility for men and women released from Federal prison. (501) 615-1090

Gyst House, 8801 Frenchmans Lane, Little Rock, AR 72209. Transitional housing for men and women with substance abuse issues. (501) 569-1682

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

Hope House of Recovery, 3517 West 25th Street, Little Rock, AR 72204. Transitional housing for women only. (501) 351-5164

Phoenix Recovery Center, 104 North battery, Little Rock, AR 72205. Transitional housing for women only. (501) 499-6666

Quality Living Center, Men’s, 3925 Asher Avenue, Little Rock, AR 72204. Transitional housing for men only. (501) 663-3490

Quality Living Center, Women’s, 2900 South Cedar Street, Little Rock, AR 72204. Transitional housing for women only. (501) 663-3490

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

Recovery Center of Arkansas, Riverbend, 1201 River Road, North Little Rock, AR 72114. Transitional housing for men and women. (501) 614-4607

Recovery Center of Arkansas, Williamsburg, 5301 Father Tribou, Little Rock, AR 72205. Transitional housing for men and women with substance abuse issues. (501) 614-4900


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

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

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**Financial & Utility Assistance**

Central Arkansas Development Council (C.A.D.C.) Little Rock, 5401 South University Avenue, Little Rock, AR 72209. Providing assistance with utility bills and emergency conservation. (501) 603-0909

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

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

Pulaski County Tenant-Based Rental Assistance Program, 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. (501) 340-6157

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

St. Francis House, 2701 South Elm Street, Little Rock, AR 72209. 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. (501) 378-0176

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**Food Pantries**

Amboy Community Food Pantry, 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. (501) 753-2777

Bullock Temple, 1523 South Park Street, Little Rock, AR 72202. Open Monday 1:00 – 2:00pm Thursdays 5:00-7:00pm, appointments preferred, ID required. (501) 375-1581

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

Christ Temple Outreach Center, 5109 South Arch Street, Little Rock, AR 72206. Open Tuesday & Thursday 10:00am – 12:00noon. (501) 376-1664

Church at Rock Creek, 11500 West 36th Street, Little Rock, AR 72211. Open Thursday 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. (501) 223-1053

El Zocalo Immigrant Food Pantry, 5500 Geyer Springs Road, Little, Rock, AR 72209, Inside Geyer Springs United Methodist Church. 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. (501) 301-4652 Bilingual

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[Contact info for various assistance programs and resources available in the region, including addresses, phone numbers, and specific services offered.]

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[Additional information and resources related to the topics covered in the document, such as contact information for local community organizations and services.]
First Baptist Church, 2015 Main Street, North Little Rock, AR 72114. Open Tuesdays 11:00am – 1:00pm. Located in the North Little Rock area. (501) 758-3525.

First Christian Church Food Pantry, 1500 North Mississippi Street, Little Rock, AR 72207. Open Fridays, 10:30am – 12:00noon. Photo ID required. (501) 225-5656.

First Christian Church of Sherwood, 2803 East Kiel Avenue, Sherwood, AR 72120. Open 10:34am – 12:00noon. Photo ID required, services for families in Sherwood. AR 72120. (501) 855-5595.

First Pentecostal Church Food Pantry, 1402 Calvary Road, North Little Rock, AR 72116. Open Fridays, 1:00pm – 5:00pm. Photo ID required. (501) 758-3090.

First United Methodist Church, 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. (501) 855-2201.

Gardner Memorial Methodist Food Pantry, 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. (501) 374-9520.

Geyer Springs United Methodist Church, 5500 Geyer Springs Road, Little Rock, AR 72209. Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the 72206, 72208 and 72213 Zip Code area only. Photo ID required. (501) 375-3775.

Greater Second Care Center, 5615 Geyer Springs Road, Little Rock, AR 72209. Third Thursdays 10:00am – 12:00noon, Picture ID Required. (501) 375-9988.


Immanuel Baptist Church, 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, 72213, and 72217. (501) 376-3701.

In Your Hands Ministries, Inc., 3905 Highway #161 North, North Little Rock, AR 72117. Open Tuesdays 8:00am – 12:00noon. Present photo ID, once a month per household. (501) 945-3134.

Jacksonville Care Channel, 201 North Elm Street, Jacksonville, AR 72076. Open Monday, Wednesday, & Friday 10:00am – 1:00pm. Services 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. (501) 982-4647.

Lakeshore Drive Baptist Church, 21 Lakeshore Drive, Little Rock, AR 72204. Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the 72204 Zip Code area only. (501) 565-5536.

Liberty Hill Baptist Church, 1215 South Schiller, Little Rock, AR 72202. Open 2nd and 4th Monday, 3:00pm – 6:00pm. Photo ID Required. (501) 374-8060.

Little Rock Church, 10701 West Baseline Road, Little Rock, AR 72209. Open every other Monday 5:00pm – 6:30pm. (501) 455-0900.

Little Rock Compassion Center, 3618 West Roosevelt, Little Rock, AR 72204. Open Tuesday and Thursday 9:00am – 11:00am. (501) 296-9114.

L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center), 14036 Sardis Road, Shannon Hills, AR 72115. Serves the community of Sardis Rd, Shannon Hills, AR 72115. Connecting Streams Family Food Pantry open 2nd, 3rd & 4th Sundays 12:00-2:00pm. (501) 516-1602.

Masonic Church of Central Arkansas, 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. (501) 562-3336.

Mount Zion Baptist Church, 524 Cross Street, Little Rock, AR 72202. Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon. (501) 374-5982.

Oak Forest United Methodist Church, 2415 Fair Park Blvd., Little Rock, AR 72204. Open 1st and 3rd Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area only. (501) 663-9407.

Park Hill Christian Church, 4400 John F. Kennedy Blvd., North Little Rock, AR 72116. Open Tuesday 9:30am – 12:30pm. Serving North Little Rock residents. (501) 753-1109.

Promiselad Church Ministries, 4520 South University, Little Rock, AR 72204. Open Wednesdays 5:30pm – 7:00pm. Must complete application. ID Required. (501) 570-0048.

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

Quapaw Quarter United Methodist Church, 1601 South Louisiana Street, Little Rock, AR 72206. Groceries are distributed across the city on the first and third Tuesdays of each month, except August. (501) 375-1600.

River City Ministry Day Services for the Homeless, 1021 East Washington, North Little Rock, AR 72114. Open Tuesdays & Thursdays 9:00am – 10:30am. Serving Pulaski County residents only. Must provide photo ID. (501) 376-6694.

St. Francis House, 7501 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. (501) 664-5036.

Salvation Army, 1905 West 18th Street, North Little Rock, AR 72115. Food Pantry open Monday, Wednesday, and Friday, 9:30am – 1:00pm and 11:00 – 3:00pm. Bring photo ID, proof of income, proof of expenses and lease or rental agreement. Serving the North Little Rock area. (501) 753-6318.

St. John Missionary Baptist Church United Food Pantry, 2501 South Main Street, Little Rock, AR 72206. Open the 2nd & 4th Thursday of each month, 9:00am – 3:00pm. Must complete application, photo ID Required. During winter weather months open only once a month. (501) 376-8658.

Second Baptist Church, 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. (501) 223-2323.

Sylvan Hills Community Church, 8019 Hwy #107, Sherwood, AR 72110. Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood residents only. (501) 853-1812.

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

Union A.M.E. Church Food Cooperative, 1825 South Pulaski Street, Little Rock, AR 72206. Open 2nd and Wednesday of each month, 1:00 – 3:30pm. Call to confirm date and time. (501) 374-3538.

The Van (The One Inc.), P.O. Box #350061, Little Rock, AR 72225. Mobile home services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions. (501) 955-3444.

Watershed, 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. (501) 378-0176.
uninsured and live in 72204. Medical and
gynecologic clinics. Proof of address
required. Spanish interpreters available.
$10. visit. Solo atendan a personas sin
seguro médico que viven en 72204.
Requieran prueba de dirección. Hay
interpretes. Clínica médica de
ginecología. $5 visita. (501) 916-2340
Esperanza “Hope” Neighborhood
Clinic (Spanish), 2nd Baptist Church,
6112 West Byrd Street, Little Rock 72209.
Primary care clinic, open Thursday,
5:30pm – 8:00pm, closed the 5th
Thursday of each month, primarily
serving clients in the 72209 zip code
area. Entrance around the back. By
appointment ONLY. $5.00 co-pay. Have
Spanish interpreters available. (501)
562-1114 Bilingual
Harmony Health Clinic, 201 East
Roosevelt Road, Little Rock, AR 72206.
Monday thru – Friday: 9:00am -
1:00pm to pick-up and return application
packet. Appointments required to see
doctors. NO WALK-INS. (501) 375-4400
Hospice Home Care, 12120 Colonel
Glenn Road Suite 6400 LR 72110.
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;
focusses 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. (501) 296-9043
Hospice Home Care Inpatient Center,
2200 South Bowman, Little Rock, AR
72211. (501) 221-3338
Jacksonville Health Unit, 3000 North
1st Street, Jacksonville, AR 72076.
Open Monday thru Friday, 8:00pm -
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
dequipment. (501) 982-7477
John L. McClellan Veterans Hospital,
4300 West 7th Street, Little Rock, AR
72205. Medical care and treatment for
veterans ONLY. (501) 257-1000
Liberty Hill Baptist Church, 1215 South
Schiller, Little Rock, AR 72202. Health
screening Nurse available 2nd Monday,
3:00pm – 6:00pm. (501) 374-8060
Maumelle Medical Center, 501
Millwood Circle, Suite E, Maumelle, AR
72113. Open Monday thru Thursday,
8:00am – 5:00pm, Friday 8:00am –
12:00noon. (501) 803-9930
North Little Rock City Health
Department, 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. (501) 791-8551
Open Hands Clinic, 1225 Martin Luther
King Jr. Drive, Little Rock, AR 72202.
Open Monday 8:00am – 7:00pm,
Tuesday and Wednesday 8:00am –
5:00pm, Thursday 8:00am – 12:00noon,
Friday 8:00am – 5:00pm. Appointments
required, Social Security ID & ID
required. Must be homeless, in shelter,
or in transitional housing. (501) 244-2121
Pulaski County Central Health Unit,
3925 West 8th 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. (501) 280-3100
Pulaski County S.T.D. Clinic, 3925
West 8th Street, Little Rock, AR 72204.
Open Monday thru Friday, 8:00am –
4:30pm, appointments required, photo ID
required. Free or low cost STD, HIV /
AIDS testing and referrals. $5.00 records
maintenance fee without Medicaid. (501)
280-3100
River City Ministry Day Services for
the Homeless, 1021 East Washington,
North Little Rock, AR 72114. By
appointment only. Call Monday, Wednesday or Friday at
target 10:00am for appointments,
serving adults. $5.00 cash required at
each visit. Cash Only. (501) 376-6694
St. Francis House, 2701 South Elm
Street, Little Rock, AR 72204.
Prescription refills. Open Monday &
Wednesday 9:00 – 11:00am. Will provide
vouchers for prescriptions or refills from
the bottles if refills are warranted. Must
provide photo ID, Social Security card. (501)
664-5936
St. Vincent Health System – St.
Francis House Clinic, 2701 South Elm
Street, 3rd floor, Little Rock, AR 72204.
Appointments required, available
Tuesdays and Wednesdays, beginning at
8:00am. Proof of income required. (501)
552-3244
St. Vincent - Gardner Memorial
Community Clinic, 1723 Schair 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.
(501) 552-3244
St. Vincent - Glenview Community
Clinic, 4800 East 19th Street, North
Little Rock, AR 72117. Appointments
required, available Thursdays, begin at
8:00am. Proof of income required. (501)
552-3244
St. Vincent Health Clinic East, 2500
East 6th Street, Little Rock, AR 72202.
Open Monday thru Thursday, 8:00am –
4:30pm, Friday, 8:00am – 12:00pm, fees
based on sliding scale, Office visit
$20.00 with proof of income. Labs
$5.00 cash. Call for appointment. No
walk-ins. (501) 552-4710
Shepherds Hope Neighborhood Health
Center, 2404 Tyler Street, Little Rock,
AR 72204. By appointment only, open
Tuesday 5:30pm – 9:00pm. Primary
care and diabetes clinic. Serving the
72204 zip code. Proof of residency
required. (501) 614-9523
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. (501)
372-1804
Towbin Healthcare & VA Medical Center,
2200 Fort Roots Drive, North
Little Rock, AR 72114. Medical care,
treatment and domicile available to
veterans ONLY. (501) 257-1000 Ext. #3
U.A.M.S. Clinic (Appointments),
4301 West Markham, Little Rock, AR 72205.
Open Monday thru Friday, 7:30am –
5:00pm, appointments required, pre-
approved indigent discount program
proof of income and ID, co-pay of
$10.00 required. (501) 686-8000 Ext. #2
Watershed, 3701 Springer Blvd.,
Little Rock, AR 72206. Assistance with
medications. Open Monday thru Friday
8:00am – 5:00pm. Call before coming to
make sure funds are available. Appoint-
ments and referrals are preferred. (501)
378-0176
Westside Free Medical Clinic, 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

Eye Clinics
River City Ministry Day Services for the
Homeless, 1021 East Washington, North
Little Rock, AR 72114. By appointment
only. Call for appointments, serving
adults. $5.00 cash payment required at
each visit. (501) 376-6694
Shepherds Hope Neighborhood Health
Center, 2404 South Tyler Street, Little
Rock, AR 72204. 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. (501) 614-9523

Housing & Shelters
A.B.B.A. House, 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. (501) 666-7878
Center for Women in Transition, P.O.
Box #3563, Little Rock, Arkansas 72203.
Helping incarcerated and formerly
incarcerated women successfully
transition back into society. Offering

Dental Clinics
12th Street Health and Wellness
Center, 4010 West 12th Street, Little
Rock, AR 72204. Open Monday and
Wednesday 4:00 pm – 8:00pm. Free
dental support. Dental hygiene,
extractions, screenings and referrals.
(501) 614-2492

Help Yourself...!!!
programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline. (501) 372-5522

Centers for Youth and Families, Youth Emergency Shelter, 6425 West 12th 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. (501) 666-7733

Dorcas House A Division of Union Rescue Mission, 823 South Park Street, Little Rock, AR 72202. Women’s domestic violence Program: 9-month program for women and children in domestic abuse situations, male children allowed up to 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. (501) 374-4022

Empowerment Village, 3604 West 12th Street, Little Rock, AR 72204. For Arkansans with special needs, i.e.: limited income, homeless or has disability affecting their income and need for supportive services. (501) 663-7223 Ext. #210

Family Promises of Pulaski County, 222 East 8th Street, Little Rock, AR 72202. Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18. (501) 372-0773

Firm Foundation Ministries, 2200 East Broadway, North Little Rock, AR 72114. Shelter for men, age 45 and above. (501) 945-7412

Fred W. Paris Towers, 1800 South Broadway, Little Rock, AR 72206. Must be over 50 years of age with no dependents. (501) 340-4705

Jesse Powell Towers, 1010 Wolfe Street, Little Rock, AR 72202. Must be over 55 years of age with no dependents. (501) 340-4755

Freewill Baptist Family Ministries, 3600 West 12th Street, Little Rock, AR 72204. Emergency shelter for DHS involved children ages 5-17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school. (501) 663-3129

Gaines House, 2702 Gaines Street, Little Rock, AR 72206. Transitional home for women with disabilities. Call for cost and other information. (501) 376-4015

Hand Up Housing of Arkansas, 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. (501) 658-1449

The Hope House of Recovery, P.O. Box #19043, Little Rock, AR 72229. 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 in Little Rock and one in Benton. ACC approved. Application and admission requirements online (see Web Directory) or call 501-565-4673

Hoover Treatment Center, 3604 West 12th Street, Little Rock, AR 72204. Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees. (501) 663-4774

Little Rock Compassion Center (Men’s), 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. (501) 296-9114

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

Metropolitan Housing Alliance, formerly Little Rock Housing Authority, 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. (501) 340-4821

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

Nehemiah House, A Division of Union Rescue Mission, 2921 Springerv Blvd, Little Rock, AR 72216. Men’s homeless shelter, 6-person free 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. 16-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. (501) 374-1108

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

St. Francis House, 2710 South Elm Street, Little Rock, AR 72204. Residential placement for veterans thru the Veterans Day Treatment Center. (501) 664-5936

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

Sober Living, 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. (501) 562-0507

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

Quapaw House, 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. (501) 686-3993

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

Women and Children First, (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. (501) 376-3219

P.A.T.H. Human Trafficking Statewide Crisis Helpline, Número para víctimas de trata de blancas. P.O. Box #20166, Little Rock, AR 72221. Providing shelter for women who are victims of human trafficking. (501) 435-37, (501) 933-1641

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

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

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

Brook Valley Apartments, 1120 Brookside Drive, Little Rock, AR 72227. (501) 227-5894

Buffington Towers, 224 East 7th Street, Little Rock, AR 72202. (501) 372-6434

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

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

Terrace Green Housing, 8225 Scott Hamilton Drive, Little Rock, AR 72209. (501) 565-3109

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

(web directory online....!!!)
HELP YOURSELF
Community Resources Directory

Special Section
REENTRY & CRIMINAL JUSTICE
Rethink ~ Reform ~ Restore
WHAT ARE THE FACTS?

Facts about Arkansas Incarceration
Taken from Reinvestment in Criminal Justice by Center for Justice 2016

- Arkansas has the fastest growing prison population in the nation with a 22% increase between 2012 and 2014. The national average was 0.2% increase.
- With action, Arkansas’ prison population could grow another 35% and annual costs would rise to 1.3 billion within 10 years.
- 78% of prison sentences and 87% of probation sentences are for property, drug or other offenses.

Arkansas has the fastest growing prison population

![Graph showing the fastest growing prison population in Arkansas](image)

- More than 2/3 of felony sentences involve individuals with limited criminal history.
- Sentences to prison should be reserved for the most serious offenses and offenders.
- With many states decreasing the incarceration rate.
- Crimes are going down with violent crime dropping by 4% and property crime dropping by 17%.
- The cost for corrections has risen by 68% in Arkansas. The ADC budget has gone from 250-million dollars in 2014 to 417-million dollars in 2015.

Taken from ACC Early Release Act 682 Recidivism Release Study 2014

- 57% of the total 2,892 Act 682 offenders released during the period 2009-2011 were recidivists.
- The younger the offender the higher the rate of recidivism. Offenders in the age range of 19-29 recidivated at 64.5%.
- Males were almost 12% more likely to recidivate than females.
- Of the 2,892 releases, approximately 43% did not have a re-arrest, conviction, or incarceration.
- The offense most frequently found among the felony-only arrest was Possession of Controlled Substance. However, the most frequently found among the combined arrest (felonies and misdemeanors) was Failure to Appear. This statistic calls into question whether a number of these arrests may be the consequence of incarceration. If an offender had unresolved charges at the time of incarceration, those same charges may result in the issuance of warrants so that the new arrest stems from prior criminal activity rather than new criminal behavior.

 Corrections costs more than half a billion dollars, a 68 percent increase since 2004

![Graph showing corrections spending](image)

This runaway spending makes all of us prisoners.

Because the impact of incarceration is so great on the individual, their families, and society as a whole, it takes an array of service providers, public policy experts, faith-based groups, community organizations and support services to assist with transition to return to society and avoid the situations that lead to recidivism. No one entity can do it all and do it effectively. This rally is to show the number of people and organizations that are helping and to tell the story of the 56% of people who successfully return without re-offending. Many of these groups are working without government support.

- Arkansas Organizing for Justice
- Arkansas Access to Justice
- Arkansas C.U.R.E
- Arkansas Coalition for Peace & Justice
- Arkansas Coalition to Abolish the Death Penalty
- Arkansas Community Organizations
- Arkansas Re-entry and Prevention Initiative
- Arkansas Time After Time
- Arkansas Voices of the Child Left Behind
- ARVets
- Broken Chain Ministries
- Center for Artistic Revolution
- Center for Women in Transitions
- City Connections
- Difference Makers
- Disability Rights Arkansas
- Diverse Youth for Social Change
- Goodwill
- I Too Have a Dream
- Incarcerated Disciples
- Interfaith Arkansas
- Little Rock Catholic Diocese
- Lucie’s Place
- Open Door Outreach
- Personal Empowerment Recovery Coalition
- Boone County Recovery Project
- Recovery Centers of Arkansas
- SOAR Network
- The Arc
- Veterans for Peace - Arkansas Chapter #978
- Women and Children First
- Philander Smith College Better Community Developers, Inc.
- Little Rock Workforce Development Board
- Hope Rises
The Honorable Wendell L. Griffen

In a stirring presentation before the Arkansas Fair Housing / Fair Lending State Conference in April 2014, The Honorable Wendell L. Griffen, Pulaski County Circuit Judge, 5th Judicial District, 5th Division, made the following remarks:

“Mass incarceration is not evidence that the system is broken. This is a system we’ve designed.”

“Reinvest public funds now devoted for mass incarceration into communities of color, communities with high unemployment, educational deficiencies and communities with sizeable immigrant populations.”

“End discrimination in employment (ban the box) housing, public assistance, education and voting based on status as ex-offenders.”

“Shift the funding currently dedicated for drug task forces, new jail and prison construction and expansion, and community corrections for non-violent offenders away from the agencies that currently receive it, into programs and organizations that provide services for drug and alcohol dependency and treatment, mental health counseling, public education, affordable housing and employment assistance.”

“Impose a moratorium on the construction of new prisons and jails for non-violent offenders.”

“Discontinue law enforcement practices that target, capture, prosecute and result in criminal convictions of people for non-violent drug offenses and which drive calls for more funding to build, expand, and staff additional jails, prisons, and other detention facilities. This includes discontinuing and defunding drug task force operations.”

IT COULD BE YOU

“It could be you” is one of the nation’s only weekly broadcast radio programs primarily focusing on issues impacting re-entry. We did our first live broadcast at noon on October 12, 2011 and continue to fill the airwaves live from 2:00 to 3:00pm every Wednesday on KABF-88.9fm, hosted by “John S”.

You can hear experts in many fields sharing solutions to the myriad of challenges facing those of us returning from incarceration.

Broadcast from KABF’s 100,000 watt transmitter, and streamed live on the internet at KABF.org, “It Could Be You” is a forum for thought-provoking discussion to help create safer communities.

Cooperative, collaborative discussions on various approaches to ensuring public safety, rehabilitating offenders, alleviating homelessness, and exploring ideas about what we can do to work together to strengthen our communities. We are also working to improve access to community information regarding education, employment, social services, and help for those in need. All guests have the opportunity to voice personal issues and opinions, unique advocacy and professional awareness.

Interviews are conducted by the host live in the KABF studio or by telephone during on-air broadcast time. Phone-in questions and comments from listeners are accepted during live in-studio interviews.

Our overarching mission in producing the show is to develop a cooperative sense of community (rather than take an adversarial approach) among all members of the community with a special focus on advocating for common sense practicality on sex-offender issues. Our job is to share information and inspire discussion. Even in the event of challenging, or perhaps even angry calls, our job is to listen and respond with empathy—not trying to convince anyone that they are wrong.

Subjects tackled include re-entry, homelessness, food insecurity, substance abuse & recovery and so many more. Guests are ex-offenders and/or their family members, university professors, therapists, attorneys, authors, clergy, law enforcement personnel, community activists and groups & persons working for social, legal, and/or criminal justice reform.

We welcome the opportunity to interview representatives of victims’ advocacy groups, attorneys, public officials, those who are on the registry and others who have a personal story to tell or useful information to share about community programs and events.

IF
By Rudyard Kipling

If you can keep your head
while about you
are losing theirs
and blaming you.

If you can trust yourself
when all men doubt you,
yet make allowance
for their doubting to.

If you can wait
and not be tired by waiting,
or being lied about,
don’t deal in lies.

Or being hated,
don’t give in to hating.
Yet don’t look to good
nor talk to wise.

If you can dream
and not make dreams your master
or think
and not make thought your aim.

If you can meet
with triumph and disaster
and treat those two imposters
just the same.

If you can bear
to hear the truths you’ve spoken,
twisted by knaves
to make a trap for fools.

Or see the things
you gave your life to broken
and stoop to build them up
with worn-out tools.

If you can gamble all your winnings
on just one turn
of pitch and toss
And loose

And begin again
at the beginning
and never breathe a word
about your loss

If you can talk with crowds
and keep your virtue,
or walk with kings
nor lose the common touch.

If neither foes, nor loving friends
can hurt you
and if all men count with you,
yet none too much.

If you can force
your heart and nerve and sinew
to serve their turn
long after they are gone

And so hold on
when there is nothing in you
except the will that says to them,
hold On.

If you can fill
each unforgiving minute
with sixty seconds
worth of distance run,
then yours is the world
and everything that’s in it
and after all,
you’ll be a man my son.

- www.helpyourselfpublishing.wordpress.com -
8 STEPS TO A SAFER ARKANSAS

1. Establish the Arkansas State Office of Transition: Create a Gubernatorial Transition Office independent of any Corrections Department or Agency with the authority to involve all State Agencies and Departments in the development of comprehensive strategy and policy for an effective statewide reentry program.

2. Pay for success: In 2015, the AR State Legislature enacted Act 895 calling for private funding determined wholly on the success of performance measures. Fund ACC in relationship to their ability to lower recidivism rates. This should apply to ACC’s budget as well. If the performance measures meet the target, ACC funds remain at current levels. If the performance measures exceed targets, funding increases. On the other hand, if target outcomes are not met the state reduces ACC funding.

3. Implement the “Smart Sentencing Program” statewide: Replicate statewide the processes and policies practiced in Arkansas’ 13th Judicial District since January of 2011 which achieved an unprecedented rate of 2.7% recidivism over the first 18 months, reduced criminogenic risk factor by 43%, has 76% of program graduated gainfully employed within 6 months, and recorded a 23% increase in the number of individuals who got their GED, Workforce and Career Readiness Certificates as a component of the reentry process.

4. Monitor ACC revocation rates: By returning to pre-June 2013 ACC revocation policies, incarceration rates will be radically reduced. It is no mystery why the backlog of inmates in county jail custody nearly quadrupled between June 2013 and June 2014. It is never wise to alter public policy based on one high-profile tragedy.

5. Pay ADC employees: To insure public safety, guarantee that ADC personnel are paid in a timely manner. Also, augment employee orientation with ‘behavior management’ training. This should reduce turnover and increase public safety.

6. Ban-the-box: Follow the national trend and enact comprehensive ban-the-box legislation, and establish certificates of rehabilitation. This will give the formerly incarcerated an opportunity for a second chance at employment opportunities.

7. Make ACT 570 retroactive: By making Act 570 retroactive hundreds of prisoners would qualify for immediate release.

8. Implement Restorative Justice practices: Resolve issues non-judicially through behavioral mediation with victim/community input to restore a sense of well-being to all involved.

By implementing these eight steps, prison overcrowding will be eliminated, County Jail overcrowding will be a non-issue, the need for dramatic increases in spending will be eliminated and we will have a good start on keeping recidivism under control.

Throughout history, it has been the action of those who could have acted; the indifference of those who should have known better; the silence of the voice of justice when it mattered most; that has made it possible for evil to triumph. ~Haile Selassie
Help YourSelf...!!


Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos, P.O. Box #9296, Fayetteville, AR 72703. 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. (501) 526-1779, (479) 763-2822

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

Catholic Immigration Services, Little Rock, 3500 South University Avenue, Little Rock, AR 72204. By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immigration-related needs, Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants. Counseling for immigrant victims of domestic violence and trafficking. (501) 664-0340 Ext. #314

Clinica el Samaritano El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209. Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. $10 visita. Hay interpretres. Una Farmacia pequena. Limite 15 citas/dia. 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.


El Consulado de México en Little Rock, 3500 South University Avenue, Little Rock, AR 72204. Lunes a Viernes, 8:00am - 5:00pm. A través del Programa de Protección y Asistencia a las Víctimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y 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, (303) 372-6933

El Zocalo Immigration Resource Center, 5500 Geyer Springs Road, Little Rock, AR 72209, Inside Geyer Springs United Methodist Church El Zocalo Immigration 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. 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, (501) 901-4651, (501) 931-5452

Esperanza “Hope” Neighborhood Clinic, 2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209. Solo por cita. Principalmente para 72209. $5 visita. Hay interpretres. Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209. $5/visit. Spanish interpreters available. Thrus 5:15pm-8:00pm, closed the 5th Thursday of each month. By appointment ONLY. $5.00 co-pay. Spanish interpreters available. (501) 562-1114

Human Trafficking Statewide Crisis Hotline (P.A.T.H.), Número para víctimas de trata de blancas, P.O. Box #20166, Little Rock, AR 72221. PATH is part of a growing network of non-profit organizations confronting human trafficking head on. (501) 501-4357 (501) 933-1644, (888) 373-7888

Latino Clinic (in Arkansas Children’s Hospital), 1 Children’s Way, Little Rock 72202. Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas debajo de 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. (501) 364-4000 Ext. #9

Legal Aid of Arkansas, Ayuda Legal de Arkansas Ayuda en preparar impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las áreas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al inglés, beneficios públicos, veteranos/militares y sucesiones testadas e intestadas. Para impuestos/for tax help: (501) 376-3423 (800) 951-9214

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

Premier Staffing Dotación de Personal Premier, 10901 Financial Centre Parkway, Little Rock, AR 72211. Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web (see Web Directory) y una vez registrado comunicarse al teléfono, (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
LGBT Resources (Lesbian, Gay, Bisexual, Transgender)


Arkansas Coalition for Equality, PO Box 13066, Maumelle, AR 72113. AFE is an organization supporting equality for all Arkansans. (501) 444-2575


Center for Artistic Revolution (CAR), P.O. Box 2300, North Little Rock, AR 72114. Providing programs and advocacy for the Arkansas LGBTQI community. (501) 244-9690

Central Arkansas Pride (CAP), P.O. Box 25096, Little Rock, AR 72225. 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 LGBTQI in the community and recognize the positive contributions of the LGBT community in Arkansas through celebration and education. (501) 213-6543

Central Arkansas Integrity, Christ Episcopal Church, 505 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. 501-375-2942

Diverse Youth for Social Change (D.Y.S.C.), 800 Scott Street, Little Rock, AR 72201. Located inside the First Presbyterian Church. Meets every Friday night at 6:30 pm, for youth ages 13-22. (501) 244-9690

HRC Arkansas, PO Box 251703, Little Rock, AR 72225. The Human Rights Campaign is America’s largest civil rights organization working to achieve lesbian, gay, bisexual & transgender equality. HRC envisions a world where LGBT people are embraced as full members of society, at work, and in every community. (501) 650-5644

Lucie’s Place, 300 South Spring Street, Suite #803, Little Rock, AR 72201. Lucie’s Place works with homeless lesbian, gay, bisexual & transgender youth 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 youth adults. Their hotline is open 24/7 for individuals to call for support & they are working to open housing for LGBT homeless youth adults. (855) 528-4377

Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock, 800 Scott Street, Little Rock, AR 72203. Meets first Friday of each month. (501) 291-2507

The Trevor Project: 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. (866) 488-7888

Meal Available

Broadway Bridge Project, Serving dinner at 708 West 2nd Street; Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm.

Canaan Missionary Baptist Church, 1700 South State Street, Little Rock, AR 72206. Serving the homeless and hungry each 4th Saturday of the month from 12:30 – 1:00pm, under the parking deck on 8th & Main. (501) 370-0485

Canvas Community, 1111 W 7th Street, Little Rock, Arkansas 72201. Dinner and a Movie Wednesdays 3:30 – 7:30pm. Lunch served Saturdays 12:30 – 1:30. Art program Fridays 2:00 – 4:00pm. (501) 492-6815

Community Chapel PCG, 5205 Standridge Road, North Little Rock, AR 72118. Lunch served Wednesdays 11:00am – 1:00pm. (501) 738-8987

Covenant of Zion Cathedral Church, 3023 23rd Street, Little Rock, AR 72204, The Lords Gate. 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. (501) 773-0623

Feed the Hungry, 1111 West Markham, Little Rock, AR 72201. Serving breakfast Monday to Friday, 7:00am – 11:00am and 52 weeks a year, holidays included, at the Salvation Army. Serving about 110 meals daily for more than ten years.

From His Throne Ministries, 1101 West Markham, Little Rock, AR 72201. Serving lunch Sunday, 10:00am – 12:00noon. Following a church service. (501) 944-1209

In Your Hands Ministries, Inc., 3905 Highway #161 North, Little Rock, AR 72217. Meals every second Sunday, breakfast 8:00am – 9:30am, free clothing, lunch 12:00pm – 1:00pm. Food distribution every Tuesday, 7:00am – 12:00pm. (501) 945-1314

Jericho Way, Homeless Day Resource Center, 3000 Springer Blvd., Little Rock, AR 72206. Homeless Day center, open Monday thru Friday, 7:30am – 3:00pm. Breakfast served at 7:30am Lunch served at 11:00am, Monday thru Friday. (501) 297-0991

L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center), 4036 Sardis Road, Shannon Hills, AR 72103. Meals served to children in the afterschool program. Meals served to the hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm. (501) 516-1620

Metro Worship Center, 2914 South Cumberland Street, Little Rock, AR 72206. Lunch and clothes closet 3rd Saturday each month, Church bus picks up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot. (501) 951-3333

New Life Ministries, 12506 Highway #165, North Little Rock, AR 72117. Serving dinner in the parking lot behind the Little Rock city hall, Sundays, 5:30pm. (501) 730-2004

Pleasant Valley Church of Christ, 10900 Rodney Parham, Little Rock, AR 72122. Meals served the first Sunday at 12:00 noon at From His Throne Ministries, 1101 West Markham, Little Rock, AR 72201. (501) 319-4754

Quapaw Quarter United Methodist Church, 1601 South Louisiana Street, Little Rock, AR 72206. Meal served on Sundays only, Community Dinner at 5:00pm, 6:00 – 7:00pm. (501) 375-1600

River City Ministry, 1021 East Washington Avenue, North Little Rock, AR 72114. Monday thru Friday, following the 11:30 Devotional. Sunday’s food and fellowship 2:00pm. (501) 376-6694

Saint Mark Baptist Church, 572 West 12th Street, Little Rock, AR 72201. Breakfast and lunch served daily, 7:00 – 7:30am. Dinner served daily, 5:30 – 6:00pm. (501) 374-5926

Stew Pot, First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201. Free lunch served Monday thru Friday, 11:00 – 12:00noon. Not handicapped accessible. (501) 375-1204

The Van (The One Inc.), P.O. Box #250615, Little Rock, AR 72255. Mobile homeless services, locating and serving unhoused homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions. (501) 955-3444

Mental Health Care/Treatment

Bridgeway Hospital, 21 Bridgeway Road, North Little Rock, AR 72113. Private inpatient hospital, most insurance accepted. Payment required. (501) 771-1900

Centers for Youth and Families, 6601 West 12th Street, Little Rock, AR 72204. Outpatient clinic for youth 20 and under. (501) 666-8686

Family Service Agency, 515 West Broadway, Suite #300, North Little Rock, AR 72114. Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees. (501) 372-4242

Little Rock Community Mental Health Center, 1100 North University Avenue, Suite #200, Little Rock, AR 72207. Mental health counseling, there is a sliding scale fee, financial interview and
tia will be done in person same day or next day. Medicare, Medicaid and insurance accepted. Call Monday thru Friday, 8:00am - 5:00pm. (501) 686-9300

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center), 14036 Sardis Road, Shannon Hills, AR 72103. Licensed mental health professionals on staff, call for fees and appointments. (501) 516-1562

Network of Wellness, 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. (501) 221-7238

Professional Counseling Associates, 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, (501) 221-1843. Satellite clinics at: Jacksonville (501) 982-7515; Sherwood (501) 835-4174; North Little Rock (501) 955-7600

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

Substance Abuse Treatment & Recovery

AA World Service Office, Contact information, place, date and times for AA meetings worldwide. (212) 870-3400

Al-Anon and Alateen, 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. (501) 372-5234

Arkansas AA Central Service Office, 7509 Cantrell Road, #106, Little Rock, AR 72207. Providing contact information, place date and times for Alcohols Anonymous meetings throughout Arkansas. (501) 664-7393

Cocaine Anonymous (C.A.), 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. (501) 301-4827

Family Service Agency, 628 West Broadway, Suite #300, North Little Rock, AR 72114. Substance abuse counseling programs. There is a sliding scale fee structure, call for fees. (501) 372-4242

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center), 14036 Sardis Road, Shannon Hills, AR 72103. "Victory over addiction" 12-step meetings every Thursday evening, 7:00pm. (501) 516-1602

Narcotics Anonymous (N.A.), c/o Central Arkansas ASC, P.O. Box #162502, Little Rock, AR 72216. 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. (501) 377-8685, (800) 338-8970

Inpatient Treatment Facilities

Arkansas CARES, 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. (501) 660-0720

Baptist Medical Center, 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. (501) 202-2893

Bridgeway Hospital, 21 Bridgeway 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. (501) 771-1500

Chance Sobriety, 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. (501) 851-8484

Compassion Center, 3611 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. (501) 296-9134

Dorcas House, A Division of Union Rescue Mission, 832 South Park Street, Little Rock, AR 72202. Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: $75 deposit which is returned if client completes program. (501) 374-4022

Gyst House, 801 Frenchman’s Lane, Little Rock, AR 72205. 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. (501) 568-1682

Hoover Treatment Center, 3604 West 12th Street, Little Rock, AR 72204. Inpatient / long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees apply. (501) 663-4774


Quality Living Center, 3925 Asher Avenue, Little Rock, AR 72204. CoEd campus, separate residence for men and women. Call for fees. (501) 663-3490

Quapaw House, 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 suboxide OPIATE detox. Must have ID and proof of income. If client has history of DTS’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. (501) 686-9393

Recovery Centers of Arkansas, Riverbend, 1201 River Road, North Little Rock, AR 72114. 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. Call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month. (501) 372-4611

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

The Hope House of Recovery, P.O. Box #190433, Little Rock, AR 72219. 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 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 (see Web Directory) or call (501) 565-4673 for admission requirements. (501) 565-4673

Outpatient Treatment Facilities

Catar Clinic, 4660 Stockton Drive, North Little Rock, AR 72117 Outpatient opiate addiction treatment. (501) 564-7833

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

Recovery Centers of Arkansas, Williamsburg, 6301 Father Tribou, Little Rock, AR 72205. Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview.
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. (501) 324-9531

**Transportation**

Care Link, P.O. Box #5988, North Little Rock, AR 72119. Care Link can provide limited transportation for the elderly. (501) 372-5300 (800) 482-6359

Rock Region Metro Little Rock Rock Bus System, 310 East Capitol Street, Little Rock, AR 72220. Open 7:00am – 6:00pm daily. One ride $1.35, $.40 with transfer, all day pass $3.75, all month pass $16.00. (501) 375-1163

Jericho Way, Homeless Day Resource Center, 3000 Springdale Blvd., Little Rock, AR 72206. Homeless day center, transportation services Monday thru Friday 7:30am – 3:00pm. Transportation to and from shelters and to medical and employment appointments. (501) 297-0939

Rock Region Metro, LINKS (C.A.T.), 901 Maple Street, North Little Rock, AR 72114. Handicapped accessible LINKS buses cost $.70 one way, $.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days. (501) 375-9607

S.O.A.R. Network, 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. (501) 255-0539

Veteran’s Day Treatment Center, 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. (501) 256-6640

Watershed, 3701 Springdale Blvd, Little Rock, AR 72206. Bus passes available on an as available basis through interview. Open Monday thru Thursday 8:00am – 5:00pm. Call before coming to make an appointment for screening. (501) 378-0176

**Veterans Programs**

ARVets, 4704 West Commercial Drive, Suite B, North Little Rock, AR 72116. The mission of ARVets is to enhance the overall quality of life for military personnel, veterans and their families by improving access to resources and strengthening support systems through all phases of the military life cycle. ARVets will proactively offer more innovative ideas and methods to deliver services and focus on a grassroots case-management approach. (501) 246-5342

A Vet’s Best Friend, P.O. Box #329, Cabot, AR 72023. A Vet’s Best friend is a grass roots Christian ministry serving Arkansas Veterans utilizing a service dog, a chaplain, 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. (501) 422-8530

John L. McClellan Veterans Hospital, 4300 West 7th Street, Little Rock, AR 72205. Medical care and treatment for veterans ONLY. (501) 257-1000

National Association of Black Veterans, (NABVETS), Little Rock Chapter #1018, P.O. Box #6662, Little Rock, AR 72214. (501) 295-5031

St. Francis House, 2701 South Elm Street, Little Rock, AR 72214. Veteran’s residential treatment accessed only thru Veteran’s Day Treatment Center. (501) 664-5936

Towbin Healthcare & VA Medical Center, 2200 Fort Roots Drive, North Little Rock, AR 72114. Medical care, treatment and domicile available to veterans ONLY. (501) 257-1000

VA National Call Center for Homeless Veterans, (877) 442-3838

Veteran’s Day Treatment Center, 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! (501) 244-1500

**Women’s Resources**

A.B.B.A. House, 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 3-month after the child is born, no drug problems or mental illness. (501) 666-9738

Arkansas Cares, 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. (501) 661-0720

Arkansas Coalition Against Domestic Violence, 1401 West Capitol - Suite #370, Little Rock, AR 72201. The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Counseling: (866) 371-4864. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911. (800) 269-4668

Arkansas Women’s Outreach, see: Web Directory

**Center for Women in Transition, P.O. Box #3463, Little Rock, Arkansas 72203.** Helping incarcerated and formerly incarcerated women in successful transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline. (501) 372-5522

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

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

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

**P.A.T.H. Human Trafficking Statewide Crisis Helpline, Número para víctimas de trata de blancas, P.O. Box #20166, Little Rock, AR 72223.** Transitional housing for women who are victims of human trafficking. (501) 933-1641, (501) 302-4357

**Phoenix Recovery Center, 204 North battery, Little Rock, AR 72205.** Transitional housing for women only. (501) 499-6666

**The Hope House of Recovery, P.O. Box #190432, Little Rock, AR 72219.** 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. Application online (see Web Directory) or call (501) 565-4673 for admission requirements. ACC approved. (501) 565-4673
Women and Children First, (address withheld), Little Rock, AR. Shelter for women and children in domestic abuse situations, Older children allowed up to age 18 must be drug and alcohol free, younger children must be over 18 or emancipated. (501) 376-3219

Youth Services

Arkansas Advocates for Children and Families, 1400 West Markham, Suite #116, Little Rock, AR 72201. For more than 35 years, ACF 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. (501) 371-6678

Arkansas Child Abuse Prevention Hotline, (800) 482-5964

Arkansas DHS / Division of Children and Family Services, P.O. Box 1437, Slot 5-569, 700 Main Street, Little Rock, AR 72203. 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. (501) 682-8772

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, 6:00pm until 8:15pm, Saturday & Sunday, 9:00am – 7:45pm. (501) 364-1202


Arkansas Home Visiting Network, 415 South McKinley - Suite #610, Little Rock, AR 72205. 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, and 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. (501) 682-9528

Arkansas National Guard Youth Challenge Program, 16414 North Dakota Avenue, NLR 72205. Mailing address: Camp Robinson #16414, North Little Rock, AR 72205. 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-skills training, service to community health and hygiene, job skills training, leadership, physical training. The 12 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. (501) 212-5565

Big Brothers Big Sisters of Central Arkansas, 312 West Pershing Blvd. North Little Rock, AR 72114. 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. (501) 374-6661

Break the Silence – Speak Out America, P.O. Box #21978, Little Rock, AR 72223. Dedicated to preventing child sexual abuse. (501) 804-0747

Catholic Adoption Services, 2500 North Tyler Street, Little Rock, Arkansas 72207. Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child to be adopted. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal protection, privacy, and are able to select the future adoptive parents for their child. (501) 664-0930 Ext. #347 to #349

Centers for Youth and Families, Residential Services 6501 West 12th Street (EMAC), and 6601 West 12th Street (EMCC) Little Rock, AR 72204. (501) 660-6880, and Beth Chismus Stephens Community Center, 1200 South Cleveland Street, Little Rock, AR 72204, (501) 664-4268, and Outpatient Services, 6601 West 12th Street, Attn: OS, Little Rock, AR 72204. Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 21. 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. (501) 666-4949

Child Support Enforcement Office, 332 South Main Street, Suite #100, Little Rock, AR 72203. Enforces court orders involving non-custodial parental child support. (501) 371-5400

Cru Inner City, 1320 South Schiller Street, Little Rock, AR 72202. Creating opportunities 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). (501) 219-0229

National Center for Missing / Exploited Children, (800) 843-6567

Pulaski County Cooperative Extension 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, Cooperative Extension Service. (501) 340-6690

Pulaski County Youth Services, 201 South Broadway, Suite #220, Little Rock, AR 72201. 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. (501) 340-8250

Recycle Bikes for Kids, 1212 East 6th Street, Little Rock, AR 72202. Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call for appointment times, and requirements. (501) 207-1696

The First Tee, 1 First Tee Way, Little Rock, AR 72204. Youth development program teaching life skills through the game of golf. (501) 665-4593

L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center), 14036 Sardis Road, Shannon Hills, AR 72130. After school program; 3:00 – 6:00pm weekdays, with meals. (501) 528-1602

ARKids First, 700 Main Street, Little Rock, AR 72201. ARKIDS First health insurance provides two coverage options for Arkansas children who otherwise might have gone without. Open Monday – Friday 8:00am – 4:30pm. (888) 474-9275

Pinnacle Pointe Hospital, 11501 Financial Centre Parkway, Little Rock, AR 72211. 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 to children and adolescents who are struggling with emotional or behavioral issues. (501) 233-3322

M miscellaneous

Arkansas Community Dispute Resolution Centers, Inc., 3805 West 12th Street - Suite #201, Little Rock, Arkansas 72204. Providing family/child support/visitiation 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. (501) 379-1501

Arkansas Community Organization (A.C.O.), 2105 South Main Street, 1st floor, Little Rock, AR 72206. Empowering low income families thru credit counseling, home ownership counseling, income tax preparation, financial literacy and counseling. (501) 376-7313

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. See individual listings:
Baseline Alert NRC, Shaun Smith, 4600 Baseline Road, Little Rock, AR 72209. (501) 585-4669

Capitol View - Stiff Station NRC, Kathleen Cryan, 2715 West 7th Street, Little Rock, AR 72205. (501) 372-3586

Central High NRC, Valerie Conway, 1208 South Park, Little Rock, AR 72202. (501) 376-7610

West Baseline NRC, Linda Williams, 9209 Mann Road, Little Rock, AR 72209. (501) 585-1499

East Broadway NRC, Bert Butler, 500 East 21st Street, Little Rock, AR 72206. (501) 376-3406

Oak Forest NRC, Larry Johnson, 2823 Tyler Street, Little Rock, AR 72204. (501) 666-0916

- www.helpyourselfpublishing.wordpress.com -
South End NRC, Arnaud Crump, 2100 West 33rd Street, Little Rock, AR 72206. (501) 370-9537

Southwest Little Rock NRC, Valeria Tate, 5621 Valley Drive, Little Rock, AR 72209. (501) 562-0042

Wakefield NRC, Igloria Conley, 7414 Doyle Springs Road, Little Rock, AR 72209. (501) 675-7119

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

Willie Hinton Alert Center, 3805 West 12th Street, Little Rock AR 72204. (501) 379-9515

Wright Avenue NRC, Willie Carpenter, 1813 Wright Avenue, Little Rock, AR 72202. (501) 244-0900

Family Service Agency, 628 W Broadway Street - Suite 610, North Little Rock, AR 72114. 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. (501) 372-4242

Food Stamps (S.N.A.P. Program), Arkansas Department of Human Services (D.H.S.), P.O. Box 1437, Slot 5-569, 700 Main Street, Little Rock, AR 72203. There are several different locations in Pulaski County; you should apply according to your zip code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded. (501) 682-6728

Internal Revenue Service (I.R.S.), 700 West Capitol, Room 1412, Little Rock, AR 72201. Open Monday thru Friday 8:30 - 4:30pm. Visit in person to find free tax preparation sites in Pulaski County. (501) 324-5111. (800) 829-1040

Laundry Love: Wash laundry free each month, January - October 6:00 - 8:00pm, 3rd Friday of the month at the Funwash Laundry Center, 3702 South University, Little Rock (across from UALR) Last Friday of the month at Funwash Laundry Center, 116 East 15th Street & Curtis Sykes Drive, North Little Rock. Three (3) loads per individual. Free laundry provided by the Central Church of Christ. (501) 374-2939

Mail Service: Little Rock Downtown Post Office, 600 East Capitol Avenue, Little Rock, AR 72201. 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. (501) 375-5155

Pet Needs, Quapaw Quarter United Methodist Church Pet Food Ministry, 1501 South Louisiana Street, Little Rock, AR 72206. Cat and dog food is distributed between 4:00 - 7:00pm on the second Tuesday of each month, except in August. (501) 375-2100

Plasma Donation, D.C.I. Biologicals, 824 South Spring Street, Little Rock, AR 72201. Earn up to $280.00 per month, proof of residency, ID and Social Security card required also must pass physical and health screening. Monday, Thursday 7:00am - 7:00pm. Saturday and Sunday 8:00am - 3:00pm. (501) 374-6371

Plasma Donation, Octapharma Plasma Center, 5122 Warden Road, North Little Rock, AR 72116. Earn up to $65.00 per week, proof of residency, ID and Social Security card required also must pass physical and health screening. Monday thru Thursday 7:00am - 7:00pm. Saturday and Sunday 7:00am - 7:00pm. (501) 322-0440

Plasma Donation, Teclaris Plasma Resource Center, 6227 Colonel Glenn Road, Little Rock, AR 72204. Earn up to $65.00 per week, proof of residency, ID and Social Security card required also must pass physical and health screening. Monday thru Friday 8:00am - 6:00pm, Saturday 8:00am - 4:00pm. Closed Sunday. (501) 655-6275

American Red Cross of Greater Arkansas, 401 South Monroe Street, Little Rock, AR 72205. Emergency Assistance Information, health & safety training (CFR & First Aid) emergency military notification. (501) 748-1000 (800) 733-2767

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

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

Sherwood Social Security Office, 3628 East Kihle Avenue, Sherwood, AR 72120. Monday, Tuesday, Thursday and Friday 9:00 - 4:00pm. Open Wednesday 9:00 - 12:00noon, Closed federal holidays. (877) 512-3854

Social Services, Department of Human Services (D.H.S.) Provides access to food stamps, Medicaid, & support for women and families. See individual listings, below.

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

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

North Little Rock D.H.S., 1900 East Washington, North Little Rock, AR 72114. (501) 682-0100

South Little Rock D.H.S., 1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72205. (501) 682-9200

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

- end of DHS listings -

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

The Van (The One Inc.), P.O. Box 250061, Little Rock, AR 72225. Mobile homes services, locating and serving unhoused homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions. (501) 955-3444

QG

BAN THE BOX

Ban the Box is the name of an international campaign by civil rights groups and re-entry advocates, aimed at persuading employers to remove from their hiring applications the check box that asks if applicants have a criminal record. Its purpose is to enable ex-offenders to display their qualifications in the hiring process before being asked about their criminal records. The premise of the campaign is that anything that makes it harder for ex-offenders to find a job makes it likelier that they will re-offend, which is bad for society.

The campaign began in Hawaii in the late 1990s, and has gained strength in other U.S. states following the 2007-2009 recession. Its advocates say it is necessary because a growing number of Americans have criminal records due to tougher sentencing laws particularly for drug crimes, and are having difficulty finding work because of high unemployment and a rise in background checks that followed the September 11 terror attacks on the United States.

18 U.S. States and 52 municipalities have legislation that “banned the box” for government job applications and also in some cases those of their private contractors. Many such ordinances exempt applications for “sensitive” positions, such as those involving work with children. Target Corporation “banned the box” in October 2013.

Illinois recently joined the growing list of states and municipalities that have enacted “Ban the Box” legislation imposing restrictions on employers’ ability to inquire into applicants’ criminal history. Illinois law already restricts inquiries and employment decisions regarding sealed and expunged criminal records and arrest history. Under the new Job Opportunities for Qualified Applicants Act, which takes effect January 1, 2015, employers of 15 or more employees and employment agencies will be prohibited from inquiring into or considering any criminal records or criminal history in the initial application process.

QG

FAILED POLICY (cont. from page 3)

In Arkansas, the Sex Offender Community Notification Assess-ment (SOCNA) Program is respon-sible for determining the ‘risk level’ assigned to individuals on the registry. The assessment tools used are common through-put the nation, often employing voice stress analysis and polygraph tests.

Level 1 is low risk, Level 2 is medium, Level 3 is high risk and people assessed as a Level 4 are classified as sexually dangerous persons. Currently the state default is Level 3 or 4.

Currently a Level 3 sex offender, the most common Level in the state, is classified as presenting a ‘high risk’ of re-offending. Yet this same group of people has only a 5% recidivism rate.

Thus it would be more accurate and reasonable to classify Level 3 as ‘low risk’, with Levels 2 and 1 becoming lower risk and lowest risk.

In addition to saving millions of dollars on the administration of systems which deliver no public good, if these classifications were more consistent with reality then fewer Arkansans would be falsely led to believe that predators are lurking behind every bush.

This would also have a beneficial effect on those who are reentering free society after confinement, making employers more amenable to hiring and, if residency restrictions were correspondingly adjusted, reducing homelessness. In order to legitimately serve our common well-being, laws must provide a reasonable method for those who have served their sentences to be able to restore their lives.

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FAILED POLICY (cont. from page 3)

We need to shift the reentry burden off of the individual registrant and onto the state. For example, after 5 years of good behavior by a person classified as Level 1 or 2, they should be automatically relieved of the obligation to register. For Level 3, it should be 10 years. And for Level 4s, it could be 15.

If on the other hand an offender has been convicted of multiple sex crimes and it has been shown by a preponderance of evidence that he or she continues to pose a serious threat to society, that person should be required to remain on the registry for the full 15 years. If the state cannot find cause for continued placement on the registry they should be removed.

20 years of these sex offender management policies have had no positive effect on child safety. Surely, we can use evidence based research to develop better methods.

OVERCROWDING (cont. from page 1)

By reinvigorating Act-570 and making it retroactive we could alleviate prison overcrowding with the stroke of a pen. By expanding alternative sentencing and instituting pre-judicial restorative justice programs we could help heal communities and begin treating many non-violent crimes as the community mental health issues that they are and not as criminal justice problems.

By interdicting petty criminals, addicts and the mentally ill we can begin to offer help, not punishment. We can see our family and neighbors restored through compassion and treatment rather than burdening them with a criminal record that will haunt them for life.

We can end the new “Jim Crow” of felony conviction status. We can smash the prison industrial complex. We can make mass incarceration a thing of the past, a bad memory, a shameful part of our history that we proudly overcome. Arkansas needs prisons. We need safe, well-funded and well-administered prisons. However we don’t need to fill these exceptional prisons with non-violent substance abusers and our mentally ill friends and family.

Our prisons should be reserved for our friends and family who pose a danger to all of us, not for those we are mad at.

I see Arkansas as a unique state that traditionally was a beacon of freedom on the frontier. Wedged between the Deep South and Indian Territory, Arkansas was a state where all people were welcome to start anew, unfettered by past mistakes, and build a healthy life. Somewhere around the beginning of the last century things began to change and Arkansas fell into a sad maturity. We began to accept prejudice and fear as a natural state of things. That is not our true heritage.

Let us return to being on the frontier of change, acceptance and envision a new life for all Arkansans.
ROCK THE VOTE

Election Day in Arkansas is Tuesday, November 8, 2016.
Polls are open from 7:30 a.m. to 7:30 p.m.

In Arkansas In-Person Early Voting takes place during the 15 days before a primary or general election. Early voting for the November 2016 general election will be from Oct. 24 through November 7.

October 10, 2016 is the deadline to apply to register to vote for the November 8, General Election

Identification Requirements to Cast a Ballot
Voters are not required to provide “proof of identity” (photo ID) in order to vote in person in the General Election. Poll workers are still required by law to ask for identification, however, voters are not required to provide identification in order to vote.

If You Have a Felony Conviction
A convicted felon will regain the right to vote after the completion of one’s full sentence, including any probation, parole, or other supervised release, and having paid all fines and fees. Documentation may be required by the county clerk in order for a returning citizen to register to vote.

If you don't know where to vote, contact Pulaski County Election Office, 501-340-8500

Your voice matters...!!!
We C.A.R.E.
You won't believe how we can change your life...!!!

Join us the first
Wednesday of each
month!!!

Who Cares?
We C.A.R.E.!
www.ArkansasReentry.com

If you have ever been incarcerated,
on probation or parole or if this
issue profoundly affects your
family...We can’t expect anyone
to understand what we are
going thru unless we stand-up
and speak out.

Arkansans Organizing for Justice
Arkansas Access to Justice
Arkansas C.U.R.E
Arkansas Coalition for Peace and Justice
Arkansas Coalition to Abolish the Death Penalty
Arkansas Community Organizations
Arkansas Re-entry and Prevention Initiative
Arkansas Time After Time
Arkansas Voices of the Child Left Behind
ARVets
Broken Chain Ministries
Center for Artistic Revolution
Center for Women in Transitions
City Connections
Difference Makers
Disability Rights Arkansas

Diverse Youth for Social Change
Goodwill
I Too Have a Dream
Incarcerated Disciples
Interfaith Arkansas
Little Rock Catholic Diocese
Lucie’s Place
Personal Empowerment Recovery Coalition
Boone County Recovery Project
Recovery Centers of Arkansas
SOAR Network
The Arc
Veterans for Peace Ark. Chapter #978
Women and Children First
Philander Smith College
Better Community Developers, Inc.

Registered Participants in the April 13, 2016
We CARE Rally at the Arkansas State Capitol

JOIN the CENTRAL ARKANSAS
REENTRY (CARE) COALITION
First Wednesday Each Month
10am/12noon
Willie L. Hinton Neighborhood
Resource Center
3805 West 12th Street, Little Rock
All meetings are open to the public.

Central Arkansas ReEntry
(CARE) Coalition
Community empowerment through collaboration.
CentralArkansasReEntry@gmail.com
501-444-CARE
(501-444-2273)